

C  
E  
N  
T  
U  
M  
  
2  
0  
1  
6

ISSN 2231-1475

# CENTUM

**VOLUME - 9  
ISSUE-5MA  
Y 2021**

*Frequency : Monthly  
Discipline :- Education, Sports, Yoga, Law,  
Naturopathy*

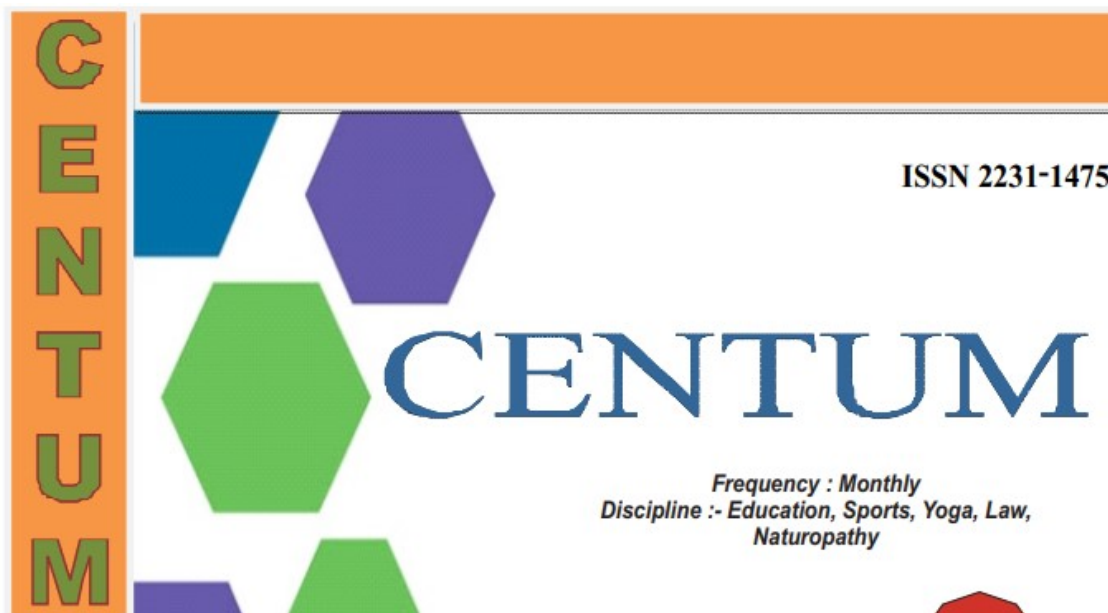


Published by:

**Shri Jagdishprasad Jhabarmal  
Tibrewala University**

Vidhyanagari, Jhunjhunu-churu Road  
Chudela, Distt.-Jhunjhunu(Raj.)-333001

**CENTUM- ISSN 2231-1475**



<b>EDITOR-IN CHIEF</b>
------------------------

Dr. Anju Singh
----------------

<b>EDITORIAL BOARD</b>
------------------------

Dr. Anil Kumar
----------------

Dr. Rampratap Saini
---------------------

Dr. Sagar Kachhawa
--------------------

Dr. D.L.Pareek
----------------

Dr. Bapu Narsinga Chogale
---------------------------

Dr. Mukta Changli
-------------------

<b>PEER REVIEW COMMITTEE</b>
------------------------------

Dr. Baban Mahapatra
---------------------

Dr. Pragati Bhutoria
----------------------

Dr. Ravi Shashrti
-------------------

Dr. Devendra Mehta
--------------------

Dr. Babulal Sethi
-------------------

Dr. Madan Gaware
------------------

Dr. Sanjay Sharma
-------------------

Dr. Vijay Mala
----------------

Dr. Jully Ohja
----------------



## FROM THE CHIEF EDITOR'S DESK



The “CENTUM” Journal is fast emerging as a dominant mode of education of this century, not only in technologically advanced societies, but also in the developing and the less developed parts of the societies where a majority of the human population awaits the first dawn of education. The ever changing social economic and educational needs of the society have compelled the educational institutions and the policy makers to move away from the conventional thinking and practice of research in education.

This scope of the area of school organization and administration in the earlier survey has been expanded into institutional organization with research now being conducted on the organization of other levels of education besides the schools, similarly the area of test and measurement is now modified to evaluation and measurement due to decrease in the number of researches, on the construction and standardization of various tests and the growth in research on different aspects of evaluation, the earlier category of adults and social education now features as none formal adult and continuing education in fine with change in the perspectives and programme in the area of research.

This publication of research article is expected to serve as a compendium providing information on the type of educational issues and aspects of

education studied the developments and refinements in the methodology of research and highlighting the trends in the educational research as also in the theory and practice of education. The publication is expected, like the earlier one to be of help to researchers in education and in other disciplines by providing a ready reference of the areas already researched in to, emerging areas of research, the research methods and techniques employed and the findings of the research. The readers and the scholars input enhance the quality of articles already published.

**Dr. Anju Singh**

**Editor-in Chief, (Centum)**

## INDEX

1	<b>Human Rights of Men with special reference to Section 498 A of Indian Penal Code – Analysis</b> Ajit Chikhalikar	3-9
2	<b>RIGHT TO LIFE AND HUMANITARIAN LAW DURING COVID-19</b> AMIT MAHESH KUMAR TRIVEDI	10-13
3	<b>THE RIGHT TO LIFE &amp; HUMANITARIAN LAW DURING COVID-19, A note on responsibility of all stakeholders to overcome the challenges and become stronger nation.</b> Anand Kumar Singh, Advocate	14-18
4	विभिन्न शैक्षिक योजनाओं में अध्यापकों एवं छात्रों की मूल्यांकन के प्रति अभिरूचि का अध्ययन सुबत कंवर	19-20
5	वर्तमान समय में ऋग्वेद की भारतीय शिक्षा प्रणाली में प्रासंगिकता पूजाराजी	21-31
6	Right to life & Humanitarian Law during COVID 19 SATYAJIT DEY	32-36
7	वर्तमान समय में उपनिषदों की भारतीय शिक्षा प्रणाली में प्रासंगिकता #	37-44
8	Relationship of Body Mass Index with a Muscular Power (Left Hand) of School Girls in Hill Areas of Uttarakhand State Navneet kumar	45-47
9	IMPORTANCE OF YOGA IN CHILDREN IN COVID-19- LOCKDOWN PERIOD Miss. Suvarna. S. Patil	48-50
10	माध्यमिक स्तर के विद्यालयों के पाठ्यक्रम में योग शिक्षा का समावेश – एक अध्ययन कान्ता पारीक	51-54
11	A STUDY OF HUMAN RIGHTS RESPONSES TO COVID-19 PANDEMIC PRATAP SINGH	55-57
12	Social Media: Providing Humanitarian Solutions amidst COVID-19 Ms. Alina Alex Dcosta	58-62
13	Origin of yoga and Importance of Rajyoga Shri Navdeep	63-66
14	INNOVATIVE BUSINESS OPPORTUNITIES AND CHALLENGES OF DIGITAL MEDIA ON ECONOMIC DEVELOPMENT OF WOMEN IN INDIA DURING COVID-19 Veena Hada	67-75
15	A PURVIEW ANALYSIS – CONSTITUENT ASSEMBLY OF INDIA Priti Vijaynarayan Yadav	76-79
16	EVIDANCE BASED PRACTISES	80-84
17	RIGHT TO LIFE AND HUMANITARIAN LAW DURING COVID - 19” AUTHOR I – MR ALIYAR M.E	85-91
18	A REVIEW OF SELF-ESTEEM AND ITS IMPACT ON ACADEMIC ACHIEVEMENT AMONG ADOLESCENTS’ STUDENTS Monty	92-98

19	The impact of Covid-19 pandemic on the Job for Life concept of graduates. Diana Peters	99-102
20	Attitude of college students towards virtual teaching learning Research Scholar - Rekha	103-107
21	Branding and Revenue Generation of IPL Moinuddin N Inamdar	108-113
22	A study on Marketing Mix (7 Ps) of Indian Premier League (IPL) Moinuddin N Inamdar	114-120
23	The Role of Business Intelligence in Education Sector Anupama Jaiman	121-124
24	The Role of Massage in Sports and Physical Fitness Manjusha Deshmukh	125-127
25	विद्यार्थी जीवन में योग की भूमिका मंजू कुमारी,	128-130
26	Right to Life: Alive or dead? Preeti	131-134
27	A Study of Capital Punishment in India ASLAM MEMON	135-137
28	A Critical overview of the Right to Information Act, 2015 Research Scholar – Jaiveer Malik	138-141





## Human Rights of Men with special reference to Section 498 A of Indian Penal Code – Analysis

- Ajit Chikhalikar

**Abstract:-**Section 498A of IPC came as a significant addition to the Indian Penal Code, 1860, which was introduced in 1983 to safeguard the rights and empowerment of women. Under Section 498A of the Indian Penal Code, extortion of any form of property by subjecting a woman to cruelty is punishable. The Government of India amended the Indian Penal Code, 1860 (IPC) by way of the Criminal Law (Second Amendment ) Act, 1983 on 26 December 1983, and inserted a new Section 498(A) under Chapter XX-A, Of Cruelty By Husband Or Relatives Of Husband.

Section 498A was designed and inserted into the legal framework by the lawmakers with the idea of protecting women from cruelty, harassment and other offences. But when cross-investigations are performed to test the validity of these laws, the number of acquittals relative to convictions was greater. Thus, one who brought 498A into action conceiving it as a shield against cruelty for women, i.e., the Supreme Court, is now considering it as legal terrorism. Because misuse of Section 498A diminishes its true credibility. That is one of several reasons for calling it an anti-male law. Although there are widespread complaints, and even large-scale misuse has been recognized by the judiciary, there is no reliable data based on the empirical study regarding the extent of the alleged misuse. This research paper will focus on the various rights of Men constituted under Indian Laws as well as the International legal framework, also focus on the role of judiciary for the valuating the truth behind the imposing the section 498 A of the Indian Penal Code, 1860.

**Key Words:-** Indian Penal Code 1860, Human Rights, International Law, Constitution.

### Research paper

Section 498-A<sup>1</sup> was introduced in the year 1983 to protect married women from being subjected to cruelty by the husband or his relatives. A punishment extending to 3 years and fine has been prescribed. The expression “cruelty” has been defined in wide terms so as to include inflicting physical or mental harm to the body or health of the woman and indulging in acts of harassment with a view to coerce her or her relations to meet any unlawful demand for any property or valuable security. Harassment for dowry falls within the sweep of latter limb of the section. Creating a situation driving the woman to commit suicide is also one of the ingredients of “cruelty”.Section 498-A IPC was introduced with the avowed object to combat the menace of dowry deaths and harassment to a woman at the hands of her husband or his relatives. Nevertheless, the provision should not be used as a device to achieve oblique motives, *Onkar Nath Mishra v. State (NCT of Delhi)*,<sup>2</sup>

As rightly pointed out by the International Law that every one has there own personal rights and duty and state has duty to protect like Universal Declaration of Human Rights, the Convention on the Prevention and Punishment of the Crime of Genocide (CPCG) (adopted 1948 and entered into force in 1951);the Convention Relating to the Status of Refugees (CSR) (adopted in 1951 and entered into force in 1954);the Convention on the Elimination of All Forms of Racial Discrimination (CERD) (adopted in 1965 and entered into force in 1969);the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) (entered into force in 1981);the United Nations Convention Against Torture

(CAT) (adopted in 1984 and entered into force in 1987); the Convention on the Rights of the Child (CRC) (adopted in 1989 and entered into force in 1990)<sup>3</sup>; the International Convention on the Protection of the Rights of All Migrant Workers and Members of their Families (ICRMW) (adopted in 1990 and entered into force in 2003); the Convention on the Rights of Persons with Disabilities (CRPD) (entered into force on 3 May 2008); and the International Convention for the Protection of All Persons from Enforced Disappearance (ICPPED) (adopted in 2006 and entered into force in 2010).<sup>4</sup> The Men's rights movement in India is composed of various independent men's rights organisations in India. Proponents of the movement support the introduction of gender-neutral legislation and repeal of laws that they consider are biased against men. Indian men's rights activists are most active in their resistance against the country's anti-dowry laws, which have been controversial for their frequent misuse<sup>5</sup> in order to harass and extort husbands, and they have attributed this to the high suicide rate among married men in India,<sup>6</sup> (which is almost twice that of women.) They also assert that the divorce and child custody laws are biased, and that the frequency of domestic violence against men has increased with time with many cases going unreported as men are shamed into not reporting abuse, or fear false accusations against them in reprisal. Some men's rights activists also consider India's rape reporting laws and sexual harassment laws in India to be biased against men.<sup>7</sup> As come to constitution of India The Constitution of India not only grants equality to women but also empowers the State to adopt measures of positive discrimination in favour of women for neutralizing the cumulative socio economic, education and political disadvantages faced by them. Fundamental Rights, among others, ensure equality before the law and equal protection of law; prohibits discrimination against any citizen on grounds of religion, race, caste, sex or place of birth, and guarantee equality of opportunity to all citizens in matters relating to employment. Articles 14, 15, 15(3), 16, 39(a), 39(b), 39(c) and 42 of the Constitution are of specific importance in this regard.<sup>8</sup>

In the recently the Hon'ble Supreme Courts has played an Important role on the promotion and protection of Men's rights against the false and fraud cases file by wife or any women in India. A violation of this section is done by women by creating frivolously false allegations against their husbands with the goal of getting some money or just paining the family. This section's abuse is increasing chop-chop and therefore the ladies usually apprehend their husbands.

Section 498A was designed and inserted into the legal framework by the lawmakers with the idea of protecting women from cruelty, harassment and other offences. But when cross-investigations are performed to test the validity of these laws, the number of acquittals relative to convictions was greater. Thus, one who brought 498A into action conceiving it as a shield against cruelty for women, i.e., the Supreme Court, is now considering it as legal terrorism. Because misuse of Section 498A diminishes its true credibility. That is one of several reasons for calling it an anti-male law. Although there are widespread complaints, and even large-scale misuse has been recognized by the judiciary, there is no reliable data based on the empirical study regarding the extent of the alleged misuse.

In case of, *Savitri Devi v. Ramesh Chand & Ors*<sup>9</sup>, the Hon'ble Court specifically regulates the abuse connected with the manipulation of the laws to such an extent that it was totally influenced by the influence of marriage itself and thus found not to be intelligent for the welfare of the giant community. The court considered that authorities and lawmakers had to review the case and the legal provisions to prevent it from happening.

In the case of, *Saritha v. R. Ramachandran*<sup>10</sup>, the Court noted the reverse trend and requested a non-cognizable and bailable offence from the Law Commission and Parliament. However, it was the court's requirement to condemn wrongdoing and to shield the victim from what happens once the victim becomes the abuser. Here is what remedy the husband will have. On this ground, the lady gets to divorce her husband and remarry or in the form of compensation may gain cash.

In the case of *Anju v. Govt. of NCT of Delhi*<sup>11</sup>, In the case, the wife of the Petitioner challenged the order of the Lower Court, whereby the Court discharged the charges against the respondents under section 498A/34 of the Indian Penal Code.

In appreciating the facts of the case, the Court noted that in the FIR, the wife of the Petitioner in one breath named all members of the family without any specific role being assigned to any of them. Thus, no details were provided as to when the recorded instances allegedly occurred, or any facts to substantiate or corroborate the allegations against relatives of the spouse. The Court also noted that the allegations against the respondents were fairly general and unspecific. The plaintiff did not mention a date, time, month, or year when she was subjected to beating them. In view of the aforementioned facts and circumstances of the case, the High Court of Bombay upheld the order of the Revisional Court and held that the Court had made no mistake in concluding that, apart from the general and omnibus allegations that investigations are performed to test the validity of these laws, the number of acquittals relative to convictions was greater. Thus, one who brought 498A into action conceiving it as a shield against cruelty for women, i.e., the Supreme Court, is now considering it as legal terrorism. Because misuse of Section 498A diminishes its true credibility. That is one of several reasons for calling it an anti-male law. Although there are widespread complaints, and even large-scale misuse has been recognized by the judiciary, there is no reliable data based on the empirical study regarding the extent of the alleged misuse.

In case of, *Savitri Devi v. Ramesh Chand & Ors*<sup>12</sup>, the Hon'ble Court specifically regulates the abuse connected with the manipulation of the laws to such an extent that it was totally influenced by the influence of marriage itself and thus found not to be intelligent for the welfare of the giant community. The court considered that authorities and lawmakers had to review the case and the legal provisions to prevent it from happening.

In the case of, *Saritha v. R. Ramachandran*<sup>13</sup>, the Court noted the reverse trend and requested a non-cognizable and bailable offence from the Law Commission and Parliament. However, it was the court's requirement to condemn wrongdoing and to shield the victim from what happens once the victim becomes the abuser. Here is what remedy the husband will have. On this ground, the lady gets to divorce her husband and remarry or in the form of compensation may gain cash.

---

In the case of *Anju v. Govt. of NCT of Delhi*<sup>14</sup>, In the case, the wife of the Petitioner challenged the order of the Lower Court, whereby the Court discharged the charges against the respondents under section 498A/34 of the Indian Penal Code.

In appreciating the facts of the case, the Court noted that in the FIR, the wife of the Petitioner in one breath named all members of the family without any specific role being assigned to any of them. Thus, no details were provided as to when the recorded instances allegedly occurred, or any facts to substantiate or corroborate the allegations against relatives of the spouse. The Court also noted that the allegations against the respondents were fairly general and unspecific. The plaintiff did not mention a date, time, month, or year when she was subjected to beating them. In view of the aforementioned facts and circumstances of the case, the High Court of Bombay upheld the order of the Revisional Court and held that the Court had made no mistake in concluding that, apart from the general and omnibus allegations that roped in all relations, there is no recorded material to justify the framing of charges under Section 498A IPC.

In the case of, *Chandra Bhan v. State*<sup>15</sup>, the Hon'ble Court introduced the steps to prevent the misuse of this Section:

1. FIR should not be regularly reported as such;
2. Police endeavour should be to carefully screen complaints and then register FIR;
3. No case should be registered under section 498-A/406 IPC without the prior authorisation of DCP / Addl. DCP;
4. Before FIR registration, all possible reconciliation efforts should be made and, if it is found that there is no possibility of settlement, necessary steps should be taken in the first instance to ensure that stridhan and dowry articles are returned to the complainant;
5. The arrest of the key accused can only be made after a proper investigation and with the prior approval of the ACP / DCP has been performed;

In the case of collateral accused such as in-laws, prior approval of DCP should be there on the file. In the case of, *Sushil Kumar Sharma v. Union of India*<sup>16</sup> and others, the Supreme Court held that the purpose of the provision is to prevent a threat to the dowry. But as the petitioner rightly satisfied that many instances have come to light where the complaints are not bonafide and are filed with oblique motive. In these cases, the acquittal of the accused will not wash out the ignominy incurred during and before the court in any case. Adverse media attention also contributes to the situation.

Hence, the question is what remedial steps can be taken to discourage misuse of the well-intentioned clause. Just because the provision is constitutional and intra vires, it does not allow unscrupulous people to wreck personal vendetta or unleash harassment. Thus, it may become necessary for the legislature to find ways to deal appropriately with the makers of frivolous complaints or allegations. Until then, under the current system function, the Courts have to take care of the situation. But new lawful terrorism can be unleashed by misuse of the provision. The object of the law is to use a shield and not the arms of an attacker. There is no question of the investigative agency and courts treating the allegations lightly. In matters relating to dowry torture, death and cruelty, they can not follow any straitjacket formula. It can not be lost sight that the ultimate aim of any legal system is to reach the truth, punish the guilty and protect the innocent. Some preconceived idea or perception has no scope. The complainant strongly claims that the enforcement agencies and the courts begin with the presumptions that the accused are guilty and that the plaintiff speaks the truth. This argument

is too broad and generalized. Some statutory presumptions are drawn which are again reprehensible. It should be noted that the role of the investigating agencies and the courts is a watchdog and not a bloodhound.

Their intention will be to ensure that an innocent person is not made to suffer because of baseless, groundless, and malicious accusations. It is equally undisputed that there is no direct evidence available in many cases, and that the courts must act on circumstantial evidence. The law developed in relation to circumstantial evidence which must be held in mind when dealing with these cases.

Many women's rights teams go against the concept of making the crime a non-cognizable and bailable one assuming this gives the defendant a chance to escape prosecution. What this might do, though, is that it will provide the individual with a chance and, in turn, promote the accomplishment of the ends of justice. Justice will protect the weaker and ensure that the wrong-doer gets a chance to say back his/her due. When ladies suspect their husbands below Section 498A IPC by making the crime and unrecognizable, if the person is innocent he does not get a quick opportunity to urge justice and delayed justice is denied justice.

That, the lawmakers will prescribe how to create this section objectively to someone who has decided that the right party is punished and therefore justice is granted to the wrong person. Ladies' role continues to be dangerous in India. They still want rights in society to mitigate themselves, but many times they neglect to consider the rights of others as long as their unit in the area of rights is guaranteed. These days' educated lady should believe the slogan of equality and relentless demand but the pattern is slowly getting reversed.

Because of the false accusations and the immoral exercise of section 498A, the innocent, i.e. the husband and his family, are exponential to suffer. Some of the men give up and commit suicide during this period of hardship and ignominy. Here the law must exercise the power with thorough investigation and cross-examination of the whole matter in a just manner.

Several cases have come to light where the allegations are not bonafide and with oblique reasons have been lodged. In such cases, the acquittal of the accused does not wipe out the ignominy suffered during and before the trial in all cases. Adverse media coverage occasionally adds to the misery. New legal terrorism may be created by the abuse of the clause. The provision is intended to act as a shield and not as the weapon of an assassin. A mere probability of a legal provision being misused does not invalidate it.

Therefore, the Supreme Court has given certain directions in cases of Section 498A:

In the case of *Arnesh Kumar v. State of Bihar*<sup>17</sup>, the Hon'ble Court held that, In an effort to ensure that police officer does not unnecessarily arrest the accused and that the Magistrate does not allow for casual and mechanical detention in cases pursuant to Section 498A IPC, the Court gave certain directions (although the directions also apply to other cases where the offence is punishable by imprisonment not exceeding seven years) including:

1. Police officers not to arrest the accused immediately after the filing of a case under 498A IPC; They should satisfy themselves that arrest is necessary under parameters that flow from Section 41 CrPC (the judgment sets the parameters).
2. Police officers shall fill out the checklist (including the sub-clauses stated under Section 41(1)(b)(ii) of the CrPC) and include the grounds and evidence for the arrest.
3. The Magistrate shall authorize detention only after the police officers have noted their satisfaction with the report.
4. Where the police officers fail to comply with the directions, they shall be liable for departmental action and punishment for contempt of the Court.
5. If the Judicial Magistrate fails to comply with the orders, he shall be held liable by the appropriate High Court for the departmental action.



In case of, *Rajesh Sharma v. State of Uttar Pradesh* the Hon'ble Court issued instructions to prevent the misuse of Section 498-A IPC which was further amended in the *Manav Adhikar v. Union of India Social Action Forum*<sup>18</sup>. Such guidelines include:

Complaints pursuant to Section 498-A and other related offences may only be examined by a designated area investigator. Where a settlement is reached between the parties, they may approach the High Court pursuant to Section 482 seeking the quashing of proceedings or any other order.

If a bail application is submitted to the Public Prosecutor / Complaint with at least one day notice, the same can be decided on the same day, where possible. Recovery of disputed dowry items may not, by itself, be a ground for denial of bail if it is otherwise possible to protect the maintenance or other rights of women / minor children. It should not be routine for persons ordinarily resident in India to impound passports or issue Red Corner Notices. Such rules shall not extend to actual physical harm or death. In the case of, *Social Action Forum for Manav Adhikar v. Union of India*, The petition had been submitted in compliance with Article 32 of the Constitution. The petitioners argued that it is not false that there are a number of women who suffer abuse in the hands of the husband and his family and that the allegation that Section 498A is being misused is not based on such misuse from any specific date. It was further argued that the social intent behind Section 498A IPC is being lost as the rigour of the said provision has been diluted and the offence has been madeailable, due to various qualifications and limitations imposed by different decisions of this Court, including *Rajesh Sharma v. U.P. State*.

The Court concluded, after referring to the directions, that the direction with regard to Family Welfare Committees and their duties is not in accordance with any provision of the Code of Criminal Procedure, 1973. The offence of cruelty is an offence that is not accountable and recognizable, but because of the direction that makes it impossible to arrest before such committee's report makes it ineffective. Thus, as explained further, the directions given in the *Rajesh Sharma* case have been amended by the Court.

The role of the Family Welfare Committee as to its composition and duties has been ruled inadmissible. Furthermore, the settlement route has been revised to provide that, if a settlement is reached, the parties may, under Section 482 of the Code of Criminal Procedure, approach the High Court.

In the case of, *Inder Raj Malik and Ors. v. Sumita Malik*, it was argued to be ultra vires Article 14 and Article 20(2) of the Constitution. There is the Dowry Prohibition Act which also deals with specific types of cases; thus, both laws together establish a condition generally referred to them as double threat. But this argument is negated by Delhi High Court and held that this provision does not establish a situation for double threat. Section 498-A is distinguishable from section 4 of the Dowry Prohibition Act because pure demand for dowry is punishable in the latter and the presence of an element of cruelty is not required, whereas section 498-A deals with the aggravated form of the offence. It punishes the wife or her family with such demands for property or valuable protection as are combined with violence towards her. Therefore, both the offences punishable under section 4 of the Dowry Prohibition Act and this provision may be charged by an individual.

This section gives the courts wide discretion when it comes to interpreting the terms that appear in the laws and even when it comes to sentencing. This is not an ultra vires clause. It does not place absolute authority on courts.

According to SIFF, these laws don't follow conventional legal premises where a person is innocent until proven guilty. It has also pointed out that several of those who are arrested under this law are women themselves, i.e., female relatives of husbands. Swarup Sarkar, a

spokesperson of SIFF, has said that men with low incomes are rarely targeted and most victims of misuse are well-off. He has claimed that these laws assume that women are always truthful, and don't place much importance on evidence. An Indian court has termed misuse of these laws, legal terrorism.<sup>19</sup>

Almost of a quarter of people arrested under Section 498a are women, mostly mothers and sisters of the accused husband. In 2012, 47,951 women were arrested under this law. According to Ram Prakash Chugh, a large majority of the women in Tihar jail are there due to dowry charges. He has claimed that sometimes mothers of the bride bring dowry charges on their in-laws when the bride fails to adjust to her in-laws. Organizations like All India Mother-in-Law Protection Forum (AIMPF) and Mothers And Sisters of Husbands Against Abuse of Law (MASHAAL) have been formed to represent such women.

Some non-resident Indians (NRI) groups have also demanded amendments to the anti-dowry law. Anindya Chatterjee, a California-based IT worker who runs an online support group, was accused under the law. He has said that sometimes while visiting India, men are accused under the law and get arrested by police without verifying if the case is genuine and their passports are seized. The cases often take a year to clear up, as a result the men lose their jobs abroad due to frequent travels to attend the court or being unable to leave India. Canada and United States have issued travel advisories warning of India's anti-dowry law misuses in the past.<sup>20</sup>

Jyotsna Chatterjee, member of the Joint Women's Programme which was involved in drafting the Domestic Violence Act 2005, has responded to this criticism of the anti-dowry law, by stating that compared to the men who have faced the misuse of the anti-dowry law, many more women have suffered from dowry demands. She has said that there has been no change in the way society sees women and they are still treated as second-class citizens. Indira Jaising has also rejected the view that anti-dowry law and domestic violence laws are being misused. She has also claimed that the high acquittal under dowry cases occurs because prosecutions are conducted improperly and people are encouraged to settle out of court. Indrani Sinha of Sanlaap has said that the anti-dowry cannot be easily misused. She said that if the husband and his family are innocent then they should go to the police before the wife and file a complaint.<sup>21</sup>

---

## RIGHT TO LIFE AND HUMANITARIAN LAW DURING COVID-19

NAME: - AMIT MAHESHKUMAR TRIVEDI

DESIGNATION: -L. LM STUDENT (CRIMINAL & SECURITY LAW)

EMAIL: -ID: - [aarambh.amit@gmail.com](mailto:aarambh.amit@gmail.com)

INSTITUTE: -SHRI. JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY,  
JHUNJHUNU.

ROLL NO.: -20LM 18003

SUBMITTED TO: - DEPARTMENT OF LAW

**ABSTRACT:** -Human rights are important in crafting the pandemic response as people are the centre-stage and responses that are shaped by and respect human rights as bringing out world from pandemic, ensuring healthcare for everyone and preserving human dignity.

The world is currently facing one of its most severe public crises. At the time of this paper, there are more than 16.6 Cr. Cases whereas the death 34.4 lakhs confirmed cases of COVID-19 (sources: GOOGLE WIKIPEDIA) worldwide.

COVID-19 is the global pandemic and which has lead to more wider, on both their scope and their duration, restrictions of human rights than in common and usual times, as an international human rights, States can limit the exercise of most human rights if it is necessary to protect the rights of others or collective interests.

**INTRODUCTION:**-Today world is facing unpredicted and unprecedented issues in the terms of COVID-19, If genuinely speaking it's a global health emergency which is spurted up in century, it requiring a global response with deep impact on economic, social and political lives. And you know we are fighting with the enemy which is not visible and the importance is to save lives wherein the countries have no choice but to adopt one of the biggest ways to deal with this in an extraordinary way, the measures which known was only extensive lockdown, acceptance to minor transmission of the virus, restricting the freedom of an individuals and, in the process, stopping the freedom of individuals to enjoy human rights. The restrictions towards the free movements had adversely affected the livelihoods and safety, their reach towards health care (not only for COVID-19, to food, water and sanitation, work, education) – as well as to leisure. Its fighting towards all the odds in this juncture of time of pandemic to fight back and come out and bounce back to come to normalcy.

**PRESENT STATUS & PROBLEMS:**-The United Nations as per its human rights that helped the states and societies at large to respond to the danger and crises in a way that puts people at the apex. If we see through the specs of human rights, we focus upon how people at large are affected at base level, which are most affecting people on the ground, and the most affected among the common masses, and what punitive action can be taken in long run need to be kept priority now as the situation is adverse and odd but need to come out from it too. Although this article is presented and a kind of recommendations, as its worth underlining that human rights are obligations which states must follow the instructions and abide with it. Human rights to all are challenging task in this pandemic to all countries worldwide at different level of degree to be handled. Public health issues are becoming a very challenging and related economic and social crisis and a protection and human rights crisis rolled into one. Today extra pressure is constantly growing on human rights and other international legal protections. The least protected in this COVID-19 has exacerbated the vulnerability. It's a need of the hour where deep economic and social inequalities and inadequate health and social protection need to be attended. For the response of recovery, we need to cover every segment in human rights where in considering Women and Men, Children, Youth and older persons, refugees and migrants, the poor, people with disabilities and also considering



minorities, LGBTI people all are being affected differently. Its constitutionally as well as a very importantly natural rights of human to protect and include that the human rights come above all and to be responded to this crisis. To fight against diseases and protect lives the state authorities have deployed maximum resources. Decisions are being made at speed and, even though well-intended. During this crisis there is a need of trust between people and government. For combating the disease and minimise the negative consequences human rights can help states to accept the responsibilities. The centrality of protection, which supports the humanitarian settings, makes sure that we collectively conserve our common humanity and dignity. Human rights law considers that national emergencies may require limits to be placed on the exercise of certain human rights. The scale and seriousness of COVID-19 reaches a level where reductions or limitation are justified on public health grounds. Through this article nothing seeks to tie the hands of States to shape an effective response to the pandemic.

The aim is threefold:

1. To create a strong and effectiveness of the response to the immediate global health threat;
2. Diminish the broader impact of the crisis on people's lives; and
3. Avoid creating new or aggravate existing problems.

These three elements will help us to build back the betterment for everyone tomorrow. The instability and fear that the pandemic engenders is aggravate existing human rights concerns, such as differences against certain groups, hate speech, attacks, xenophobia and forced returns of refugees and asylum-seekers, mistreatment of migrants, and sexual and gender-based violence, as well as limited access to sexual and reproductive health and rights. *This is not a time to neglect human rights*; it is a time when, more than ever, human rights are needed to navigate this crisis in a way that will allow us, as soon as possible, to focus again on achieving equitable sustainable development and sustaining peace. This article aims to translate this Call into strong action to help with the response to the pandemic. The prime focus is challenge to freedom of movement controlling the virus, and protecting the right to life, means breaking the chain of infection people must stop moving anywhere keep social distance and also control the interacting with each other. The most common public health measure taken by States against COVID-19 has been restricting freedom of movement the lockdown or stay-at-home instruction. This measure is a practical and necessary method to stop virus transmission, prevent health-care services becoming overwhelmed, and thus save lives.

However, the impact of lockdowns on jobs, livelihoods, access to services, including health care, food, water, education and social services, safety at home, adequate standards of living and family life can be severe. Historic underinvestment in health systems has weakened the ability to respond to this pandemic as well as provide other essential health services. COVID-19 is showing that Universal Health Coverage (UHC) must become an imperative. Universal, affordable health-care systems assist with combating the pandemic by ensuring access for everyone, without discrimination, to basic measures that contain the spread of the virus. This includes testing, specialist care for the most vulnerable, intensive care for those in need and vaccination, when available, regardless of ability to pay. In response to the pandemic, some countries have extended health cover to everyone in their country; others have reached agreements with private sector health-care providers to make their facilities available to the pandemic response. This measure is a practical and necessary method to stop virus transmission, prevent health-care services becoming overwhelmed, and thus save lives. While international law permits certain restrictions on freedom of movement, including for reasons of security and national emergency like health emergencies, restrictions on free movement should be strictly necessary for that purpose, proportionate and non-discriminatory. The availability of effective and generalised testing and tracing, and targeted

quarantine measures, can mitigate the need for more indiscriminate restrictions. In his recent Call to Action for Human Rights to put human rights at the heart of UN actions, including in times of crisis, the Secretary-General underlined that our shared human condition and values must be a source of unity, not division. We must give people hope and a vision of what the future can hold. The human rights system helps us to meet the challenges, opportunities and needs of the 21st century; to reconstruct relations between people and leaders; and to achieve the global stability, solidarity, pluralism and inclusion on which we all depend. It points to the ways in which we can transform hope into concrete action with real impact on people's lives. It must never be a pretext for power or politics; it is above both. This article aims to translate this Call into concrete action to assist with the response to the pandemic. The right to health and access to health care the right to health is inherent to the right to life. COVID-19 is testing to the limit States' ability to protect the right to health. Every human being is entitled to the enjoyment of the highest attainable standard of health conducive to living a life in dignity. Everyone, regardless of their social or economic status, should have access to the health care they need. Those States with strong and resilient healthcare systems are better equipped to respond to crises. Health-care systems all around the world are being stretched, with some at risk of collapse. UHC promotes strong and resilient health systems, reaching those who are vulnerable and promoting pandemic preparedness and prevention. Our shared human condition and values must be a source of unity, not division. We must give people hope and a vision of what the future can hold. The human rights system helps us to meet the challenges, opportunities and needs of the 21st century; to reconstruct relations between people and leaders; and to achieve the global stability, solidarity, pluralism and inclusion on which we all depend. It points to the ways in which we can transform hope into concrete action with real impact on people's lives. It must never be a pretext for power or politics; it is above both. We are all in this together. The focus is rightly on saving lives, for which universal access to health care is imperative. But the health crisis has triggered an economic and social crisis that is hitting individuals, families and communities hard. This impact comes from the disease itself but also from the measures necessary to combat it coming up against underlying factors like inequalities and weak protection systems. It falls disproportionately on some people, often those least able to protect themselves. Effective action to mitigate the worst impacts, on jobs, livelihoods, access to basic services and family life, protect people's lives, enable people to comply with public health measures and ease recovery once these measures can be lifted. Emerging human rights challenges in the impact of the crisis on lives and livelihoods this analysis suggests that it is important to prioritise measures to guarantee basic economic and social rights – and many countries are doing so. Yet the impact of the crisis on these rights is real:

Unemployment and food insecurity have risen to unprecedented levels in many countries within a very short space of time. Widespread closure of schools has interrupted the education of more than 1 billion children. Reduction of care and protection services for children, including abrupt closure of care institutions and health services serving children has increased children's vulnerability to violence, exploitation and abuse. COVID-19 is already sweeping through detention facilities, where distancing measures are almost impossible, and detainees are more vulnerable to the disease. Women confined at home with abusers, without access to harm reduction services and shelters, are at greater risk of domestic violence, and rates of violence in the home are escalating. Strategies to contain the virus are difficult for those without good quality safe housing; physical distancing, self-isolation and handwashing are impossible for the homeless or residents of slums where lack of access to clean water and sanitation is a fundamental issue. COVID-19 is sweeping through populous, high-density informal settlements and to refugee, IDP and migrant camps, where physical distancing is

challenging, access of health services limited and populations especially vulnerable to disease. Examples of good practice where responses are being shaped by human rights. Many countries have adopted, within their available resources, fiscal, financial and economic measures to mitigate the negative impact of COVID-19 on their populations.

Examples include:

- a] Provision of emergency water supplies to slum areas;
- b] Suspension of housing evictions for unpaid rent during the crisis;
- c] Preserving jobs and wages through targeted economic measures;
- d] In some cases close to providing universal income, and support to employers and businesses;
- e] Providing or extending paid sick leave to workers or unemployment benefits;
- f] Securing emergency shelter for the homeless.
- g] Expanding domestic violence responses for victims of abuse.
- h] Providing child care for essential service workers.

But not all States have the resources to provide sufficient protection to everyone.

**CONCLUSION:** - Human Rights has its own importance and has to be adopted and treated very carefully, but when the world humanity is in adverse condition it's the need of the hour to keep more focus on duty than rights. To increase the life of the nation and world at large and also to achieve a proportionate principle to accept and adopt the pandemic situation rather than fighting with government and system will not give the required result and to come out from this situation health, economy, social working and building self-confidence is the requirement. Beyond the current management of this emergency, this crisis shows the fragility of health systems, urging governments to review their strategies and should have exclusive more contribution to health care sector. Collective action by all is needed just criticizing the authorities and cursing situation will not give the desired result lets come together and follow the norms and accept our own responsibilities and maintain social distancing and upgrade our level of understanding that even nature has its own way of life.

## THE RIGHT TO LIFE & HUMANITARIAN LAW DURING COVID-19, A note on responsibility of all stakeholders to overcome the challenges and become stronger nation.

Anand Kumar Singh, Advocate

Research Scholar

Reg.No.. No. 28620001

Contact No. +91 933100 3898

E. Mail. [anandofcal@gmail.com](mailto:anandofcal@gmail.com)

Shri JTT University, Jhunjhunu, Rajasthan

**Abstract:-**My research paper, focus on the origin of the novel corona virus and their impact on different aspects of life. We also focus on the right to Life and Humanitarian law which is in trouble during the ongoing pandemic. A brief research on various Humanitarian factors and their impact on different aspects, Policy and implementation lapsation from all stakeholders. Our country is the largest democracy of the world. The entire world now has a bigger expectation from us. Our responsibility is now bigger and larger. It also provides positive news in such pandemic, our revolution, innovation and ultimate focus is to transform our country into one of the greatest countries of the world.

**Background & Introduction:-**On 31 December 2019, a cluster of cases of pneumonia of unknown cause, in the city of Wuhan, Hubei province in China, was reported to the World Health Organisation. In January 2020, a previously unknown new virus was identified, subsequently named the 2019 novel coronavirus, and samples obtained from cases and analysis of the virus' genetics indicated that this was the cause of the outbreak. This novel coronavirus was named Coronavirus Disease 2019 (COVID-19) by WHO in February 2020. The virus is referred to as SARS-CoV-2 and the associated disease is COVID-19. The World Health Organisation had declared coronavirus disease 2019 (COVID-19) a pandemic. A global coordinated effort is needed to stop the further spread of the virus. A **pandemic** is defined as "occurring over a wide geographic area and affecting an exceptionally high proportion of the population." The last pandemic reported in the world was the H1N1 flu pandemic in 2009. Most of the people who are infected with COVID-19 virus experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. It has created an impact to more than 180 countries and killed more than 35 lacs people around the world. In India total death touch is at approx. 2,00,000 people. Lockdown was announced by various countries including our Prime Minister Sri Narendra Modi for India also. Lockdown was a new concept for the whole nation and the entire world had to face not only health challenges but social and economic challenges too. On one side it has exposed the actual situation of our health sector and other infrastructure support systems in our country, but on the positive side we are able to produce one of largest manufacturing hub of vaccine, medicine and other protective instrument and support tools. It has been able to create a revolution in concept of starting work from home, online education, improving logistic system. Our country has also been able to develop medicine for corona with support of DRDO. It has also provided our country to become the largest manufacturing

hub of surgical mask and sanitizer. It has also given a new way of life in lockdown. People now are more knowledgeable about our ancient treatment through herbs and Ayurveda. Unfortunately, it severely affected many sections of the society, especially the poor and lower middle-class people. Several daily labourers lost their job and earning and become insolvent to feed their families. Most of them suffered from fear complex about their future and decided to go back to their hometown to have food and shelter. But lots of people suffered.

**Impact on Human life and rights affected due to Covid 19:-What Law's Says** According to the article 3 of the Universal Declaration of Human Rights (UDHR), states that "everyone has the right to life, liberty, and security of person." According to the article 6(1) of the International Covenant on Civil and Political Rights (ICCPR) provides that "every human being has the inherent right to life" which is to be "protected by law," and "no one shall be arbitrarily deprived of his life." and for instance, in Article 4(2) of the International Covenant on Civil and Political Rights and the specific provisions of the rights to freedom of expression, freedom of assembly, freedom of thought, conscience and religion, in the human rights conventions. Assistance in interpreting these restrictions are provided in General Comments 5 and 29 of the United Nations Human Rights Committee. Second, some rights are absolute and may not be suspended at all, such as the prohibition of torture. Third, only those rights which must be suspended to deal with the emergency may be limited. And fourth, the suspensions must be temporary, necessary, legal, and proportional. The COVID-19 pandemic is a complex and extra ordinary emergency situation to the entire nation, seems like a biological war like a situation has arise in the whole world. Its impacts various aspect like health, security, economic, living and political aspects. The impacts of COVID-19 on human rights and their life explain as follows:

- Fundamental of human rights affected during pandemic.
- Impact on economic and mental conditions of people life.
- Impact on education and their future prospects

**Fundamental of human rights affected during pandemic:-**There are so many examples of human rights effected during pandemic. Fundamental basic right to live with dignity. People belonging to poor class and daily wage labourers are largely affected to live their live with dignity and self-respect. They are not allowed to work due to lockdown, their hard-earned money became exhaust after that they solely became depended on the govt. and social organisations to feed them. There are rights impacted by the necessary responses to the pandemic, such as freedom of movement, shelter in place and ability to leave one's home, freedom of assembly and association; right to work, labour rights, access to work and income, right to education, access to food security, and right to private property are mainly being affected during this pandemic.

**Impact on economic and mental condition of people life:-**Mostly people belong to poor and underprivilege background and are restricted to work due to the lockdown, so they are completely depended on the govt. and NGO to feed them properly. In various states they got only rice as food support provided by the govt. and due to some causality in their family and earning loss various reports come out through media where they chose suicide to kill themselves. They mentally suffered due to fear complex of how they will earn in the future and feed their family after pandemic. In covid, there may be fatality below 1% but cases related to mental depression, trauma and stress are more than 30%. In India where there is huge shortage of doctors who are treating mental stress, trauma, and others mental disorder.

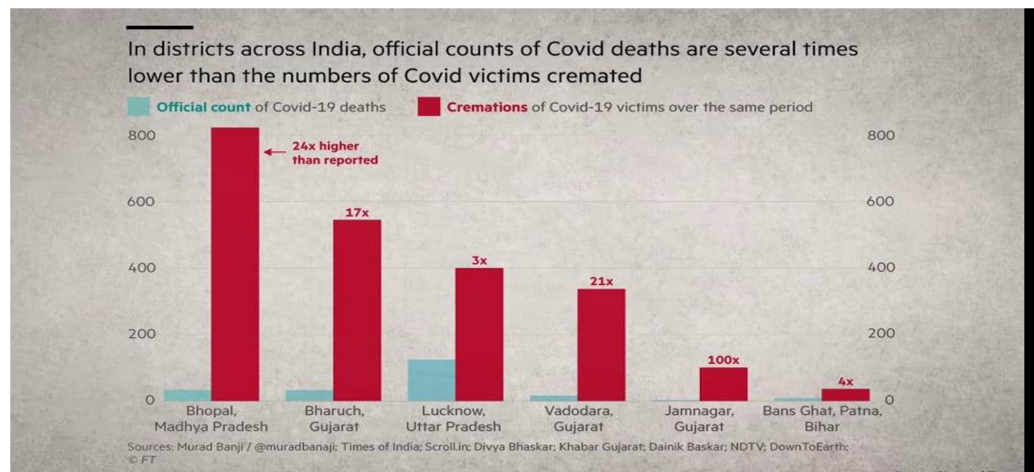
And the most important is their accessibility and affordability which is a big concern to most of the people.

**Impact on education and their prospects:-**Due to pandemic and lockdown most of the schools and colleges have been temporarily closed to prevent steps for spreading of corona virus. Then some schools started online and other virtual platforms for learning. Our country with the biggest challenge is the large population which is below the poverty line. They have a limited resource to have access to any digital platform. So the education sector and the study of the students have largely suffered due to covid. Learning through online platform is new and difficult to most of students in our country.

**Lapsation from Govt. and Legislative side:-**We are giving some examples where govt. and legislative authorities see failure in their part as follows:

1. Cutting in salaries of government staff and workers without their will.
2. Infringement of right to last funeral rites of the people which includes infringement of right to life under article 21
3. Right to life includes the right to live with dignity. **Maneka Gandhi vs UOI**  
States fudging the death tolls and depriving the front-line workers from the deserved compensation. Manipulating this data also leads the people to believe that this is a normal death rate and put their life in danger.
4. Article 21 also covers the right to medical care. Governments should take steps to curb the spreading of misinformation related to Covid E.g. MP Pragya of Bhopal and Swami Ram Dev spreading false info regarding Gaumutra and Covid without any scientific certification.
5. Right against Illegal detention and custodial violence. **Sunil Batra Vs Union of India, K.D. Das Vs State of West Bengal.** Several journalists like S.Kaplan are put behind bars and the families are required to go to High court in order to provide basic medical facilities to the same.
6. US has given order to procure vaccine in 2019 whereas Govt. of India gave the first order in the month of January 2020. Whereas compared to US our country is largely populated where requirement of vaccine is more. The central Govt. already provided 35000 Crore in their union budget in the year 2020-21 solely for vaccination. If we can consider the price of per vaccine @ Rs. 300/- then we would be able to provide vaccination to approx. 60 crore people, but till date only 19 crore people got vaccinated through scheme. And now the Center has shifted the responsibility towards the states and approximately 60-70 crore population still could have been fully vaccinated.
7. Under reporting of death due to covid, and dumping of dead body in Ganga or other river.
8. Due to holding election in various states and panchayat, second wave of corona virus spread really fast and the situation had arise and have given treatment to medical infrastructure till date. Gap between 1<sup>st</sup> and 2<sup>nd</sup> wave if covid govt. will work to robust their medical system and infrastructure, the death rate and panic could be lesser and avoided. According to news published in media, Teacher union claimed 1621 teachers died due to coronavirus during panchayat polls.





**Lapsation from Execution side:-**We have found reports on daily basis from different sources like black marketing of covid treatment medicine, oxygen, oxygen concentrator and other equipment, manipulation in billing by various hospitals and nursing homes. Lapsation in proper execution of govt. guidelines like poor execution of quarantine requirement for people who are travelling from other state and country, which has been a major cause in the spreading of covid 19 cases in India. Countries like Taiwan, Isreal, Australia and New Zealand they are doing their job with sincerity and are able to control covid cases in their country. We should take lessons from them. Human life is important. We have to protect them with full sincerity and provide dignity to the people irrespective of their social and economic condition.

**Lapsation from Media:-**We have to provide authentic and right information to the people of our country. We should avoid becoming brand ambassador of opposition or their agent. We should give positive information to the people and restrict to spread any fear to the country. Media has always been a great responsibility in a democracy, whereas we are the largest democracy of the world.

**International Humanitarian Law and Covid 19 challenges:-**COVID-19 represents a dramatic new threat to life in war-torn countries. International humanitarian law is a key legal framework that provides crucial safeguards to people affected by armed conflicts. This overview summarizes some of the main provisions of IHL that may be particularly relevant during the COVID-19 pandemic.

**Persons specifically at greater risk:-**Those who have weaker immune systems, or those with pre-existing health challenges, are at particular risk for severe illness if infected by COVID-19. Others, including persons with disabilities, may face a variety of challenges to access necessary health-care services or difficulties in implementing the required hygienic measures to prevent infection. This can be the individuals who cannot afford social distancing as they must be relying on the support of others for their daily tasks. International Human Law requires those parties to a conflict to respect and protect wounded and sick persons as well as to take all possible measures to search for, collect and evacuate them without adverse distinction whenever circumstances permit and without delay. They must receive, to the fullest support and with the least possible delay, the medical care and attention required by their condition, without distinction other than for medical purposes. However, International Human Law provisions provide protection to older persons and persons with disabilities who are affected by armed conflict.

**Person who are in correction centre:-**In India places like jails and lock ups, which are often overcrowded, have poor hygiene or lack of ventilation. Given a grave challenge when it comes to preventing and containing infectious diseases, including COVID-19. Under International Human Law detainees' health and hygiene must be safeguarded, and sick detainees must receive the medical care and attention required by their health condition. In the current situation, new arrivals should be tested for the virus and hygiene measures should be increased in order to prevent the spread of the disease. Like installing Sanitizer stands, having sufficient hand wash, spraying sanitizers and other needed measures.

**Migrants and refugees have their different challenges:-**Internally displaced persons, migrants and refugees are particularly exposed to outbreaks of COVID-19, given their frequently harsh living conditions and limited access to basic services including health care. Displaced civilians are entitled to shelter, hygiene, health, safety and nutrition. People facing outbreaks of COVID-19 in camps may aim to move to safety, leading local populations and/or authorities to react forcefully to contain them, including by turning the camps into isolated detention centres. International Human Law protects all civilians against the effects of armed hostilities and against arbitrary deprivation of liberty, and provides for their access to health care without discrimination. However in the second wave of covid, Dharavi of Mumbai has given some relax news about outbreak of covid in their area.

**Conclusions:-**The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty” A famous quote of Winston Churchill always proved right. Current Covid 19 Pandemic has come before us a greatest challenges in this century. Now the entire stakeholders have joint responsibility to overcome and show as a great example to the entire world as opportunity. We have the 6<sup>th</sup> largest economy and the 2<sup>nd</sup> largest population of the world. Most of them are youths. Now it is our responsibility to show as one country, one religion, one goal to transform ourselves into a truly great nation, where people get prompt response from govt. authority, executives and judiciary. As a citizen of the country, we have to act as brand ambassador of our great nation. Democracy has great power, the power to express, criticize and oppose. We see a great opportunity to provide low-cost educational facility to the underprivileged and poor people of our country because online education has transformed the entire education system. Through good education, we will be able to transform our nation into a great nation. We are facing various challenges like ventilator, scarcity of oxygen plant and other medical devices and even getting a bed in hospital. We are hopeful to robust our health infrastructure and other support system to give our citizen a better healthcare facility, better sanitation, better water facility, better hygiene and other benefits to improve the quality of people life.

#### **Bibliography:**

<https://www.physio-pedia.com>  
<https://www.who.int>  
<https://www.edition.cnn.com>  
<https://www.firstpost.com>  
<https://www.indianexpress.com>  
<https://www.washingtonpost.com>  
<https://www.telegraphindia.com>





- व 60.7 प्रतिशत उत्तर दिये हैं। केवल लोकजुम्बिश के छात्रों द्वारा इसके पक्ष में जो उत्तर प्राप्त हुए हैं, उसका प्रतिशत 47.8 प्रतिशत पाया गया।
- 2 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की मौखिक परीक्षा के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के छात्र यह मानते हैं कि सभी योजनाओं के अध्यापक मौखिक परीक्षा में रुचि रखते हैं, क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 59.75, 65.42, 54.27 व 58.02 प्रतिशत उत्तर दिये हैं।
  - 3 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की प्रायोगिक परीक्षा के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के अध्यापक प्रायोगिक परीक्षा में रुचि रखते हैं, क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 70.66, 56.10, 72.02 व 70.76 प्रतिशत उत्तर दिये हैं।
  - 4 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की कक्षाकार्य के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के अध्यापक कक्षाकार्य में रुचि रखते हैं, क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 61.21, 67.36, 65.12 व 61.28 प्रतिशत उत्तर दिये हैं।
  - 5 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की गृहकार्य के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के अध्यापक गृहकार्य में रुचि रखते हैं, क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 67.39, 63.46, 69.32 व 66.99 प्रतिशत उत्तर दिये हैं।
  - 6 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की संयची अभिलेख के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के अध्यापक संयची अभिलेख के कार्य में रुचि रखते हैं। क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 61.78, 64.1, 68.34 व 67.9 प्रतिशत उत्तर दिये हैं।
  - 7 राजस्थान में शिक्षा के विकास स्वरूप चल रही विभिन्न योजनाओं में कार्यरत अध्यापकों की पाठ्यक्रम समाहीकरण परीक्षा के प्रति रुचि का छात्रों द्वारा तुलनात्मक अवलोकन करने पर निष्कर्ष स्वरूप पाया गया कि चारों योजनाओं (लोकजुम्बिश, डी.पी.ई.पी., शिक्षाकर्मी, राजीव गांधी पाठशाला) के अध्यापक पाठ्यक्रम समाहीकरण परीक्षा प्रणाली में रुचि रखते हैं, क्योंकि इसके पक्ष में हॉ विकल्प पर छात्रों ने क्रमशः 64.60, 69.98, 70.36 व 73.02 प्रतिशत उत्तर दिये हैं।

## वर्तमान समय में ऋग्वेद की भारतीय शिक्षा प्रणाली में प्रासंगिकता

पूजारानी

Ph.D Scholar

Reg.No – 26519080

Research Supervisor - Dr Durga Lal Parik

Reg No . – JJT/2k9/edu/680

ऋग्वेद विश्व साहित्य का सबसे प्राचीनतम ग्रन्थ है; क्योंकि इसके मंत्र प्रत्येक संहिताओं में उपलब्ध हैं। भाषाशैली, व्याकरण एवं मन्त्रों के अध्ययन से ज्ञात होता है कि यह किसी एक समय की, किसी एक ऋषि की रचना नहीं है अपितु विभिन्न काल में विभिन्न ऋषियों द्वारा हुई रचनाओं का संग्रह ग्रंथ है। इसलिए इसे ऋक्संहिता भी कहते हैं। छंदों एवं चरणों से युक्त मन्त्रों को ऋक या ऋचा कहते हैं और ऋचाओं के संग्रह का नाम ऋक्संहिता है। इसमें भारतीय संस्कृति धर्म-दर्शन, ज्ञान-विज्ञान, इतिहास एवं काव्य की विविध सामग्री उपलब्ध है। इसे समस्त ज्ञान का मूल स्रोत माना जाता है। भारतियों के अचारद-विचार, रहन-सहन, धार्मिक-विश्वास, दार्शनिक चिंतन, सामाजिक-व्यवस्था एवं ऐतिहासिक अध्ययन की विपुल सामग्री ऋग्वेद की ऋचाओं में उपलब्ध है।

मैक्समूलर का कथन है कि, “विश्व साहित्य में वेद उस रिक्त स्थान की पूर्ति करता है जो किसी भाषा के साहित्यिक कृति में संभव नहीं है यह हमें उस काल तक पहुंचा देता है जिसका हमारे पास कोई अभिलेख नहीं है।”

विंटरनिट्ज का कथन है कि, “भारतीय धर्म के विकास की प्रारंभिक दशा को भारोपीय लोगों के वस्तुतः समग्र मानव जाति के पुराण शास्त्र को जानने के लिए ऋग्वेद के सूक्तों से अधिक मूल्यवान सामग्री विश्व में नहीं है।”

ऋग्वेद के मन्त्रों में जीवन के शाश्वत मूल्यों की स्थापना चमत्कारिक है। ऋग्वेद आस्तिकों का ग्रन्थ है। इसमें ईश्वरीय ज्ञान का सर्वोत्तम स्वरूप विद्यमान है।

**रचना काल :-**मनुस्मृति आदि के प्रमाणों को उद्धृत करके ऋषि दयानन्द ने यह प्रमाणित किया कि सृष्टि की उत्पत्ति १९६०८५२९७६ वर्ष पूर्व हुई थी। अतः वेदों का आविर्भाव इतने वर्ष पहले हुआ था। इंग्लैंड की “सेक्रेडबुक्स ऑफ दी ईस्ट” नामक ग्रन्थ माला के अंतर्गत मैक्समूलर द्वारा सम्पादित “ऋग्वेद ;शाकल शाखा” का प्रकाशन हुआ था। इस ग्रन्थ के अंतर्गत ऋग्वेद की रचना काल १२०० ईसा पूर्व सिद्ध किया। शंकर बालकृष्ण दीक्षित ने ज्योतिषि के आधार पर नक्षत्रों की गणना के आधार पर शतपथ ब्राह्मण का समय ३००० ईशा पूर्व बताया और ऋग्वेद की रचना के समय को ३५०० ईशा पूर्व प्रतिपादन किया। डॉ सम्पूर्णानन्द ने भूगर्भ शास्त्र के आधार पर यह सिद्ध करने का प्रयास किया कि ऋग्वेद के कुछ मंत्रों की रचना ५००० से २५०० ईशा पूर्व के बीच हुई। ऋग्वेद किसी एक काल एवं किसी एक व्यक्ति की रचना नहीं है बल्कि वर्षों के साधना के उपरांत अनेक ऋषियों के द्वारा दृष्ट ज्ञान एवं साधना का फल है। जिसे ऋषियों ने विभिन्न कालों में दर्शन किया है। इसलिए

ये मंत्रद्रष्टा कहे जाते हैं अतः ऋग्वेद के मन्त्रों एवं सूक्तों को एक काल की रचना नहीं कहा जा सकता है। ऋग्वेद के सूक्तों का संकलन काल १५०० ईशा पूर्व के बहुत पहले अर्थात् २००० ईशा पूर्व के पहले का होना चाहिए

**ऋग्वेद का स्वरूप एवं देवता :-** ऋग्वेद के दो प्रकार के विभाजन उपलब्ध हैं . अष्टक क्रम और मंडल क्रम। अष्टक क्रम के अनुसार समस्त ग्रन्थ आठ अष्टकों में विभाजित किया गया है। प्रत्येक अष्टक में आठ अध्याय हैं। इस प्रकार पूरे ग्रन्थ में ६४ अध्याय हैं। प्रत्येक अध्याय में सैकड़ों वर्ग हैं। ऋचाओं के समूह को वर्ग कहते हैं। किन्तु वर्गों की संख्या निश्चित नहीं है। सामान्यतः पांच ऋचाओं का एक वर्ग होता है। किन्तु कहीं कहीं ऋचाओं की संख्या कम और अधिक भी है। पूरे ग्रन्थ में कुल २००६ वर्ग हैं। मंडल क्रम के अनुसार समग्र ग्रन्थ १० मंडलों में विभाजित किया गया है। प्रत्येक मंडल में अनेक अनुवाक और प्रत्येक अनुवाक में कई सूक्त हैं तथा सूक्त में कई मंत्र हैं। दसों मंडलों में कुल पचासी अनुवाक हैं।

**ऋग्वेदिक देवता :** - ऋग्वेद के प्रत्येक सूक्त का एक अपना देवता है। जिसमें उस देवता की स्तुति की गयी है। ऋग्वेद में कुल ३३ देवताओं की संख्या है। यास्क ने देवताओं को तीन प्रकार का बताया है पृथिवी स्थानीय, अंतरिक्ष स्थानीय और धुस्थानीय ऋग्वेद के प्रमुख देवता निम्न हैं .

१ इंद्र २ अग्नि ३ वरुण ४ मरुत ५ विष्णु ६ सोम ।

१ इंद्र :- इंद्र ऋग्वेद का सबसे अहं देवता है। इन्द्र की स्तुति लगभग २५० सूक्तों में की गयी है। ऋग्वेद की ऋचाओं के अनुसार इंद्र के तीन विशेष गुण बताये गए हैं। महान कार्यों के करने की शक्ति, अतुल पराक्रम और असुरों को युद्ध में जीतना । त्वष्टा ने इंद्र के लिए बज्र बनाया था। ऋग्वेद के अनुसार इंद्र हरे घोड़ों बाले सुनहरे रथ में चढ़ता था। धौ इंद्र का पिता हैं। अग्नि और पूषा उसके भाई हैं। इन्द्र आर्यों का सबसे प्रमुख देवता रहा इसलिए ऋग्वेद के लगभग चौथाई सूक्तों में इंद्र की स्तुति है।

२ अग्नि :- अग्नि को ऋग्वेद में दूसरा स्थान प्राप्त है, २०० सूक्तों में अग्नि की स्तुति की गयी है। वैदिक मन्त्रों में अग्नि की तीन प्रमुख विशेषताएं बताई गयी हैं। नेतृत्व शक्ति से सम्पन्न होना, यज्ञ की आहुतियों को ग्रहण करना, तेज एवं प्रकाश का अधिष्ठाता होना अग्नि घोस का पुत्र है। इंद्र और अग्नि जुड़वाँ भाई हैं। अग्नि सुखी अरणियों से उत्पन्न होता है जो उसकी माता है।

३ वरुण :- वरुण की स्तुति १२ सूक्तों में की गयी है ऋग्वेद में वरुण का मुख्य रूप शासक का है वह विश्व का राजा या सम्राट है जो प्रशासन कर्ता तथा नियमों का सञ्चालन करता है वरुण जनता के पाप.पुण्य सत्य.असत्य का हिसाब रखता है

4.मरुत :- देवों के समूह का नाम मरुत है मरुतों की स्तुति ४२ सूक्तों में की गयी है ये ३३ सूक्तों में स्वतंत्र रूप में ७ सूक्तों में इंद्र के साथ एक एक सूक्त में अग्नि और पूषा के साथ वरन किये गए हैं मरुत देवता आँधियों के देवता है और वृष्टि कराते हैं

5.विष्णु :- ऋग्वेद के पहले मंडल के १५४ सूक्तों में विष्णु की स्तुति की गयी है विष्णु के लिए त्रिविक्रम शब्द का प्रयोग हुआ है इसका अर्थ है तीनो लोकों में अपनी किरणों को फैलाने वाला विष्णु द्वारा तीन पगों में ब्रह्माण्ड को नापने के महत्वपूर्ण कार्य का वर्णन ऋग्वेद में किया गया है

6.सोम :-ऋग्वेद के लगभग १२० सूक्तों में सोम की स्तुति की गयी है ऋग्वेद के पूरे नवम मंडल में सोम का वर्णन है अवेस्ता में इसे हियोम कहा गया है उसका निवास स्वर्ग में है वह स्वर्ग का पुत्र है अमृत रूप होने से उसे वनस्पति भी कहते हैं यह पर्वतों पर उगता है किन्तु उसका निवास स्वर्ग में है सोम एक औषधि का नाम है

ऋग्वेद की ऋचाओं में और भी अनेक देवताओं की स्तुति की गयी है जैसे. अदिति आदित्यगण उषा ध्यावा त्वष्टा रुद्रगण सरस्वती सविता सूर्य आदि

**ऋग्वेद में दार्शनिक चिंतन :-**आर्यों का दार्शनिक चिंतन ऋग्वेद से ही प्रारम्भ होता है आत्मा परमात्मा सृष्टि .उत्पत्ति मृत्यु.पुनर्जन्म मोक्ष आदि दार्शनिक विषयों का ऋग्वेद में गहन चिंतन किया गया है

**ईश्वर-जीवप्रकृति :-**जीव और प्रकृति के संयोग से सृष्टि की उत्पत्ति होती है तथा ईश्वर इसका नियामक और संचालक है प्रकृति के द्वारा जीव बंधा रहता है तथा जन्म.मरण के चक्कर में पड़ा रहता है तत्त्व ज्ञान होने से वह बंधनों से छूट जाता है और मोक्ष के परम आनंद को प्राप्त करता है

**सृष्टि उत्पत्ति:-**नासदीय सूक्त ;१०.१२९ में सृष्टि उत्पत्ति से पहले की अवस्था का वर्णन करके उसकी रचना का क्रम बताया गया है उस समय न सत था ना असत था न लोक था न आकाश था न गति थी न स्थान न जन्म था न मृत्यु थी और न अमृत था न दिन था न रात थी वही एक मात्र सर्व शक्तिमान परमेश्वर अंतश्चेतना के साथ निर्वात अवस्था में शांत रूप से वर्तमान था उसमे िक्षा प्रादुर्भाव हुआ और सृष्टि का बीज उत्पन्न हुआ वह स्वयं कहाँ से उत्पन्न हुआ यह सृष्टि कहाँ से उत्पन्न हुई देवता पहले हुए या बाद में यह कोण बता सकता है यह परमेश्वर ही उस सृष्टि का अध्यक्ष है उसी को जानना चाहिए; ऋग्वेद में मृत्यु के बाद जीव की गति तथा पुनर्जन्म के संबंध में बहुत कुछ कहा गया है

असुनिते पुनरसमासु चक्षु पुनर प्राणभिः नो धेहि भोगम

ज्योक पश्येम सूर्य मुच्यस्ते मनुमते मृत्युन स्वस्तिऋग्वेद १०:५९:

**मोक्ष:-** ऋग्वेद में मोक्ष को सबसे अधिक आनंद का हेतु कहा गया है यह सत्य श्रद्धा तपस्या और आध्यात्मिक ज्ञान से प्रपात होता है ज्ञान रूप ज्योति से मोक्ष के मार्ग के सबसे विध्न दूर हो जाते हैं।

ये यज्ञेन दक्षिणया समक्ता इन्द्रस्य संख्यममृतत्वमानष तेभ्यो

मद्रम डिरूर सोवा अस्तु प्रति ग्रभनीत मानवम सुमेधस ऋग्वेद १०:६२:१ .

**ऋग्वेद कालीन समाज :-** वर्ण व्यवस्था ऋग्वेद काल में आर्यों का समाज ४ वर्गों . ब्राह्मण क्षत्रिय वैश्य शूद्र में विभाजित किया गया था ये ४ आर्यों के ४ वर्ण थे चारों वर्ण परस्पर प्रतिभाग से रहते थे

ब्राह्मणोंस्य मुखमासीद बाहू राजन्यकृतः

ऊरुतदस्ययद्वैश्यः पदमयं शुद्रो अजायत ऋग्वेद१०:९०:१२

ऋग्वेद में समाज को एक पुरुष के रूप में कल्पित कर उसके विभिन्न अंगों प्रत्यंगों का वर्णन किया गया है ब्राह्मण उस समाज रूपी पुरुष के मुख थे क्षत्रिय भुजाएं थी वैश्य जंघा थी और शूद्र को पादस्थानीय कल्पित किया गया

**आश्रम व्यवस्था :-** आर्य ऋषियों ने ब्रम्हचर्या गृहस्थ वानप्रस्थ और सन्यास इन चार आश्रम कि व्यवस्था की ऋग्वेद में मुख्य रूप से ब्रह्मचर्या का और थोड़ा सा गृहस्थ जीवन का आभास दिया गया है वेदों में गृहस्थ आश्रम को सब प्रकार की शारीरिक आध्यात्मिक और मानसिक उन्नति का साधक बताया गया है यह आश्रम ब्रह्मचर्य के बाद विवाह के अनन्तर प्राप्त होता है

**समाज में स्त्रियों की स्थिति :-** ऋग्वेद के युग में पिता के घर में कन्याँ बहुत अधिक स्नेह और सम्मान पति थी ब्रम्हचर्य का पालन करना उनके लिए अनिवार्य था और उच्च से उच्च शिक्षा प्राप्त करती थी अपने लिए योग्य पति का चुनाव करने के लिए वे स्वतंत्र होती थी ऋग्वेद के अनुसार पत्नी को पति के प्रति प्रेम करने बाली एकनिष्ठ और प्रत्येक कार्य में सहभागिनी होना

**निवास :-** आर्यों की संस्कृति प्रायः ग्रामीण संस्कृति थी ऋग्वेद में आर्यतरों के ही बड़े नगरों का उल्लेख मिलता है। घर के चार भाग होते थे दृअग्निशाला हविधारन पत्नीनां सदन और सदस।

**भोजन :-** आर्यों का भोजन सादा और पोस्टिक होता था गहि दूध दही का वे पचुर मात्रा में प्रयोग करते थे अनाजों में यव और चावल अधिक प्रयोग में लाते थे

**पेय :-** पेय पदार्थों में जल और दूध के अतिरिक्त सोम और सूरा का भी स्थान था ऋग्वेद में सोमरस को बहुत महत्व दिया गया है यह मुजजवान पर्वत पर उत्पन्न होने वाली सोमलत का रस था ।

**वस्त्र :-** ऋग्वेद के युग में अधिकतर ऊन के वस्त्रों का प्रयोग होता था मृगचर्म और वल्कल वस्त्र भी पहने जाते थे

**आभूषण :-** स्त्री और पुरुष दोनों ही आभूषण धारण करते थे ऋग्वेद में प्राय सोने के ही आभूषण का उल्लेख मिला है । स्त्रियां विविध प्रकार से अपने को सजाती थी और अनेक प्रकार की वेनियाँ बनती थी

**आमोद प्रमोद :-** ऋग्वेद के पांच वे मंडल में घुड़ दौड़ और रथ दौड़ का उल्लेख है । स्त्री और पुरुष नृत्य में भाग लेते थे और ाघाटी नामक वाद्य बजाते थे ।

**राजनैतिक जीवन :-** आर्य शासन व्यवस्था में सभी मनुष्यों की सामाजिक स्थिति प्रायः सामान थी और सामान्य जनता प्रजा को विश्रुत खा जाता था । वैदिक युगीन शासन व्यवस्था की कुछ बातें निम्न प्रकार हैं

**राजा :-** ऋग्वेद में राजा जनता से प्रतिज्ञा करता था की वह उसकी वाह्य और आंतरिक आक्रमणों से रक्षा करेगा और न्यायपूर्वक उसका पालन करेगा । राजा के इस कार्य के लिए प्रजा उसे बाली ; कर द्द देती थी । न्याय करना भी राजा का ही कार्य था ।

**सभा और सभापति :-** राजा के अतिरिक्त प्रजा द्वारा दो संस्थाओं सभा और समिति का निर्वाचन होता था । ये संस्थाएं राजा पर नियंत्रण रखती थी तथा राज कार्यो में उसकी सहायता करती थी ऋग्वेद के अंतिम सूक्त में प्रार्थना की गयी नहे की समिति के सदस्यों का मत एक ही हो

**युद्ध और शस्त्र :-** आर्य जाती युध प्रिय थी और उसने युद्ध कला का अच्छा अभ्यास किया था । धनुष वाण और तलवार उनके प्रमुख हथियार थे । युद्धों में सवारी के लिए घोड़े और रथ काम में आते थे

**राष्ट्रियता :-** ऋग्वेद युग में अपने देश के प्रति भक्ति और राष्ट्रियता की भावना का विकास हो गया था। ऋग्वेद के मंत्र ५२६६२६ में राज्य की माहिमा का उपदेश है ।

**ऋग्वेदकालीन आर्थिक जीवन :-** ऋग्वेद के युग में जीवन की आवश्यकतयाँ पूरी करने के लिए बहुत कुछ स्वयं समर्थ होता था। गावों में वस्तुएं वहीं पैदा कर ली जाती थी । कृषि और पशु पालन उस युग के प्रमुख व्यवसाय थे उस युग के प्रमुख व्यवसाय निम्न थे

**कृषि :-** ऋग्वेद के समय कृषि प्रमुख व्यवसाय बन चुकी थी ए लकड़ी और धातु के हल बनाये जाते थे । आर्यों का प्रमुख अन्न जौ; यव द्द था इसके अतिरिक्त गेहूं धान तिल आदि भी बोये जाते थे । वृक्षों में पीपल वट मुख्या है। सोम नामक वनस्पति आर्यों की बहुत महत्वपूर्ण थी

**पशुपालन :-** गाय बैल भेड़ बकरी आर्यों की आजीविका के लिए आवश्यक थे । बैल कृषि के लिए एगाय और बकरी से दूध लिया जाता था । आर्यों के लिए गाय बहुत मूल्यवान और पुज्यनीय थी । गाय का वध नहीं किया जा सकता था । घोडा आर्यों का एक अतिरिक्त मूल्यवान पशु था । एक घोड़े का मूल्य १००० गायों के बराबर था ।

**उद्योग :-** कपड़े का उद्योग काफी प्रचुर था रथ बनाना चमड़े का सामान सोने के आभूषण लकड़ी और धातुओं का सामान बनाना नौका बनाना आदि उद्योग थे

**खनिज :-** सबसे अधिक उल्लेख सोने का है

**ऋग्वेद और शिक्षा :-**

**चिकित्सा :-** चिकित्सा से सम्बंधित अनेक मंत्र ऋग्वेद में हैं औषधियों और मंत्रों द्वारा चिकित्सा की जाती थी अस्वनी देवता मुख्यतया चिकित्सक थे । मंत्र १२१८३२ में त्रिधातु वात पित्त एऔर कफ का उल्लेख किया गया है



**भूगोल :-** ऋग्वेद के ऋषियों का भूगोलिक ज्ञान काफी बड़ा था । उन्होंने चार समुद्रों का वर्णन किया है ऋग्वेद में मुज्ज्वान पर्वत का विशेष उल्लेख है जहाँ से सोम नामक वनस्पति प्राप्त होती थी सिंध प्रदेश के मरुष्ठल का भी उल्लेख ऋग्वेद में अतः हे ऋग्वेद में नदियों का वर्णन प्रचुरता से किया है । ऋग्वेद में सप्त सिंधव सप्त स्रवतः सप्त अनेक बार आये हैं इसका अर्थ है सात नदियाँ दसिंध वितस्ता परुष्णी विपाशा शुतुद्रि असिमनी और सरस्वती

**ज्योतिष :-** ऋग्वेद के प्रथम मंडल के ३५ वे सूक्त में सूर्य के अंतरिक्ष में भ्रमण एउसके उदय के नियम एराशि विवरण एसूर्य के वकरण चन्द्रम की स्थिति और सूर्य द्वारा पृथिवी को थमने और पृथिवी की गति का उल्लेख ऋग्वेद के मंत्र १०:४९:१ में मिलता है । सूर्य अपनी आकर्षण शक्ति से पृथिवी अदि लोको को थमने रहता है और घूमता है । ऋग्वेद के ऋषि सूर्य के दक्षिणायन था उत्तरायण होने भी परिचित थे

**नौका और विमान :-** ऋग्वेद के अध्ययन से ज्ञात होता की आर्यों ने समुद्र में चलने वाली बड़ी नौकाओं और आकाश गमी विमानों का भी विकाश किया था

**काव्य सौंदर्य :-** ऋग्वेद में न केवल आर्यों की आध्यत्मिक धार्मिक एवं सांस्कृतिक निधि ही सुरक्षित है इसके १:१६४:२० काव्य सौंदर्य के उदाहरण है।

**ऋग्वेदके जीवनमूल्य:-** ऋग्वेद के मुख्य जीवन मूल्य इस प्रकार हैं :-१ सोमरस २ उत्तमबल ३ नीरोगता ४ प्रसन्नता ५ सदाचार ६ बुद्धि ७ स्वर्ग ८ जल ९ दान १० स्तुति ११ यज्ञ १२ उत्तम धन १३ रक्षा

हम उपर्युक्त जीवन मूल्यों को इन वर्गों में निम्न प्रकार वर्गीकृत कर सकते हैं

- १ वैयक्तिक मूल्य - उत्तमबल नीरोगता प्रसन्नता बुद्धि स्वर्ग
- २ सामाजिक मूल्य - सोमरस सदाचार दान यज्ञ स्तुति
- ३ आर्थिक मूल्य - जल उत्तमधन
- ४ राजनितिक मूल्य - रक्षा

**शिक्षा के भारतीयकरण की दृष्टि से सुझाव :-**

(क) दार्शनिक पक्ष की दृष्टि से सुझाव :-

1. भारतीय दृष्टि से सृष्टि की रचना , ईश्वर ,जीव और प्रकृति इन तीनों अभिकरणों के माध्यम से हुई है । यह अभिकरण मात्र धार्मिक अभिकरण ही नहीं है वे शुद्ध वैज्ञानिक संकल्पनाएँ भी हैं । अतः सृष्टि रचना के इन तीनों अभिकरणों का वैज्ञानिक पद्धतियों से अध्ययन किया जाना चाहिए । इस सुझाव को मूर्त रूप देने के लिए इन अभिधारणाओं को विज्ञान विषय के पाठ्यक्रम में समुचित स्थान प्रदान किया जाना चाहिए ।

2. मैकाले और बुड के द्वारा आंग्लीकृत भारतीय जीवन शिक्षा को पुनः भारतभूमि से जोड़ने के लिये शिक्षा के प्रत्येक स्तर पर , प्रत्येक स्तर के अनुकूल भारतीय दर्शन का ज्ञान कराना अनिवार्य होना चाहिए । छात्रों को वेदों का ज्ञान शिक्षा के प्रारम्भिक स्तर पर प्रेरणात्मक कहानियों तथा गीतों के द्वारा , माध्यमिक स्तर पर दार्शनिकों के जीवन चरित्रों तथा सामान्य



सिद्धान्तों के द्वारा , उच्चर स्तर पर वैदिक सिद्धान्तों का विवेचन तथा तुलनात्मक अध्ययन कराया जाना चाहिए ।

3. शिक्षक प्रशिक्षण संस्थाओं में बी०एड० स्तर तक भावी शिक्षकों को केवल वैदिक दर्शन का ही ज्ञान कराया जाना चाहिए और भारतीय तथा पाश्चात्य दर्शन को तुलनात्मक अध्ययन एम०एड० स्तर पर प्रस्तावित किया जाना चाहिए।

4. ज्ञानार्जन शिक्षा के अत्यन्त महत्वपूर्ण उद्देश्यों में से एक है किन्तु सम्प्रति भारतीय शिक्षा संस्थाओं में ज्ञान की अवधारण तथा क्षेत्र अत्यन्त संकुचित होकर केवल पुस्तकीय तथ्यों के माध्यम से जीवकोपार्जन की कलाओं तक सीमित होकर रह गया है । किन्तु वास्तव में ज्ञान का क्षेत्र बड़ा ही विस्तृत है अऔर उसमें भौतिक तथा आध्यात्मिक (अपरा एवं परा ) दोनों प्रकार का ज्ञान सम्मिलित है । अतः ज्ञान का विवेचन करते समय छात्रों को उसके व्यापक रूप का बोध कराया जाना चाहिए ।

5. ज्ञान की प्राप्ति किसी एक विधि से नहीं हो सकती । अतः छात्रों को ज्ञानार्जन की सभी दार्शनिक एवं वैज्ञानिक विधियों का ज्ञान कराया जाना चाहिए । छात्रों को ज्ञानार्जन की विधियों का ज्ञान कराते समय योग और सत्संग जैसी महत्वपूर्ण एवं सुपरिचित विधियों की ओर विशेष ध्यान दिया जाना चाहिए ।

6. जीवन मूल्यों और शिक्षा के उद्देश्यों में अटूट सम्बन्ध होता है क्योंकि जीवन के मूल्य शिक्षा के उद्देश्यों के आधार होते हैं । इसके अतिरिक्त जीवन मूल्य किसी पुरुष को आदर्श पुरुष और समाज को आदर्श समाज बनाते हैं किन्तु आदर्श पुरुष और आदर्श समाज की परिभाषाएँ युग परिवर्तन के साथ परिवर्तित होती रहती हैं । अतः युग के अनुरूप आदर्श पुरुष और आदर्श समाज के निर्माण की दृष्टि से मूल्यों के महासागर में से युगानुरूप मूल्य रत्नों का चयन किया जाना आवश्यक हो जाता है । युगानुरूप मूल्यों का चयन करते समय वैयक्तिक दृष्टि से चरित्र शुद्धता, ज्ञान सरलता , स्वास्थ्य , प्रसन्नता , स्वतंत्रता , सत्य और आनन्द जैसे मूल्यों को समुचित महत्व प्रदान किया जाना चाहिए । भारतीय संस्कृति में इन सब मूल्यों को धर्म के अन्तर्गत समाविष्ट किया गया है ।

(ख) शैक्षिक पक्ष की दृष्टि से सुझाव :-

1. यह ठीक है कि ऋग्वेद काल में शिक्षा छः वेदांगों में से एक थी और वह पूर्णतया वैदिक शब्दों के शुद्धतम उच्चारण तक सीमित थी । इस प्रकार शिक्षा एक सीमित एवं संकुचित प्रक्रिया थी । वर्तमान काल में शिक्षा का अर्थ बड़ा व्यापक हो गया है । अतः हमें भारतीय शिक्षा प्रणाली को केवल उच्चारण शास्त्र अथवा पुस्तकीय तथ्यों तक ही सीमित नहीं रखना चाहिए और उसे व्यापक रूप प्रदान करके बालकों के सर्वांगीण विकास का साधन बनाना चाहिए ।

2. भारतीय दृष्टि से शिक्षा आत्मज्ञान के प्रकाशन की प्रक्रिया है । भारतीय मनीषियों का मत है कि ज्ञान चेतना आत्मा का धर्म है , जड़ जगत का धर्म नहीं । अतः सच्चे शिक्षक का कार्य आन्तरिक ज्ञान को बाहर लाना होना चाहिए न कि पुस्तकीय तथ्यों को ज्ञान की संज्ञा

प्रदान कर छात्रों के मस्तिष्क में ढूँसना । शिक्षा की इस भारतीय परिभाषा पर गम्भीरतापूर्वक विचार किया जाना चाहिए । और यदि सम्भव हो तो मनोवैज्ञानिक प्रयोगशालाओं में प्रयोगों के द्वारा उसका सत्यापन किया जाना चाहिए ।

3. शिक्षा प्रक्रिया के दो ही केन्द्र होते हैं : व्यक्ति और समाज । इनमें से व्यक्ति का निर्माण शिक्षा के द्वारा और समाज का निर्माण व्यक्ति के द्वारा होता है । अतः भारतीय शिक्षा का उद्देश्य मानव का , और मानव के माध्यम से समाज का सर्वांगीण विकास होना चाहिए । यहाँ मानव के सर्वांगीण विकास का तात्पर्य है उसका समन्वित एवं संकलित शारीर , मानसिक , प्राणिक , बौद्धिक तथा आध्यात्मिक विकास । उसका सन्तुलित एवं समन्वित राजनीतिक , आर्थिक , धार्मिक , सामाजिक तथा सांस्कृतिक विकास । शिक्षा के भारतीयकरण की दृष्टि से व्यक्ति और समाज के इन पक्षों का सर्वांगीण विकास भारतीय जीवन मूल्यों तथा आदर्शों के प्रकाश में होना चाहिए ।

4. व्यक्ति का विकास अर्थात् आत्मज्ञान , आत्मानुभव अथवा आत्मसाक्षात्कार की प्राप्ति जीवन और शिक्षा का अन्तिम या प्रधान उद्देश्य होना चाहिए । और भौतिकवाद के बाह्य किन्तु अल्पकालीन आकर्षण से प्रभावित होकर जीवन के आध्यात्मिक पक्ष की उपेक्षा नहीं की जानी चाहिए । हमें यह सदा स्मरण रखना चाहिए कि आध्यात्मिक विश्व को भारत की अनूठी देन है ।

5. समाजिक और राष्ट्रीय दृष्टि से शिक्षा का सर्वांगीण महत्वपूर्ण उद्देश्य छात्रों के हृदय में भारत के प्रति अपार अनुराग उत्पन्न करना होना चाहिए । यदि हमारी शिक्षा प्रणाली भारत के भावी निर्माताओं को सच्चा देशभक्त या राष्ट्रभक्त नहीं बनाती तो उसे भारतीय राष्ट्रीय शिक्षा प्रणाली कदापि नहीं कहा जा सकता ।

6. समाजिक तथा राष्ट्रीय दृष्टि से शिक्षा का महत्वपूर्ण उद्देश्य छात्रों को आर्थिक दृष्टि से आत्मनिर्भर बनाना होना चाहिए और इस उद्देश्य की पूर्ति के लिये प्रत्येक छात्र के लिये विभिन्न प्रकार की व्यावसायिक शिक्षा की व्यवस्था की जानी चाहिए अपितु छात्रों को कठोर परिश्रम तथा हस्तकार्य के महत्व से भी अवगत कराया जाना चाहिए और उनके हृदय में श्रम तथा हस्तकार्य के प्रति प्रेम भी उत्पन्न किया जाना चाहिए ।

7. शिक्षा का उद्देश्य छात्रों को केवल पुस्तकी तथ्यों का ज्ञान कराना ही नहीं अपितु सद्गुणों के माध्यम से उनका नैतिक एवं चरित्रिक विकास कराना भी होना चाहिए और इन उद्देश्यों की प्राप्ति के लिये अध्ययन- अध्यापन के स्तर को ऊँचा उठाना चाहिए और अवकाशकालीन क्रिया कलापों एवं सांस्कृतिक कार्यक्रमों के माध्यम से छात्रों में सद्गुणों का विकास करना चाहिए ।

8. वर्तमान काल में ज्ञान का इतना विस्फोट हुआ है कि उसे सैकड़ों विषयों में विभक्त कर दिया गया है । उन सारे विषयों का ज्ञान प्राप्त करना प्रत्येक व्यक्ति के लिए सम्भव नहीं है । अतः माध्यमिक स्तर से ही कोई किन्हीं विषयों का अध्ययन करता है और कोई किन्हीं

अन्य विषयों का अध्ययन करता है । इसके कारण प्रत्येक बालक को व्यक्ति ,समाज और प्रकृति का सामान्य ज्ञान भी नही हो पाता ।

अतः भारत के अभ्युदय की दृष्टि से भारतीय शिक्षा का पाठ्यक्रम दो भागों में विभक्त किया जाना चाहिए-(1) दार्शनिक एवं सांस्कृतिक , और (2) वैज्ञानिक एवं तकनीकी पाठ्यक्रम । दार्शनिक एवं सांस्कृतिक पाठ्यक्रम का निर्धारण करते समय मुख्य रूप से भारतीय स्रोतों का और वैज्ञानिक एवं तकनीकी पाठ्यक्रम का निर्धारण करते समय मुख्य रूप से आधुनिक पाश्चात्य स्रोतों का आश्रय लिया जाना चाहिए ।

9. शिक्षण कार्य सुविचारित सामान्य सिद्धान्तों के अनुसार किया जाना चाहिए । शिक्षण के ऐसे कुछ महत्वपूर्ण सामान्य सिद्धान्त इस प्रकार हैं - (1) प्रयास का सिद्धान्त , (2) अभिरूचि का सिद्धान्त , (3) प्रेरणा या प्रबोधन का सिद्धान्त , (4) अभ्यास का सिद्धान्त , (6) ज्ञात से अज्ञात की ओर का सिद्धान्त , (7) आनन्दानुभूति का सिद्धान्त आदि ।

10. वर्तमान काल में मनोवैज्ञानिक के नाम पर अनेक प्रकार की शिक्षण विधियों का आविष्कार किया गया है और इस बात पर बल दिया गया है कि अध्यापक मनोवैज्ञानिक विधियों को ही अपनायें । इसके साथ ही इन मनोवैज्ञानिक विधियों के समर्थक परम्परागत प्रवचन विधि की बड़ी आलोचना करते हैं । प्रवचन विधि की इतनी आलोचना होने पर भी शिक्षाजगत इस विधि से छुटकारा नहीं पा सका है और विश्व में सर्वत्र प्रवचन विधि का प्रयोग किया जाता है । भारतीय शिक्षा शास्त्रियों और शिक्षकों को प्रवचन विधि से भयभीत नहीं होना चाहिए , किन्तु उसका प्रयोग के रूप में भी नहीं किया जाना चाहिए । प्रवचन विधि को सजीव एवं उपयोगी बनाने के लिये बीच-बीच में प्रश्नोत्तरों , चित्रों एवं मानचित्रों , चार्टों, उदाहरणों एवं दृष्टांतों आदि का पर्याप्त प्रयोग करना चाहिए । आवश्यकता पडने पर श्यामपट्ट का भी प्रयोग करना चाहिए । इससे प्रवचन विधि से उत्पन्न होने वाली निष्क्रियता स्वतः ही समाप्त हो जायेगी और वह शिक्षण का एक प्रभावशाली साधन बन जायेगी ।

11. अध्यापक की अनेक विधियाँ होती हैं । अतः अध्यापक को अपने छात्रों की आयु अभिरूचियों एवं क्षमताओं के अनुसार विधियों का चयन करके शिक्षण करने में सक्षम होना चाहिए । अन्य शब्दों में शिक्षक को किसी एक शिक्षण विधि से भी छात्रों का सदा शिक्षण नहीं करते रहना चाहिए । शिक्षक को अन्य शिक्षण विधियों के साथ साथ समाचार विधि , सत्संग , विचार विमर्श , प्रमाण विधि तथा देशाटन विधि का प्रयोग करने में सक्षम होना चाहिए ।

12. शिक्षण को सजीव बनाने के लिये शिक्षकों के द्वारा विभिन्न सहायक साधनों का प्रयोग आवश्यक किया जाना चाहिए । ऐसे सहायक साधनों में से अभिनय तथा अकर्षक वर्णन शैली के नाम विशेष रूप से उल्लेखनीय हैं ।

13. अधपन वैयक्तिक भेदों के महान मनोवैज्ञानिक सिद्धान्त को ध्यान में रखकर किया जाना चाहिए । व्यवहारिक दृष्टि से वैयक्तिक भेदों के सिद्धान्त के अनुसार शिक्षण करने का तात्पर्य है छात्रों की अभिरूचियों , क्षमताओं एवं आवश्यकताओं के अनुसार शिक्षण करना ।

14. गुरु का व्यक्तित्व एवं व्यवहार शिष्य के लिये अनुकरणी तो होता ही है साथ ही वे उन्हें अपेक्षित ढाँचे में ढालते हैं। अतः केवल सद्गुण सम्पन्न, विद्वान एवं व्यवहार कुशल व्यक्तियों को ही शिक्षकों के रूप में नियुक्त किया जाना चाहिए।

15. केवल शिक्षकों का ही नहीं शिष्यों का चयन भी पात्रता के आधार पर किया जाना चाहिए अन्यथा वह लक्ष्य तक पहुँचने में असमर्थ रहेंगे। ज्ञानार्जन की प्रबल जिज्ञासा, गुरु के प्रति श्रद्धा, विश्वास, सेवा, सम्मान, अनुराग, निष्कपटता आदि वह न्यूनतम पूँजी है जिसके बिना शिक्षा के द्वारा मानव निर्माण की कल्पना तक नहीं की जा सकती। शिक्षा की दृष्टि बच्चों में इन आकांक्षाओं, अभिरूचियों एवं क्षमताओं का विकास पारिवारिक स्तर पर प्रारम्भ से ही किया जाना चाहिए। परिवार में अभिभावकों द्वारा एवं पाठशाला में प्रारम्भिक स्तर पर छात्र को यह अनुभव कराया जाना चाहिए कि सद्गुणों के अभाव में ज्ञानार्जन सम्भव ही नहीं।

16. भारतीय मनीषियों ने शिक्षा कार्य को भली भाँति सम्पन्न करने के लिये तीन गुरुओं को विशेष महत्व प्रदान किया है। (1) माता (2) पिता और (3) आचार्य। इनमें से माता बच्चे की केवल प्रथम गुरु ही नहीं अपितु सर्वाधिक महत्वपूर्ण गुरु भी होती है क्योंकि परिवार की प्रथम पाठशाला में बच्चे के विकास या विनाश की आधारशिला उसी के हाथों में रखी जाती है। अतः बच्चे की उत्तम शिक्षा की दृष्टि से माता को स्वयं शिक्षित एवं संस्कारित करने में पूर्णतः सक्षम होना चाहिए।

17. सम्प्रति भारत में गुरुजनों और शिष्यों के मध्य मधुर सम्बन्ध का नितान्त अभाव दिखाई पड़ता है और यही भारतीय शिक्षा की वर्तमान दुर्दशा का प्रमुख कारण प्रतीत होता है। अतः हमें अपनी सम्पूर्ण शक्ति से गुरुजनों और शिष्यों के मध्य पुनः सम्पर्क सम्बन्ध की स्थापना करनी चाहिए। इस पवित्र उद्देश्य की पूर्ति के लिये हमें छात्रों में गुरुजनों के प्रति वैसी ही श्रद्धा और भक्ति की भावना उत्पन्न करनी चाहिए जैसी कि भारत के प्राचीन गुरुकुलों के ब्रह्मचारियों के हृदय में होती थी। दूसरी ओर गुरुजनों को यह संकल्प करना चाहिए कि वे न केवल कक्षाओं में प्रमादरहित होकर तनमयता पूर्वक अध्यापन करेंगे अपितु अपने शिष्यों के साथ पुत्रवत् व्यवहार भी करेंगे और उनके निर्माण के लिये अपनी सम्पूर्ण शक्ति से प्रयास करेंगे।

### ग्रन्थ सूचि #

#### आधार ग्रन्थ

- १ श्री पाद दामोदर सातवलंकार ;भाष्यकार द्व ऋग्वेद स्वाध्याय मंडल रू पारडी बलसाड़
- २ डॉ गंगा सहाय शर्मा ;अनुवादक द्व ऋग्वेद संस्कृत साहित्य प्रकाशन नयी दिल्ली १९७९
- ३ पंडित श्री राम शर्मा आचार्य एवं भगवती देवी शर्मा द्वारा सम्पादित ऋग्वेद संहिता
- ४ महर्षि दयानन्द द्वारा सम्पादित ऋग्वेद संहिता
- सन्दर्भ ग्रन्थ
- ५ अरविन्द वेद रहस्य श्री अरविन्द सोसायटी रूपाँडचेरी, १९९२.

- ६ आर सी मजूमदार द वैदिक एज ए भारतीय विद्या भवन ए मुम्बई "१९८८ ,
- ७ डॉ कपिलदेव द्वेदी वैदिक दर्शन विश्वभारती अनुसन्धान परिषद् .
- ८ डॉ कपिल द्वेदी वेदों में लोक हकल्याण विश्वभारती अनुसन्धान परिषद्
- ९ डॉ डॉ कपिलदेव द्वेदी कपिलदेव द्वेदी वेदों में विज्ञानं विश्वभारती अनुसन्धान परिषद्
- १० डॉ कपिलदेव द्वेदी वैदिक देवो का आध्यात्मिक और वैज्ञानिक स्वरूप विश्वभारती अनुसन्धान परिषद्
- ११ डॉ कपिलदेव द्वेदी वेदो में समाजशास्त्र अर्थशास्त्र और शिक्षाशास्त्र विश्वभारती अनुसन्धान परिषद्
- १२ डॉ कपिलदेव द्वेदी वेदों में राजनीतीशास्त्र विश्वभारती अनुसन्धान परिषद्
- १३ डॉ कपिलदेव द्वेदी यजुर्वेद सामवेद अथर्ववेद ऋग्वेद.सुभाषितावली विश्वभारतीअनुसन्धान परिषद्

## Right to life & Humanitarian Law during COVID 19

SATYAJIT DEY

(Subject LAW)

(Research Scholar, Shri J.J.T. University)

(Registration No-31319044)

(E-mail [deysdeyal@gmail.com](mailto:deysdeyal@gmail.com))

Shri J.J.T. University, VidyaNagari,

Chudela, Churu-Jhunjhunu Road, Jhunjhunu, Rajasthan 333001

**Abstract:**-COVID-19 maintains to develop at a rapid pace worldwide. Many states have struggled to incorporate the virus and many have failed to make sure that each one people underneath their jurisdiction can stay with protection and dignity in the face of danger. Human rights are key in shaping the pandemic response, each for the general public health emergency and the broader impact on people's lives and livelihoods. Human rights have placed human beings centre-stage. Responses which might be fashioned by and respect human rights result in higher consequences in beating the pandemic, ensuring healthcare for each person, and keeping human dignity. COVID-19 represents a dramatic new risk to life in conflict-torn international boundaries. International Humanitarian Regulation (IHL) is a key legal framework that gives critical safeguards to human beings laid low with armed conflicts. This evaluation summarizes some of the principal provisions of IHL that may be especially relevant at some stage in the COVID-19 pandemic. In this situation, the Indian Government has requested all state governments to invoke the Epidemic Diseases Act (EDA) of 1897 to address the COVID-19 emergency. The Central Government has also used the powers provided in the Disaster Management Act (DMA) of 2005. This paper goals to provide (i) The Modern Constitutional and Legislative Reaction, (ii) Right to Life role of Humanitarian Law, (iii) To Fitness Emergencies in India and (iv) Attempts to identify grey areas inside the statutory provisions

**Key words:** COVID 19, Right to Life, Humanitarian Law, Epidemic Diseases Act

**1. Introduction:** On March 11, 2020, the World Health Organization (WHO) declared that a scourge of the viral disease COVID-19 – first diagnosed in December 2019 in Wuhan, China – had reached the extent of an international pandemic. Globally, as of 4:00 pm CEST, 8<sup>th</sup> May 2021, there have been 156,496,592 confirmed cases of COVID-19, including 3,264,143 deaths, reported to WHO. Coronavirus disorder (COVID-19) is an infectious disorder because of a newly located coronavirus. Most people infected with the COVID-19 virus will revel in moderate to moderate respiratory illness and get better without requiring special treatment. Older people and people with underlying scientific problems like cardiovascular disorder, diabetes, continual breathing disorder, and most cancers are much more likely to increase critical ailments (WHO 2020)[18]. Citing worries with “the alarming stages of unfold and severity,” the WHO called for governments to take pressing and competitive action to prevent the spread of the virus. International Human Rights Law guarantees all of us the right to the highest potential fashionable of fitness and obligates governments to take steps to save us threats to public health and to offer medical care to those who want it. Human Rights Regulation additionally recognizes that inside the context of serious public fitness threats and public emergencies threatening the life of the state, regulations on a few rights may be justified, once they have a felony foundation, are strictly important, primarily based on medical evidence and neither arbitrary nor discriminatory within the application of constrained length, respectful of human dignity, concern to check, and proportionate to achieve the goal. There are numerous hotspots during the COVID 19, predominantly in city regions. While the Government has now sealed the regions in these hotspots, the nation

additionally carried out a 21-day lockdown as a measure to minimize the spread of the virus through breaking its chain on March 25, 2020, which became extended till May 3, 2020, by way of the Central Government. The complete global populace presently faces sizeable challenges (i.e., social, environmental, health, and economic) because of the effect of COVID-19. In this regard, the affected international locations are now looking to gradually down the virus's transmission through social distancing, lockdowns, increasing the number of tests and treatment facilities. There have been 4 lockdowns (25 March 2020–31 May 2020), and two liberate durations (1 June–31 July 2020) in India. Aerosol Optical Depth (AOD) has been analysing the use of MODIS satellite information at some point of various levels of lockdowns over India (PramodSoni (2020)<sup>2</sup>. Only essential services, along with those associated with protection, authorities, meals, clinical substances, and municipal cleansing, were authorized to hold operations, albeit occasionally in a curtailed way. Inter-nation and district borders were sealed. All humans, except those engaged in critical services, had been mandated to live at domestic and look at social distancing. Testing, quarantine, and call tracing had been hired to come across and prevent further transmission of the virus. Breach of orders was criminally punishable. In addition, state (provincial) governments issued policies beneath the Epidemic Diseases Act of 1897 to similarly implement the lockdown measures, along with for trying out, quarantine/isolation of individuals, and sealing off regions. Interestingly, the Delhi COVID-19 Regulations beneath the 1897 Act even offer that no facts would be disseminated “without prior permission of the Government.”

**2. Right to Life:** The scale and severity of the COVID-19 pandemic in reality rises to the level of a public fitness danger that could justify regulations on certain rights, consisting of those who result from the imposition of quarantine or isolation limiting freedom of movement. At the equal time, cautious interest to human rights inclusive of non-discrimination and human rights standards inclusive of transparency and respect for human dignity can foster a powerful reaction amidst the turmoil and disruption that necessarily consequences in instances of disaster and limit the harms that may come from the imposition of overly wide measures that do not meet the above criteria. The right to existence is an essential principle of worldwide human rights law. Article 3 of the Universal Declaration of Human Rights (UDHR) states that “anyone has the proper to the existence, liberty, and security of person.” Article 6(1) of the International Covenant on Civil and Political Rights (ICCPR) affords that “every human being has the inherent right to existence” that's to be “protected by means of law,” and “no one shall be arbitrarily deprived of his existence.” Further, Article 6(1) of the Convention on the Rights of the Child states that “States Parties recognize that each child has the inherent proper to live.” The right to existence, as affirmed in Article 6 of the ICCPR and many nearby instruments, is the start line for states' human rights duties (Inter-Parliamentary Union 2016)[3]. The Human Rights Committee describe it as ‘the excellent proper from which no derogation is allowed even in conditions of armed conflict and other public emergencies which threatens the life of the country’ (CCPR 2019). In an authoritative 2018 commentary on this right (General Comment 36), the Human Rights Council examined effective responsibilities bobbing up from the right to lifestyles, noting – “The obligation to defend existence additionally means that States parties should take suitable measures to address the overall conditions in society which could deliver rise to direct threats to the existence or save you, individuals, from enjoying their right to life with dignity (CCPR 2018)[4]. These preferred conditions may additionally consist of the superiority of existence-threatening illnesses, consisting of AIDS, tuberculosis, or malaria.”

This reference to ‘suitable measures’ is useful as part of a human rights framework for considering states' choices on what measures to put in place to address COVID-19, because the Human Rights Council defined –



“The measures known as for addressing suitable proviso for defensive the proper to live encompass, in which vital measures designed to make certain access immediately by way of people to crucial items and offerings which includes food, health-care, water, safety, electricity and sanitation, and other measures designed to promote and facilitate good enough widespread conditions”[4].

Thinking about their reaction to COVID-19, states must, within be had resources, adopt measures that promote ‘good conditions’ for the conclusion of the right to life. In its report COVID-19 and human rights: we are all in this collectively, the Human Rights affords examples of economic, financial measures to mitigate the terrible impact of COVID-19 on their populations [4].

**3. Humanitarian Law:** COVID-19 represents a dramatic new chance to lifestyles in struggle-torn countries. International Humanitarian Law (IHL) is a key felony framework that offers critical safeguards to humans affected by armed conflicts. This evaluation summarizes a number of the primary provisions of IHL that may be mainly applicable at some stage in the COVID-19 pandemic(OHCHR 2021)[6].

**Medical personnel, facilities and transport:**Adequately staffed, testing labs, scientific research centres, hospitals are important for the provision of medical care in a big scale, as established by means of the outbreak of COVID-19 and the needs it has generated. Under IHL, medical personnel, equipment, and transports exclusively assigned to scientific purposes have to be reputable and guarded in all circumstances. In occupied territories, the occupying power ought to additionally make sure and maintain medical and hospital establishments and services, public health, and hygiene. In addition, IHL provides for the possibility of putting in medical institution zones that may be committed to addressing the modern crisis(Jean-Marie,Doswald 2009)[7,8,19].

**Water:** Water supply facilities are of vital importance throughout modern disasters. In armed struggle conditions, a lot of those installations have been destroyed by way of preventing over the years. Any disruption to their functioning affects lots of civilians who would no longer be capable of enforcing the primary prevention measures, which include frequent hand-washing that could cause further spread of the virus. IHL expressly prohibits attacking, destroying, casting off, or rendering vain objects imperative to the survival of the civilian populace, consisting of ingesting water installations and materials. Moreover, inside the conduct of army operations, constant care ought to be taken to spare civilian objects, inclusive of water supply networks and installations (ICRC 2010’) [7, 9,8].

**Humanitarian relief:**Humanitarian motion in nations stricken by armed conflicts is critical in saving lives throughout the ongoing disaster. Under IHL, each party to an armed war bears the primary responsibility to satisfy the basic needs of the population below its management. Impartial humanitarian businesses consisting of the International Committee of the Red Cross have the proper to offer their services (Katherine Cloutier2020) [11]. Once comfort schemes have been agreed to with the aid of the events involved, the events to the armed conflict and third States shall allow and facilitate the rapid and unimpeded passage of the humanitarian remedy issue by proper of management (e.g. By adjusting any pandemic-related movement restrictions to allow sufferers to access humanitarian items and services).[9,3]

**Persons specifically at risk:**Special groups of people, consisting of older humans, those who've weakened immune systems, or people with pre-existing health conditions, are at unique risk for extreme illness, if inflamed through COVID-19. Others, along with persons with disabilities, may additionally face an expansion of boundaries (e.g. Verbal exchange, bodily) in accessing essential fitness-care services or unique difficulties in implementing the desired hygienic measures to prevent infection (e.g. Social distancing may not be possible for those relying on the guide of others for ordinary obligations). IHL calls for events to a conflict to recognize and shield wounded and sick persons in addition to taking all feasible



measures to search for, collect and evacuate them, without any unfavourable difference, whenever instances permit and without delay. They should get hold of, to the fullest quantity viable and with the least possible postpone, the medical care and attention required by way of their situation, without difference other than for medical purposes.[8, 3]

**Detainees:** Detainees Detention centres—that are often overcrowded, have terrible hygiene, or lack airflow—pose a grave assignment with regard to stopping and containing infectious diseases, which includes COVID-19. Under IHL, detainees' health and hygiene ought to be safeguarded, and unwell detainees need to obtain the hospital treatment and interest required by using their situation. In this pandemic situation, new appearances have to be examined for the virus and hygiene measures should be extended (e.g. By means of putting in hand-washing stations, presenting soap and other washing tools, and creating isolation wards), that allow them to prevent infectious diseases.

**4. Epidemic Diseases Act, 1897:** The Epidemic Diseases Act, 1897 is a law that became first enacted to address bubonic plague in Mumbai (previously Bombay) in former British India (Manish Tewari 2020)[12]. The law is supposed for containment of epidemics by means of imparting unique powers which are required for the implementation of containment measures to control the spread of the disease (Economic Times, Awasthi, Prashasti 2020)[13, 14]. The Act has been routinely used to incorporate diverse illnesses in India along with swine flu, cholera, malaria, and dengue (MINT 2020)[15]. In 2018, the Act became enforced as cholera began to spread in an area of Gujarat. In 2015, it changed into used to cope with dengue and malaria in Chandigarh, and in 2009 it was invoked in Pune to combat swine flu. Starting in March 2020, the act is being enforced throughout India so that it will restrict the spread of Coronavirus Infectious Diseases, 2019 throughout the COVID-19 pandemic in India. On 22 April 2020, the Government of India announced the promulgation of an ordinance, 'The Epidemic Diseases (Amendment) Ordinance 2020[16], to amend the Act, including provisions to punish those attacking Doctors or health workers[15]. The ordinance lets in for up to seven years of prison for attacking medical Doctors or medical examiners (along with ASHA people). The offense may be cognizable and non-bailable amongst other things (Financial Express 2020, Sangita Nair 2020) [5, 18]. In addition to this, such cases want to be investigated in a time-sure and have to be resolved in 1 yr. Also, the law specifies that the responsible will pay twice the marketplace fee of the broken assets as reimbursement for damaging the assets of the staff, including ambulance, car, and clinics (S.S. Rana 2020)[19]. The bill was introduced by Union Minister of Health and Family Affairs Dr. Harsh Vardhan. The Rajya Sabha approved the bill on 19<sup>th</sup> September, 2020 and the Lok Sabha on 21<sup>st</sup> September, 2020.

**Conclusion:** The COVID 19 pandemic arises many questions about many aspect –The role of Human Rights, role of Humanitarian Law, The Epidemic Diseases Act 1897, the Modern Constitutional and Legislative reaction. It also gives an overview of human rights, worries posed via the coronavirus outbreak, drawing on examples of government responses up to now and recommends ways governments and different actors can appreciate human rights in their response. The new ordinance will help shield the healthcare provider employees and their living and operating premises from violence. It will provide safety to the complete health fraternity such as medical Doctors, Nurses, and paramedics up to ASHA people. The amendment has additionally ensured that research for such instances takes place in a time-bound way. In respect of COVID 19 disease, several lockdowns have been declared and various guidelines have been issued by Governments and renowned Doctors have also given certain advices such as, to : use mask outside domestic & frequent washing of hands by sanitizer, maintain social distancing, take Vaccination, proper protein food and medicine etc., to spread & check more contamination amongst people but it is the prime duty of each and

every person to follow the same, then only we would be able to overcome such pandemic situation.

## References

1. Awasthi, Prashasti (2020), Centre invokes 'Epidemic Act' and 'Disaster Management, [www.thehindubusinessline.com/news/national/centre-invokes-epidemic-act-and-disaster-management-act-to-prevent-spread-of-coronavirus](http://www.thehindubusinessline.com/news/national/centre-invokes-epidemic-act-and-disaster-management-act-to-prevent-spread-of-coronavirus)
2. A 123-yr-old Act to combat coronavirus in India; experts say nothing wrong (2020), IANS, MINT, [www.livemint.com](http://www.livemint.com)
3. CordulaDroege (2020), COVID-19 response in conflict zones hinges on respect for international humanitarian law, <https://blogs.icrc.org/law-and-policy>
4. F. A. Hayek, Law, Legislation and Liberty, Vol. (2) (London: Routledge and Kegan Paul, 1976), p. 97, footnote omitted.
5. Financial Express (2020), Coronavirus pandemic: Up to 7 years in jail for attack on doctors, health workers; Centre brings ordinance, [www.financialexpress.com/india-news/coronavirus-pandemic](http://www.financialexpress.com/india-news/coronavirus-pandemic)
6. General comment No. 36 (2018) on article 6 of the International Covenant on Civil and Political Rights, on the right to life, Advance unedited version, CCPR, vol.(124), pp 1-24
7. Inter-Parliamentary Union 2016, Human Rights Handbook for Parliamentarians N 26, United Nations of Human Rights, Inter-Parliamentary Union andThe United Nations, edition (1), pp 19-29
8. Jean-Marie Henckaerts and Louise Doswald-Beck (2009), Customary International Humanitarian Law, Vol.(I), pp 79-119
9. Katherine Cloutier (2020), Responsibility Of IHL Violations During Covid-19, HumanRightPlus,<https://www.humanrightspulse.com/mastercontentblog/responsibiliy>
10. Manish Tewari (2020), The legal hole in battling Covid-19, Hindustantimes, <https://www.hindustantimes.com/analysis/the-legal-hole-in-battling-covid-19>
11. Ministry Of Law and Justice (2020), The Epidemic Diseases (Amendment) Ordinance, 2020, Published by authority, The Gazette of India Extraordinary, pp 1-6
12. OHCHR 2020, International standards on the right to housing, The Office of the High Commissioner for Human Rights (UN Human Rights)
13. PramodSoni (2020), Effects of COVID-19 lockdown phases in India: an atmospheric perspective, Environment, Development, and Sustainability, Springer, vol. (1), pp 1-12
14. Protocols Additional to the Geneva Conventions of 12 august 1949, International Committee of the Red Cross, vol. (1) pp 21-55
15. Sangita Nair (2020), Epidemic Act amended: Penalty for any violence against health care workers increased to 7 years in Jail,[www.jagranjosh.com](http://www.jagranjosh.com)
16. S.S. Rana (2020), Epidemic Diseases (Amendment) Ordinance, 2020 Receives Presidential Assent, Blogs,[www.mondaq.com](http://www.mondaq.com)
17. The Economics Times ( 2020), The 123-year-old law that India may invoke to counter coronavirus, <https://economictimes.indiatimes.com/news/politics-and-nation>
18. WHO (2019), Coronavirus disease (COVID-19) pandemic, World Health Organization,[www.who.int/emergencies/diseases/novel-coronavirus-2019](http://www.who.int/emergencies/diseases/novel-coronavirus-2019)
19. WWW.icrc.org.covid 19 & IHL

## वर्तमान समय में उपनिषदों की भारतीय शिक्षा प्रणाली में प्रांसगिकता

कुलदीप वर्मा

Ph.D Scholar

Reg.No – 26519079

Research Supervisor - Dr Durga Lal Pareek

Reg. No. – JJT/2k9/edu/680

भारतीय सभ्यता की अमूल्य धरोहर उपनिषद; समस्त भारतीय आध्यात्मिक दर्शनों के मूल स्रोत हैं जिन्हें स्वयं भी 'वेदान्त' के रूप में परिभाषित किया गया है तथा यह भारतीय आध्यात्मिक चिंतन हैं। वे ब्रह्मविद्या तथा ऋषियों की जिज्ञासाओं के द्वारा खोजे हुए प्रत्युत हैं। ये चिन्तनशील ऋषियों की ज्ञान चर्चाओं का सार, कवि-हृदय ऋषियों की काव्यमय आध्यात्मिक रचनाएं, अज्ञात की खोज के प्रयास, वर्णनातीत परमशक्ति को शब्दों में प्रस्तुत करने की कोशिशें और उस निराकार, निर्विकार, असीम, अपार को अन्तरदृष्टि से समझने और परिभाषित करने की अदम्य आकांक्षा के लेखबद्ध विवरण हैं। उपनिषदों में वर्णित कर्मकाण्ड को "अवर" की संज्ञा देकर ज्ञान को इसलिए महत्वपूर्ण बताया गया कि ज्ञान स्थूल (जगत और पदार्थ) से सूक्ष्म (मन और आत्मा) की ओर ले जाता है। उपनिषदों की मूल शिक्षाब्रह्म, जीव और जगत् का ज्ञान प्राप्त करना है। भगवद्गीता तथा ब्रह्मसूत्र, उपनिषदों के साथ मिलकर वेदान्त की 'प्रस्थानत्रयी' कहलाते हैं। "ब्रह्मसूत्र" और "गीता" कुछ सीमा तक उपनिषदों पर आधारित हैं। उपनिषदों के तत्त्वज्ञान और कर्तव्यशास्त्र का प्रभाव भारतीय-दर्शन के अतिरिक्त धर्म और संस्कृति पर भी परिलक्षित होता है। इनका महत्व उनकी रोचक प्रतिपादन शैली के कारण भी है।

**उपनिषद शब्द का अर्थ:**-विद्वानों के अनुसार उपनिषद (upanishad) शब्द की व्युत्पत्ति- उप+नि+षद के रूप में मानी है। इसका अर्थ है कि वह ज्ञान जो व्यवधान रहित होकर निकट आये, जो ज्ञान विशिष्ट तथा संपूर्ण हो तथा जो ज्ञान सच्चा हो वह निश्चित ही उपनिषद(Upanishad) कहलाता है। अर्थात् वह ज्ञान जो गुरु के समीप बैठकर प्राप्त किया गया हो। इनकी भाषा संस्कृत है तथा ये गद्य-पद्य दोनों में हैं। उपनिषदों (Upanishad) में आत्मा तथा अनात्मा के तत्त्वों का निरूपण किया गया है, जो वेद के मौलिक रहस्यों का प्रतिपादन करते हैं। इनमें ज्ञान से संबंधित समस्याओं पर विचार किया जाता है।

**विषय-वस्तु:** उपनिषदों में मुख्य रूप से 'आत्मविद्या' का वर्णन किया गया है। जिसके अन्तर्गत ब्रह्म और आत्मा के स्वरूप, उसकी प्राप्ति के साधन और आवश्यकता की समीक्षा की गयी है। आत्मज्ञानी के स्वरूप, मोक्ष के स्वरूप आदि अवान्तर विषयों के साथ ही विद्या, श्रेयस, प्रेयस, आचार्य आदि तत्सम्बद्ध विषयों पर भी भरपूर चिन्तन उपनिषदों में उपलब्ध होता है। वैदिक ग्रन्थों में जो दार्शनिक और आध्यात्मिक चिन्तन यत्र-तत्र दिखाई देता है, वही परिपक्व रूप में उपनिषदों में निबद्ध हुआ है।

उपनिषदों की इस परम्परा के अनुसार शिक्षा से सम्बंधित निम्नलिखित तीन अभिप्रेरतों की संकल्पना प्रस्तुत की गयी है :-

(1) हम ज्ञान को स्वयं के प्रयास द्वारा प्राप्त करते हैं परन्तु ज्ञान प्राप्ति की प्रक्रिया में गुरु की सहायता एवम मार्गदर्शन की आवश्यकता होती है।

(२) शिक्षा व्यक्तिगत रूप से ही प्राप्त की जाती है न की सामूहिक रूप से। प्रत्येक छात्र-छात्रा अपनी आवश्यकता, क्षमता एवं योग्य के अनुसार अपनी गति से अपने द्वारा निर्मित योजना के अनुसार शिक्षा प्राप्त करता है। एक ही प्रकार की शिक्षा, एक ही समय में, एक ही गति से, किसी पूर्व-निर्धारित योजना के अनुसार नहीं दी जा सकती है।

(३) उपनिषदानुसार ज्ञान गूढ़ एवं रहस्यमय है। ज्ञान-प्राप्ति के परिणाम स्वरूप ज्ञाता की शक्ति अनंत गुणा बढ़ जाती है। अतः ज्ञान उसी प्रदान किया जाना चाहिए, जो ज्ञान प्राप्ति के लिए सुपात्र हो, अपात्र के ज्ञान प्राप्त करने से ज्ञान तथा शक्ति के दुरुपयोग होने की आशंका का रहना स्वाभाविक है।

**उपनिषदों का वर्गीकरण :-** १०८ उपनिषदों का वर्गीकरण निम्न प्रकार से किया गया है :-

**वेद से सम्बन्ध :-** वैदिक संहिताओं के अनन्तर वेद के तीन प्रकार के ग्रन्थ हैं:- ब्राह्मण, आरण्यक और उपनिषद्। इन ग्रन्थों का सीधा सम्बन्ध अपने वेद से होता है जैसे:- ऋग्वेद के ब्राह्मण, ऋग्वेद के आरण्यक और ऋग्वेद के उपनिषदों के साथ ऋग्वेद का संहिता ग्रन्थ मिलकर भारतीय परम्परा के अनुसार ऋग्वेद कहलाता है।

किसी उपनिषद् का सम्बन्ध किस वेद से है, इस आधार पर उपनिषदों को निम्नलिखित श्रेणियों में विभाजित किया जाता है:-

(१) ऋग्वेदीय :- १० उपनिषद् (२) शुक्लयजुर्वेदीय :- १९ उपनिषद् (३) कृष्ण यजुर्वेदीय :- ३२ उपनिषद्

(४) सामवेदीय :- १६ उपनिषद् (५) अथर्ववेदीय :- ३१ उपनिषद्

इनके अतिरिक्त नारायण, नृसिंह, रामतापनी तथा गोपाल चार उपनिषद् और हैं :-

मुख्य उपनिषद् एवं गौण उपनिषद् विषय की गम्भीरता तथा विवेचन की विशदता के कारण १३ उपनिषद् विशेष मान्य तथा प्राचीन माने जाते हैं।

जगद्गुरु आदि शंकराचार्य ने १० पर अपना भाष्य दिया है।

(१) ईश (२) ऐतरेय (३) कठ (४) केन (५) छान्दोग्य (६) प्रश्न (७) तैत्तिरीय (८) बृहदारण्यक (९) मांडूक्य और (१०) मुण्डक।

उन्होंने निम्न तीन को प्रमाण कोटि में रखा है :-

(१) श्वेताश्वतर (२) कौषीतकि तथा (३) मैत्रायणी।

अन्य उपनिषद् तत्तद् देवता विषयक होने के कारण तांत्रिक माने जाते हैं। ऐसे उपनिषदों में शैव, शाक्त वैष्णव तथा योग विषयक उपनिषदों की प्रधान गणना है।

**शिक्षा के उद्देश्य:-** अगर हम उपनिषदों में शैक्षिक उद्देश्यों की चर्चा करें तो भिन्न-भिन्न उपनिषदों में शिक्षा के उद्देश्यों की व्याख्या भिन्न-भिन्न प्रकार से की गयी है लेकिन अगर सबके निष्कर्षों को एक सम्बन्धित किया जाये तब सब का आशय एक ही निकलकर आता है उपनिषदों में लिखा है कि **"विद्या अमृतमश्नुते"** अर्थात् से अमरत्व की प्राप्ति होती है, दूसरे शब्दों में विद्या के द्वारा सभी प्रकार के बंधनों से मुक्ति मिलती है। अमरत्व तभी संभव है जब मनुष्य को मृत्यु से छुटकारा प्राप्त हो जाता है और मृत्यु से छुटकारा प्राप्त करने के लिए आत्मा के वास्तविक स्वरूप को पहचानना एवं समझना आवश्यक है। आत्मानुभूति होने पर अमरत्व की प्राप्ति हो जाती है। जो सभी प्रकार के दुखों से मुक्ति

का मूल है क्यों कि मृत्यु सबसे बड़ा दुःख है, जिसके रहस्य को यदि मनुष्य जान ले, तब अन्य शारीरिक तथा सांसारिक दुःख का मिटना सहज हो जाता है। "आत्मज्ञान" ही उपनिषदों का मूल विषय है। उपनिषदों के गहन अध्ययन के उपरान्त यह ज्ञात हुआ है कि सत्, ब्रह्मा तथा आत्म तीनों ही शब्द सत्ता के लिए ही प्रयुक्त होते हैं। उपनिषदों में आत्मा एवं ब्रह्मा को एक ही माना गया है। कठोपनिषद में बताया गया है कि "आत्मा का अस्तित्व सभी में है; दिव्यदृष्टि तथा तीक्ष्ण बुद्धि के द्वारा उसे आत्मसात किया जा सकता है। "आत्मा" का लक्षण है " सत्यम ज्ञानमनन्तं ब्रम्हा" अर्थात् वह सत्य है तथा उसका कभी अंत नहीं होता है। इसलिए **बृहदारण्यक उपनिषद** में यह प्रार्थना की गयी है - **"हैं ईश्वर मुझे असत्य से सत्य कि और ले चलो, अंधकार से प्रकाश की ओर प्रेरित करो तथा मृत्यु से अमरत्व की ओर ले चलो।"** आत्मानुभूति का सर्वोत्कृष्ट वर्ण **तैत्तिरीयोपनिषद** में मिलता है; आनन्द की प्रकृति के बारे में उपनिषद में वर्णन किया गया है कि "आनन्द के द्वारा ही सभी प्राणी उत्पन्न हैं, जीवित रहते हैं और मृत्यु के बाद उसी में विलीन हो जाते हैं। "जिस व्यक्ति को इस आनन्द की प्राप्ति हो जाती है वह वाणी और मन से उस ब्रह्मानन्द को जान लेता है वह भय रहित हो जाता है तथा उसे सत्य कार्य एवं पाप कर्म को टालने वाले विचार परेशान नहीं करते हैं तथा वह पाप और पुण्य दोनों से ऊपर उठ जाता है।

श्रानन्दादूयेब खल्विमानि भूतानि जायन्ते ! श्रानन्देन जातानी जीवन्ति ! श्रानन्दं प्रयत्नभि संविशन्तीति ! भृगुवल्ली-६यतोवाचो निवर्तन्ते ! श्रप्राप्य मनसा सह ! श्रानन्दं ब्राह्मणो सह ! न विभेति कुतश्चनेति ! एत ह वाव न तपति ! किमहं साधुनाकरवमं किमहं पापमकरवमिति ! स य एवं विद्वानेते श्रात्मनां स्पूर्णते ! उभे हा वेष एते श्रात्मनां स्पूर्णते य एवं वेद ! ब्रह्मानन्दवल्ली ९ !

उपनिषदों में वर्णन किया गया आनन्द कोई वस्तु नहीं है यह तो प्रत्येक मानव में अंत निहित होता है यह आत्मा का शाश्वत रूप है, जो आत्मा से अलग नहीं है। अगर यह आत्मा का लक्षण न हो तो जीवन दूभर हो जाता है। हम जीना चाहते हैं; आखिर क्यों? हमें अपना घर, धन-दौलत, मित्र, सम्बन्धित अच्छे लगते हैं, आखिर क्यों? इनमें हम अपनी आत्मा में व्याप्त आनन्द की झलक पाते हैं। **बृहदारण्यकोपनिषद उपनिषद** में याज्ञवल्क्य द्वारा मैत्रियी को दिए गए ज्ञान में बताया गया है कि पति, पत्नी, पुत्र, धन, ब्राह्मण, क्षत्रित्व, लोक, देव, प्राणी तथा सभी वस्तुएँ अपने आप में प्रिय नहीं होती, बल्कि उनमें हम अपने आत्म तत्त्व को देखते हैं; जो हमें यह प्रिय लगती है।

नव श्रे पत्युः कामाय पतिः प्रियो भवति ! श्रातमस्तु कामाय पतिः प्रियो भवति न बा श्रे जायाय कामाय जाया प्रिया भवति ! श्रात्मनस्तु कामाय जाया प्रिया भवति ! न बा श्रे पुत्राणां कामाय पुत्राः प्रिया भवन्त्यात्मनस्तु कामाय पुत्राः प्रिया भवन्ति ! न बा श्रे वितस्य कामाय वितं प्रियं भवन्त्यात्मनस्तु कामाय पुत्राः प्रिया भवन्ति ! न बा श्रे ब्रह्मणः कामाय ब्रह्म प्रियं भवन्त्यात्मनस्तु कामाय ब्रह्म प्रियं भवति ! न बा श्रे क्षत्रस्य कामाय क्षत्रं प्रियं भवन्त्यात्मनस्तु कामाय क्षत्रं प्रियं भवन्ति ! न बा श्रे लोकानां कामाय लोकाः प्रियाः भवन्त्यात्मनस्तु कामाय लोकाः प्रियाः भवन्ति ! न बा श्रे देवानां कामाय देवाः प्रियाः

भवन्त्यात्मनस्तु कामाय लोकाः प्रियाः भवन्ति ! न बा श्रे लोकाणां कामाय लोकाः प्रियाः भवन्ति ! न बा श्रे देवानां कामाय देवाः प्रियाः भवन्त्यात्मनस्तु कामाय देवाः प्रियाः भवन्ति ! न बा श्रे भूतानां कामाय भूतानि प्रियाणी भवन्त्यात्मनस्तु कामाय भूतानि प्रियाणी भवन्ति ! न बा श्रे सर्वस्य कामाय सर्वं प्रियं भवन्त्यात्मनस्तु कामाय सर्वं प्रियं भवति ! अध्याय २ ब्राह्मण ४-५ !

आत्मा जो आनंदमय है उस पर अनेक पदों का आवरण होता है , जिसके आकर से आनंद की हलकी झलक तो दिखाई पड़ती है , परन्तु जो वास्तविक आनंद है उसकी अनुभूति नहीं होती है । शिक्षा के उद्देश्य इन्हीं आवरणों को हटाने में विध्यमान है। तैत्तिरीय उपनिषद् में आनंदमय उद्देश्य की प्राप्ति के लिए जिन सोपानों का प्रयोग किया गया है वे ही सोपान शैक्षि उद्देश्यों का उत्क्रम माने जा सकते हैं। (a) **अनन्यमय कोष:-** यह आनंद का प्रथम और निम्नतम स्वरूप है, जो भौतिक पक्ष की प्राप्ति का प्रारंभिक लक्षण है । अतः शिक्षा का प्रथम उद्देश्य बालकों को आजीविका के भरण- पोषण के लायक बनाना है, जिससे बालक राष्ट्रीय उत्पादन में योगदान दे सकें तथा उसे भौतिक तत्वों की जानकारी इनका उपयोग तथा भौतिक संपदा को बढ़ाने वाली क्रियाओं का ज्ञान शिक्षा का प्रथम उद्देश्य है

(b) **प्राणमय कोष :-** यह द्वितीय सीढ़ी है ;प्राण ही वह शक्ति है जिसके द्वारा वनस्पति तथा प्राणी जगत श्वास ले पाता है, रक्त संचार होता है, अस्थि निर्माण होता है, स्नायु –संस्थान अपना कार्य करता है, इंद्रियां अपने विषय अपने विषय की ओर प्रवृत्त होती हैं।

(c) **मनोमय कोष :-** यह शैक्षिक उद्देश्यों की तीसरी सीढ़ी है, अन्य प्राणियों से मानव इसलिए भिन्न है क्योंकि उसके पास सोचने समझने कल्पना करने की शक्ति प्राप्त है; मन के द्वारा इंद्रिय प्रदत्त ज्ञान का विश्लेषण किया जाता है; मानसिक विकास के अंतर्गत प्रत्यो का निर्माण ,मानसिक दक्षताओं का विकास, तथ्यों का संचयन, भाषा सम्बंधित योग्यताओं का विकास इत्यादि का समावेश होता है।

(d) **विज्ञानमय कोष :-** तथ्यों का पता तो मन से लगाया जा सकता है लेकिन प्रेयस एवं श्रेयस के बीच तर्क करना मन की शक्ति से है ,जीवन में हमें निर्णय बुद्धि की सहमति से लेने पड़ते हैं; इसलिए शिक्षा का चौथा मुख्य उद्देश्य बौद्धिक विकास करना है।

(e) **आनंदमय कोष :-** आनंद मय कोष का स्थान उच्च है; यह यह ज्ञाता, ज्ञेय तथा ज्ञान के बीच के सारे भेदों को मिटाता है। यह आनंद, बंधन एवं सभी प्रकार के आवरण से मुक्त की स्थिति है। आनंद अनुभूति जन्य अवस्था है इसलिए इसका वर्णन शब्दों में नहीं किया जा सकता है; यह इंद्रियां मन तथा बुद्धि से परे हैं ,जहां हमारी सभी प्रकार की संस्थाओं एवं ग्रंथियों का समाधान होता है, यहां शक्ति को समस्त धारणाओं का स्पष्टीकरण हो जाता है तथा उसे प्रेयस एवं श्रेयस में अंतर आसानी से हो जाता है; प्रेयस सांसारिक आनंद से संबंधित है, जबकि श्रेयस आत्मानुभूति सर्वोच्च ज्ञान से; व्यक्ति भोजन ग्रहण करता है; आत्मोन्नति के लिए; ना कि स्वाद के लिए; शरीर को वलिष्ठ बनाता है; अपने कार्य को सही रूप से करने के लिए ना कि दूसरों को कष्ट पहुंचाने के लिए; वह मनोगम्य



ज्ञान प्राप्त करता है, प्रकृति तथा समाज को शोषित करने के लिए नहीं बल्कि एक आदर्श नागरिक के रूप में जीवन यापन करने के लिए! वह विवाद के लिए तार्किक बुद्धि से ज्ञान प्राप्त नहीं करता बल्कि आत्मा एवं जगत की वास्तविक स्थिति का ज्ञान प्राप्त करने के लिए ही यही आनंदमय अवस्था है। इसी का नाम मुक्ति है तथा आत्मानुभूति है, यही शिक्षा का सर्वोच्च लक्ष्य है। **तैत्तिरीयोपनिषद्** में दीक्षांत भाषण देते हुए कहा है कि, “**भूत्येन प्रमदितवयंकुशलानुपदित्यम**” अर्थात् हित तथा कल्याण की उपेक्षा नहीं करना दूसरे शब्दों में आत्महित भी जीवन का एक महत्वपूर्ण पक्ष है

**उपनिषद् एवं पाठ्यक्रम :-** उपनिषदों के अध्ययन उपरांत ज्ञात होता है कि ज्ञान को दो भागों में बाटा गया है; अपरा तथा परा विधा। अपरा ज्ञान इस दृश्यमान जगत तथा मानव शरीर से सम्बन्धित है; परा ज्ञान, आत्मज्ञान अथवा ब्रम्हज्ञान से ताल्लुक है, उपनिषदों में परा ज्ञान को महत्वपूर्ण तथा अपरा ज्ञान को हेय मन गया है परन्तु तैत्तिरीय उपनिषद् में कहा गया है, “भूत्यै न परमदित्य, कुशलानन परमदित अर्थात् व्यक्तित्व हित तथा समृद्धि की उपेक्षा मत करना, इससे अभिप्राय निकलता है कि तैत्तिरीय उपनिषद् में सांसारिक सुखों से सम्बन्धित अपरा ज्ञान की उपेक्षा नहीं की है, उपनिषद्कार कहते हैं कि अपरा ज्ञान मुक्ति की ओर बढ़ने का साधन है, स्वयं साध्य नहीं। जब साधन ही साध्य बन जाये तब वहाँ प्रगति रुक जाती है, उपरोक्त वर्णन में पंचकोश, आनंदमय कोष तक पहुँचने की सीढ़ियाँ हैं। पंच कोष, चारों पुरुषार्थों में इसी परा-अपरा ज्ञान से युक्त पाठ्यक्रम को सजोया गया है

**विद्यार्थी संकल्पना एवं विद्यार्थी - शिक्षक सम्बन्ध :-** विद्यार्थी की संकल्पना, उपनिषदों में एक ज्ञान-पिपासु के रूप में की गयी है, जिसे अपनी ज्ञान की जिज्ञासा को शांत करने के लिए हमेशा एक योग्य शिक्षक की तलाश रहती है, जीवन की किसी भी अवस्था में ज्ञान प्राप्त करने की अभिलासा जागृत हो सकती है, कोई भी विद्यार्थी अपने श्रम से बहुत ही कम समय में ज्ञान प्राप्त कर सकता है और किसी को लम्बे समय तक साधना करनी पड़ सकती है उपनिषदों में अनिवार्य शिक्षा में विश्वास नहीं किया गया, कहा जाता है कि अनिच्छा से शिक्षा प्रदान नहीं की जा सकती है। विद्यार्थी के मन में शिक्षा प्राप्त करने की प्रेरणा उत्पन्न होनी चाहिए। विद्यार्थी से गुरु के प्रति समर्पण भाव की अपेक्षा की गयी है। छात्र आत्मज्ञान की शिक्षा ग्रहण के लिए गुरु के निकट जाता है, गुरु उसकी पृष्ठभूमि जानने के पश्चात् गुरु निर्णयों उपरांत उसे शिष्य बनाना है अथवा नहीं; इस बात का निर्णय करता है। शिक्षा आरम्भ के **प्रथम चरण** में गुरु शिष्य को इस बाह्य जगत का अध्ययन कराता है, उसे आदेश देता है- “**सर्वं खलु इन्द्र ब्रम्हा**,” अर्थात् यह समग्र विश्व ब्रम्हा है, इसमें हम जीवन के व्यावहारिक पक्ष का अध्ययन करते हैं। **दूसरे चरण** के अंतर्गत गुरु आदेश देता है- “**तत्त्वमसि**” अर्थात् तुम ब्रह्मा हो, यह स्थिति ब्रम्हा के साथ तादात्म्य बनाने की है, इसमें गुरु शिष्य को महान व्यक्तियों के चरित्रों का अध्ययन तथा अनुकरण भी कराता है, जिसे शिष्य प्रत्यक्ष एवं परोक्ष रूप में पालन करता है। **अंतिम चरण** में गुरु आदेश देता है - “**सोहम**” अर्थात् “मैं स्वयं ब्रम्हा हूँ”, यह वो स्थिति है जिसमें आत्मज्ञान की प्राप्ति हो जाती है, शिष्य को, मैं क्या करूँ और क्या न करूँ, क्या करना पुण्य है और क्या करना पाप है आदि सभी प्रकार की दुबिधाओं का पूर्णतः अंत हो जाता है, तथा आनंद अर्थात् आत्मानुभूति की प्राप्ति हो जाती है। उपनिषदों में शिक्षक-शिक्षार्थी के संबंधों की



इतनी उदार तथा भव्य विवेचन की गयी है जो अन्यत्र मिलनी मुश्किल है। नैतिक जीवन के परिपालन में शिक्षक और छात्र दोनों का ही समान दायित्व है। शिक्षक -शिक्षार्थी सम्बन्धों का यह सूत्र मार्ग दर्शन का कार्य करता है:-

सहनावतु - एक दूसरे की रक्षा करें।

सहनौभुक्तु -अर्जित ज्ञानोपलब्धियों तथा सिद्धियों का मिल -जुल कर उपयोग करें।

सहवीर्यकरवाव है - एक दूसरे की शक्ति में वृद्धि करें।

तेजस्विना वधीतमस्तु - हमारा अध्ययन हम दोनों को तेजस्वी बनाये।

माविद्विषा वहै - हम एक दूसरे से ईर्ष्या न करें।

शिक्षा समाप्ति के उपरान्त विधार्थी से की जाने वाली अपेक्षाएँ **तैत्तिरीय उपनिषद** में निम्न प्रकार वर्णित की गयी हैं :- सत्यबोलना,कर्तव्य पालन करना, अध्ययन की उपेक्षा नहीं करना, सदाचारी बनना, माता- पिता ,गुरु, अथिति के प्रति आदरभाव रखना ,विद्वानों का आदर करना ,दान अवश्य देना।

**शिक्षण विधि तथा विधाएं :-** विभिन्न उपनिषदों में विभिन्न प्रकार की विधियों का प्रयोग किया गया है ,परन्तु सबसे प्रमुख विधि स्वं अन्वेषण-विधि है। उपनिषदकारों की यह प्रमुख धारणा है की ज्ञान व्यक्ति स्वं-प्रयास से ही प्राप्त करता सकता है।उक्त प्रमुख विधि के अंतर्गत अनेक छोटी-मोटी विधाएँ आती हैं :-

(1) **पहेली विधि :-** पहेली विधि अत्यंत गूढ़ तत्वों की व्याख्या करने में सहज होती है , श्वेताश्वतर उपनिषद में बताया गया है कि “सत्ता” एक महान चक्र के समान है जिसके टायर तीन गुणों के बने हैं, जिसके सिरे पर 16 कलाएं हैं जिनके आरे 50 भाव है जिनके प्रति आरे दस इंद्रियां तथा उनके 10 विषय हैं, इत्यादि।

(2) **सूत्र विधि :-** ज्ञान को संचित रखने तथा स्मृति में बनाये रखने के लिए सूत्र भाषा का प्रयोग महत्वपूर्ण है, विज्ञान, गणित, सांख्यिकी, अर्थशास्त्र जैसे विषयों में इसी विधि का प्रयोग किया जाता है, श्वेताश्वर, उपनिषद का “तत्त्वमसि” इसी प्रकार का सूत्र है।

(3) **व्युत्पत्ति विधि :-** शब्दों के मूल उद्गम, उसमें निहित भावों को अभिव्यक्त करता है, किसी भी गूढ़ विचार की व्याख्या उसके लिए प्रयोग किये गए शब्दों की व्युत्पत्ति द्वारा की जा सकती है। **वृदारण्यक** उपनिषद में **पुरुष** शब्द की व्युत्पत्ति **पुरिषय** से हुई है, जिसका अर्थ है हृदय दुर्ग में निवास करने वाला।

(4) **कथा विधि :-** नैतिक शिक्षानतर्गत मूल्यों की शिक्षा के लिए कथा विधि का ही प्रयोग किया जाता है, अगर हम सीधी साधी भाषा में प्रत्यक्ष उपदेश दे तो यह प्रभावहीन हो जाता है। केनोपनिषद में इंद्र तथा राक्षस की कथा द्वारा मानवीय करुणा का उपदेश दिया गया है।

(5) **अनुरूपता विधि :-** बहुत सी बातें तर्क द्वारा नहीं समझायी जा सकती है , उन्हें हम अनुरूपता विधि द्वारा सरलता से समझाया जा सकता है; उदाहरण स्वरूप-याज्ञवल्क्य ने व्यक्ति की आत्मा एवं सर्वात्मा के बीच का अन्तर स्पष्ट करने के लिए ढोल, शंख, मधु, नदी, समुद्र, आदि सृष्टि प्रतीकों का प्रयोग किया है।

(6) **चर्चा विधि :-** इस विधि के अंतर्गत छात्र तथा शिक्षक एक स्थान पर बैठकर किसी समस्या विशेष पर विचार विमर्श करते हैं ।

(7) **संश्लेषण विधि :-** संश्लेषण विधि चर्चा विधि की पूरक विधि है, एक ओर और जहाँ चर्चा विधि में विभिन्न पक्षों पर पृथक-पृथक दृष्टि से विचार किया जाता है ;संश्लेषण विधि में चर्चा विधि से प्राप्त निष्कर्षों को सार रूप में व्यक्त किया जाता है; उदाहरणस्वरूप :- वृहदारण्यक में महाराज जनक द्वारा प्रस्तुत विभिन्न दृष्टिकोणों समाहार रूप सार में याज्ञवल्क्य द्वारा प्रस्तुत किया जाता है ।

(8) **भाषण विधि :-** वैसे तो उपनिषदों में प्रमुख रूप से प्रसन्नोत्तर प्रणाली का प्रयोग किया जाता है परन्तु प्रेरणास्वरूप विषय में व्याख्यान विधि का प्रयोग प्रभावशाली है; यम-नचिकेता संवाद में इसी प्रणाली का प्रयोग हुआ है ।

(9) **तदर्थ विधि :-** हम इस विधि का प्रयोग विद्यार्थी के मानसिक विकास को ध्यान में रखते हुए प्रयोग करते हैं, इस विधि में जिज्ञासु, ज्ञान ग्रहण करने के लिए स्वयं प्रयास करता है, शिक्षक केवल मार्गदर्शक की भूमिका निभाता है; इंद्र तथा विरोचन द्वारा प्रजापति के पास आत्म ज्ञान की प्राप्ति के लिए शिष्यत्व ग्रहण करने की कथा में इस विधि का उपयोग मिलता है, विरोचन अपनी मानसिक स्तर के अनुरूप आत्मा की जाग्रतवास्था को ही सत्य मानकर संतुष्ट हो जाता है तथा लौट जाता है, परन्तु इंद्र जब तक अंतिम तत्त्व तक नहीं पहुंच जाता तब तक शिक्षा ग्रहण करता है और अंत में आत्मा की सही स्थिति का ज्ञान प्राप्त करके ही संतुष्ट होता है ।

(10) **अनुक्रमिक विधि :-** इसका उपयोग दर्शन तथा विज्ञान के अध्ययन- अध्यापन में प्रचुर रूप से होता है , इस विधि का सिद्धांत प्रतिगमन प्रणाली से मिलता जुलता है । इस विधि के अंतर्गत अध्ययन सामग्री को क्रमबद्ध , प्रश्नों के रूप में प्रस्तुत किया जाता है, एक प्रश्न का उत्तर, दूसरे प्रश्न को जन्म देता है और इस प्रकार प्रश्नोत्तर का क्रम तब तक चलता रहता है, जब तक की जिज्ञासु अंतिम उत्तर तक नहीं पहुंच जाता है; उदाहरण के लिए याज्ञवल्क्य-जनक संवाद में इसी प्रणाली का प्रयोग किया जाता है

**अध्ययन की प्रक्रिया :-** उपनिषदों में अध्ययन प्रक्रिया के तीन सोपानों का वर्णन किया गया है।

(१) श्रवण (२) मनन (३) निदिध्यासन

अनुशासन रू. उपनिषद में अनुशासन के तीन तत्त्व बताये गए हैं

प्रथम तत्त्व - ज्ञान प्राप्ति के लिए उत्कट अभिलाषा

द्वितीय तत्त्व - आत्म - प्रत्यय

तृतीय तत्त्व - आत्म संयम

सन्दर्भ-ग्रन्थ

- 1.The Bhagavad-Gita : Krishna's Counsel in Time of War (Bantam Classics) Paperback– July1,1986**
- 2. The Upanishads, 2nd Edition Paperback – January 1, 2007 by Eknath Easwaran (Author)**
- 3. The Upanishads (Easwaran's Classics of Indian Spirituality Book 2) 2nd Edition, Kindle Edition By Eknath Easwaran (Author, Introduction, Translator) Format: Kindle Edition**
- 4. The Upanishads: Breath from the Eternal Mass Market Paperback – August 1, 2002 by Swami Prabhavanada (Translator), Frederick Manchester (Translator)**
- 5.The Thirteen Principal Upanishads ; Audible Audiobook –Unabridged uncredited (Author), Sagar Arya (Narrator), Ukemi Audiobooks (Publisher)**
- 6.The Principal Upanishads: Edited with Introduction, Text, Translation and Notes (English, Sanskrit and Sanskrit Edition) (Sanskrit) Paperback – January 1,19 by S.Radhakrishnan (Editor)**
- 7. The 108 Upanishads: An Introduction Audible Audiobook – Unabridged Roshen Dalal (Author), Suchitra Gupta (Narrator), Random House Audio (Publisher)**
- 8.The Upanishads: A New Translation by Vernon Katz and Thomas Egenes (Tarcher Cornerstone Editions) Paperback – June 30, 2015 by Vernon Katz (Author), Thomas Egenes (Author)**
- 9. Brihadaranyaka Upanishad Paperback – August 13, 2016 by Charles Johnston (Author)**
- 10. I Am Brahman: As Defined By The Upanishads ("I Am Consciousness" Book 2) Kindle Edition by Sukhdev Virdee (Author) Format: Kindle Edition**
- 11. The Upanishads: Breath of the Eternal Mass Market Paperback – April 1, 1957 by Anonymous (Author), SwamiPrabhavananda (Translator), FrederickManchester (Translator)**
- 12.The Yoga Sutras by Swami Satchidananda Essence of the Upanishads: A Key to Indian Spirituality by Eknath Easwaran**

## **Relationship of Body Mass Index with a Muscular Power (Left Hand) of School Girls in Hill Areas of Uttarakhand State**

**Navneet kumar**  
Research Scholar  
JJTU, Rajasthan

Indian Society still think women can't do big muscular activities that way muscular power of women always a topic of chatting in the society. When a girl tries to pick up heavy load then parents stop her for such a work. In the same a boy can pick up the weight in the same age. Lot of study explain that there is no too much differences between men and women in game and sports. Karnam Malleswari pick up more than 113 kg weight in world championship and won the medal for country. This medal was failed to change the thought of Indian. Same as in Wrestling competition lot of women won the medal for the country. We are talking about these examples because these all games required muscular power. In studies its analysed that "the power produced during different resistance exercises as a fundamental variable to determine performance and also the effect induced by training [1]. In above mentioned theory its is clearly mentioned that we required power to apply force on an object and the movement of the object depend upon the muscular power, how much power a player apply on the object so that in the games and sports a player have to apply power on other player or on the ball. The movement of the ball and object depend upon the power applied by the player. To improve the muscular power training is most important in games and sports. Different types of training given to the player for increase muscular power. Girls training and boys training is little bit difference according to the game. A coach has to keep in mind that all the motor fitness components are necessary for the performance of the player. "Increased Tissue Stiffness, the Relationship between a given force and amount of stretch the tissue undergoes [2]. If we apply the force on any object than muscle power work on the formula of contraction and the relaxation. That all movement happened due to tissue contract and relax theory of muscles. If we apply the force 50 kg on the muscle then contraction will be less in comparison of applied force 100 kg. Example of this, put weight on the piece of rubber 50 kg and 100 kg then you will see that the 100 kg weight stretch more the rubber in compression of 50 kg. its very clear, Stretching is depending upon the pressure of the weight. "A decrease of muscle fitness may result in functional limitations" [3]. As we know our muscles give power to perform work. Fitness of the muscle is most important to over come on the resistance. If a person stops work on the muscle then that part of the muscle will stop working. Its mean working of that common part will be decrease. Example, we have seen that number of people have problem of spinal cord in old age that main cause is the over use and no use of that part of the body. Muscle required energy to perform work and required strength to perform big muscular work so light weight training and flexibility exercise is most important for muscular power.

### **Methods: -**

**Study Design:-**The research was organised in Uttarakhand state of India. The main purpose of the study of the study to find out the muscular power of left hand of hill and plain area girls.

**Subject: -**Two hundred students of hill and two hundred students of plain area were taken for the study from Uttarakhand district. The study was conducted in Dehradun district and Mussoorie. All the subject was girl students and age were between 15 to 17 years. Medical condition was also checked before to collect the data of all the students.



**Procedure:** -First of all, it was cleared to all the student, that if they have any hand and elbow injury they don't participate in this tests because this test is related with muscular power of hand. Digital hand grip Dynamometer (90 kg) was used to taken data. This test is related with muscular Power of (Hand Grip Strength Test) Left Hand. All the students were stand in a straight row and fill up the form like name, age, sex, class. Weight and height were also taken to calculated the BMI. All the instruction was cleared before to conduct the test. Student was stand in stationary position. If student bend the body to apply the force, then score should not be read at all, and retest should be given after a short rest periods of 30 seconds.

1. The Right-hand and left-hand reading recorded.
2. It was recorded nearest in Kg. Magnesium carbonate powder was used by girls, to make his hand non-slippery.
3. Reading was recorded, when hand grip Dynamometer was pressed by the girl participate and make it reset after.
4. Age Group was also fixed in Dynamometer.
5. After each five-test Dynamometer was tasted by researcher for accuracy.

**Static Analysis: -**

**Table No. 1**

**Relationship of Descriptive statistics of Selected Motor Fitness Component (Muscular Power of Left Hand) with Hill and Plain area.**

Parameters	Hill Area (N=200)	Hill Area (N=200)
	Mean	SD
Muscular Power Left Hand (Kg)	18.30	3.88

In the result of Table No. 10.1, the Muscular power of left hand of hill area girls is 18.30 kg.

**Description of standard Deviations:** -The hill area girls' muscular power (Left hand) Standard deviation (3.88").

**Table 2**

**Pearson correlation test results of Hill area variables BMI and Muscular Power (Left hand)**

Variables	Number (N)	Correlation Coefficients (r)	Significance level (p)
<b>BMI and Muscular Power (Left hand).</b>	<b>200</b>	<b>0.179*</b>	<b>0.011</b>

p<0.01\*\*, p<0.05\*\*

Analysis of data shows that BMI of hill area girls is significantly correlated with (Muscular Power Left hand) of hill area girls.

It is seen that there BMI and (Muscular Power Left Hand) correlation coefficient (0.179\*) (P=0.011).

### Figure: 2.1

**Graphical Representation of Correlation test results of Hill area variable BMI and Muscular power (Left Hand).**

	BMI and Muscular Power (LH)	
1		Large
0.5		Moderate
0.25		Small
(r) 0		Trivial
-0.25		Small
-0.5		Moderate
-1		Large

**Finding: - In the results it's seen that there is correlation between the BMI of hill area girls with muscular power of left hand. Its mean if the BMI of the girls is better than their muscular power is more better.**

**Discussion: -In the discussion its good sign for the coaches and sports teacher to improve the body mass index of player to gain better muscular powers in students.**

### Bibliography

1. Dugan, EL, Doyle, TLA, Humphries, B, Hasson, CJ, and Newton. RU. Determining the optimal load for jump squats: A review of methods and calculations. *J Strength Cond Res* 18: 668-674, 2004.
2. Butler RJ, Crowell HP, Davis IM, Lower Extremity Stiffness: Implications for performance and Injury. *Clin 4 Biomech.* 2003:511-7
3. Takken T, Elst E, Spermon N, Helders PJM, Prakken ABJ, van der Net J. The physiological and physical determinants of functional ability measures in children with juvenile dermatomyositis. *Rheumatology.* 2003;42:591-5.

## IMPORTANCE OF YOGA IN CHILDREN IN COVID-19- LOCKDOWN PERIOD

Miss. Suvarna. S. Patil

Ph.D. Scholar, J.J.T.University

Registration no 251118012

*"Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame." — B.K.S. Iyengar*



Yoga for kids is an example of modern yoga that is specifically designed for kids. Poses to increase flexibility, versatility, and awareness are included. Each year on the June 21, International Yoga Day is dedicated to educate people about the various health benefits of yoga across the world. Because the nationwide lockdown has kept over 260 million children at home, it is more critical than ever for parents to keep an eye on their children's screen usage. Children are continuously exposed to the detrimental impacts of screens, from surfing and playing online games to spending more time on social media and viewing movies online. Parents are likewise seeking for alternatives as a result of the outbreak. The most of them are nasty.

### YOGA EXERCISE

Yoga exercise is incredibly productive and healthful since it maintains both the body and the mind fit. Yoga is proven to be a fantastic stress and anxiety reliever, and it will help children stay balanced and optimistic. Today, there are online yoga teachers, so you may try to practice yoga from the comfort of your own home. Yoga is good for more than just burning calories and toning muscles.



## AT WHAT AGE SHOULD KIDS START YOGA?

Children in India traditionally have their thread ceremony (upanayanam), or religious initiation, at the age of eight. Sun salutations, nadi shodhana pranayama, and the gayatri mantra are taught to youngsters at this age. At the age of eight, the number of air sacs in the lungs reaches a maximum. They only grow in size beyond the age of eight, not in quantity.



## BENEFITS OF YOGA IN CHILDREN

### PHYSICAL BENEFITS OF YOGA IN CHILDREN

**Full body workout** - Yoga improves overall fitness with a challenging full-body workout rather than targeting just one body part at a time.

**Flexibility** - Children are born natural yogis, by practising Yoga they are able to retain their flexibility which most people tend to lose with age.

**Yoga promotes body and self-awareness** - Yoga asanas teach children how their various body parts work together with their breath to bring the entire system together. This self-awareness aids people in respecting, loving, and caring for their bodies.

**Increases immunity** - An immune response of a child is absolutely crucial. The early years are the foundation for a healthy future. Yoga is a natural stimulant that boosts resistance and aids in the development of a strong defence mechanism, which increases the body's immunity. Yoga is an effective approach to improve posture.

### EMOTIONAL BENEFITS OF YOGA IN CHILDREN

Develops confidence and a sense of achievement - Endorphins released during yoga practise helps release stress and makes you feel good, psychologically boosting confidence.

Teaches self-respect and empathy - Yoga is non-competitive. It helps children to concentrate on themselves and to see their own flaws. Kids learn to overcome these limitations in their own bodies with consistent practice and are less critical of their peers' levels of fitness and flexibility.

**Improves emotional regulation-** Yoga assists children in understanding, controlling, and managing their emotions. The awareness that they develop about themselves through yoga helps them build a balanced state of mind.

**Increases attention span and concentration** - Children today are restless and impatient. Yoga teaches focusing on every single movement or breath, this helps prolongs their span of attention and strengthens their concentration skills

**Positive thinking** - Yoga can help you identify your own feeling of pleasure.. It teaches you that the entire universe is connected and that each day is another chance to surf on the waves of life. The positive mind-set created with yoga helps children stay happy and contented. The biggest quest of our lives is discovering who we really are and where everything around is changing so rapidly, Yoga helps you unleash the power hidden within.



## IMPORTANCE

Covid-19 has an impact on the entire population, especially children. It has put the children's activity and schedule out of control at times, making it a significant challenge to keep them occupied with multiple activities throughout the day. Despite the fact that it affects all of us, we must make every effort to ensure that children are spared the brunt of the health crisis.

They are largely preoccupied with their social lives during normal times.

1. Enhances Respiratory Wellness
2. Promotes Deep Sleep
3. Boosts Energy Levels

## PRANAYAMAS TO STRENGTHEN THE BODY

Yoga asanas are essential for children's overall development, but so are pranayamas also essential for growth of children. They relax the body and sharpen the mind. Pranayama's like kapalbhati and anulom vilom ensure proper blood circulation in the body which protects the heart from many diseases. Swami Ramdev suggests starting the day with surya namaskara and then doing bhastrika, udgith, sheetali, and sheetakari pranayamas.

**CONCLUSION:-**Children need to get involved in different activities in order to sharpen their minds and skills. While children are unable to go outside during this time, it is critical that they practice yoga at home and eat healthy foods in order to develop their personality.

## माध्यमिक स्तर के विद्यालयों के पाठ्यक्रम में योग शिक्षा का समावेश – एक अध्ययन

शोध निर्देशक – डॉ. रतनलाल भोजक

शोधार्थी – कान्ता पारीक

श्री जगदीश प्रसाद झाबरमल टिबरेवाल विश्वविद्यालय, राजस्थान

**1.1 प्रस्तावना** – प्रस्तावना योग एक ऐसी प्रयोजनीय विद्या है जिसके द्वारा मनुष्य अपने सभी स्तरों शारीरिक, मानसिक, बौद्धिक भावनात्मक व आध्यात्मिकता का विकास करता है और फलतः आधुनिक प्रौद्योगिक युग की उत्तेजक गति से जन्मी सारी चुनौतियों से टक्कर ले सकता है। योगिक प्रक्रियाओं की यह खूबी है कि सारी क्षमतायें मनुष्य की आध्यात्मिक प्रगति के साथ एकतान होकर सुनिश्चित आकार ग्रहण करती हैं जो मनुष्य को उसकी आत्म जागृति के द्वारा अतर्निहित शक्तियों एवं सभावनाओं से परिपूर्ण इस पूरे ब्रह्माण्ड के प्रति जागरूक होने में शाश्वत नित्य एवं अनंत के ज्ञान द्वारा स्वयं अपने जीवन को प्रतिरूपता देने एवं अन्तः ब्राह्म सामंजस्य और शान्ति पाने में मदद करती है। योग को बड़े पैमाने पर सिंधु – सरस्वती घाटी सभ्यता, जिसका इतिहास 2700 ईसा पूर्व से है, के अमर सांस्कृतिक परिणाम के रूप में बड़े पैमाने पर माना जाता है, इसलिए इसने साबित किया है कि यह मानवता के भौतिक एवं आध्यात्मिक दोनों तरह के उत्थान को संभव बनाता है। बुनियादी मानवीय मूल्य योग साधना की पहचान हैं। आज योग मात्र साधना नहीं होकर अपितु जीवन जीने की कला बन गया है जहाँ व्यक्ति अपनी भाग-दौड़ की जिन्दगी से समय निकाल मन को केन्द्रित कर शान्ति व तनावमुक्त जीवन जीने का प्रयास कर रहा है। इस क्षेत्र के नवीन अनुसंधानों ने लोगों को क्रान्तिकारी रूप से प्राकृतिक व वास्तविक जीवन की ओर प्रेरित कर जीवन का नया स्वरूप प्रदान किया है और व्यक्ति गम्भीर व लाईलाज बीमारियों जैसे – कैंसर, एड्स व हैपेटाइटिस-बी आदि से योग द्वारा व्याधि मुक्त हो रहा है। गत 70 वर्षों की जो शिक्षा अपने सर्वांगीण विकास के उद्देश्य को पूर्ण नहीं कर पायी उसी प्राचीन योग विद्या ने आज के समस्त विद्यालयों के अध्यापकों को प्रशिक्षित कर सर्वांगीण विकास के स्वप्न को पूर्ण किया है। क्या विभिन्न माध्यमिक विद्यालयों के शिक्षा पाठ्यक्रमों के अध्यापकों में योग के प्रति अभिवृत्ति सकारात्मक है? उपर्युक्त का अध्ययन करने हेतु शोधकर्त्री ने इस समस्या की आवश्यकता महसूस की।

**2 1.2 शोधकार्य का औचित्य:**—योग शिक्षा के पाठ्यक्रम के प्रति अध्यापकों की अभिवृत्ति कैसी है? इस अध्ययन में यही जानने का प्रयास किया गया है। इस अध्ययन के निष्कर्ष निम्नांकित रूप से उपयोगी सिद्ध होंगे :

1. प्रस्तुत अध्ययन के निष्कर्षों का उपयोग शैक्षिक नियोजनकर्ताओं एवं प्रशासकों के द्वारा विद्यार्थियों के विकास से संबंधित अपनी योजनाओं को प्रारम्भ करने एवं उनमें सुधार करने के लिए किया जा सकता है।
2. प्रस्तुत अध्ययन के निष्कर्ष अध्यापकों, प्रधानाचार्यों एवं प्रधानाध्यापकों के लिए विद्यार्थियों के स्तर को ऊँचा उठाने में अपने प्रयत्नों में उपयोगी होंगे।
3. प्रस्तुत अध्ययन के निष्कर्ष विद्यार्थियों के लिए उनके कमजोर क्षेत्रों में उपचारात्मक शिक्षण कार्यक्रम बनाने में सहायक सिद्ध होंगे।
4. सरकार एवं स्वैच्छिक संगठन प्रस्तुत अध्ययन के निष्कर्षों का विद्यार्थियों एवं अध्यापकों हेतु शिक्षा संबंधी कार्यक्रम बनाने में लाभ उठा सकते हैं।
5. प्रस्तुत अध्ययन शैक्षिक शोधकर्ताओं के लिए भी आगे का शोध कार्य हाथ में लेने की दृष्टि से सहायक होगा।
6. संबंधित साहित्य की सामान्य जानकारी के दौरान ज्ञात हुआ है कि इस विषय पर तथा जिले में क्षेत्रीय भिन्नता, लिंगभेदानुसार तथा सामाजिक आर्थिक स्तरानुसार विद्यार्थियों पर स्वतंत्र शोधकार्य किसी भी शोधार्थी ने नहीं किया है, अतः विषय की महत्ता सिद्ध होती है।
7. शिक्षण की गुणवत्ता की वृद्धि के लिए ऐसे शोधकार्य की महत्ता है क्योंकि राज्य सरकार एवं अन्य अभिकरण शैक्षिक योजना निर्माण में प्राप्त दत्तों एवं शोधकार्य की उपलब्धि से लाभान्वित हो सकेगी।
8. वर्तमान में जो अराजकता एवं तीव्र सामाजिक असन्तोष है वह युक्तियुक्त शिक्षा के उद्देश्य न प्राप्त कर सकने के कारण ही है। आज का युवा शिक्षित होते हुए भी अशिक्षित है। यदि शिक्षा की प्रारम्भिक अवस्था को सही दिग्दर्शित नहीं किया गया तो निसंदेह विद्यार्थियों के व्यक्तित्व की नींव कमजोर तथा पतन की ओर अग्रसित हो सकती है।

**1.3 समस्या कथन** —समस्या कथन समस्या कथन किसी भी शोध हेतु समस्या कथन विषिष्ट महत्व रखता है समस्या कथन शोध के शीर्षक का ही उल्लेख नहीं करता अपितु शीर्षक के क्षेत्र को भी स्पष्ट करता है।

**1.4. शोध अध्ययन शोध अध्ययन के उद्देश्य** – प्रत्येक कार्य की सफलता उसकी योजना पर आधारित है और किसी भी कार्य की योजना बिना उसके लक्ष्य निर्धारित किये नहीं बन सकती है।

कार्टर वी गुड ने लिखा है – “उद्देश्य वह पूर्व निर्धारित लक्ष्य होता है जो कि कार्य या क्रिया का मार्गदर्शन करता है।”

1. माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति का अध्ययन करना।

2. राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति का तुलनात्मक अध्ययन करना।
3. ग्रामीण एवं शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति का तुलनात्मक अध्ययन करना।

**1.5 शोध अध्ययन की परिकल्पनाएँ :-** हाइपोथिसिस का शाब्दिक अर्थ — सम्भावित कथन जो समस्या का कथन प्रस्तुत करती है। जिसकी पुष्टि आँकड़ों के लिए की जा सके एक अच्छी परिकल्पना एक अच्छे शोध की द्योतक होती है।

1 माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति औसत स्तर की है।

2 राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति में सार्थक अन्तर नहीं है।

3 ग्रामीण एवं शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति में सार्थक अन्तर नहीं है।

**1.6 अध्ययन की परिसीमाएँ अध्ययन की परिसीमाएँ :-** शोध कार्य की गहनता एवं सूक्ष्मता की दृष्टि से शोधकार्य की सीमा निर्धारित करना आवश्यक है। समय एवं साधनों के सीमित होने के कारण शोधकार्य की भी निम्नलिखित सीमाएँ निश्चित की गई हैं :-

1. शोध हेतु गंगानगर का चयन किया गया है।
2. शोध कार्य हेतु गंगानगर के ग्रामीण एवं शहरी क्षेत्र के माध्यमिक स्तर के विद्यालयों के सेवारत अध्यापकों को लिया गया है।
3. शोध कार्य माध्यमिक स्तर के केवल 600 अध्यापकों तक ही सीमित रखा गया है।
4. शोध में केवल माध्यमिक स्तर के सेवारत अध्यापकों को ही लिया गया है।

**4 1.7 शोध परिकल्पना की जाँच :-** शोध अध्ययन के निर्धारित उद्देश्यों एवं परिकल्पनाओं के सत्यापन हेतु संकलित दत्त विश्लेषण एवं निर्वचन की प्रक्रिया से निम्नलिखित निष्कर्ष प्राप्त हुए हैं :-

**परिकल्पना संख्या -1** विश्लेषण से स्पष्ट है कि माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं उसके समस्त आयामों आवश्यकता एवं व्यावहारिक पक्ष, जागरूकता, वैश्विक पक्ष, सहवैश्विक पक्ष एवं विद्यालय का सहयोग के प्रति औसत से अधिक एवं सकारात्मक अनुकूल अभिवृत्ति पाई गई। अतः शोध की परिकल्पना संख्या -1“ माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति औसत स्तर की है। “अस्वीकृत की जाती है।

**परिकल्पना संख्या -2** विश्लेषण से स्पष्ट है कि राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों जागरूकता, वैश्विक पक्ष, सहवैश्विक पक्ष एवं विद्यालय का सहयोग पर प्रबन्धन के आधार पर सार्थक अन्तर पाया गया जबकि उसके प्रथम आयाम आवश्यकता एवं व्यावहारिक पक्ष के मान में सार्थक अन्तर नहीं पाया गया। अतः शोध की परिकल्पना संख्या -2“ राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति में सार्थक अन्तर नहीं है। “ कुल अभिवृत्ति एवं आयामों जागरूकता, वैश्विक पक्ष, सहवैश्विक पक्ष एवं विद्यालय का सहयोग के सन्दर्भ में अस्वीकृत तथा प्रथम आयाम आवश्यकता एवं व्यावहारिक पक्ष के सन्दर्भ में स्वीकृत की जाती है।

**परिकल्पना संख्या -3** विश्लेषण से स्पष्ट है कि ग्रामीण क्षेत्र एवं शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों आवश्यकता एवं व्यावहारिक, जागरूकता, वैश्विक पक्ष एवं सहवैश्विक पक्ष पर रहनिवास के आधार पर सार्थक अन्तर पाया गया जबकि उसके पंचम आयाम विद्यालय का सहयोग पक्ष के मान में सार्थक अन्तर नहीं पाया गया। अतः शोध की परिकल्पना संख्या -3 “ ग्रामीण एवं शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति में सार्थक अन्तर नहीं है। “ कुल अभिवृत्ति एवं आयामों आवश्यकता एवं व्यावहारिक, जागरूकता, वैश्विक पक्ष एवं सहवैश्विक पक्ष के सन्दर्भ में अस्वीकृत की जाती है। तथा पंचम आयाम विद्यालय का सहयोग पक्ष के सन्दर्भ में स्वीकृत की जाती है।

**1.8 अध्ययन के शोध निष्कर्ष** कार्य समाप्ति के पश्चात परिणाम अथवा निष्कर्ष निकाला जाता है एवं उसके गुण एवं दोषों का पता लगाया जाता है। शोध कार्य के प्रभाव को जानने के लिए निष्कर्षों का वर्णन किया गया है -

**1.8.1 माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति का अध्ययन**

• माध्यमिक स्तर के विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं उसके समस्त आयामों आवश्यकता एवं व्यावहारिक पक्ष, जागरूकता, पैक्षिक पक्ष, सहपैक्षिक पक्ष एवं विद्यालय का सहयोग के प्रति औसत से अधिक एवं सकारात्मक अनुकूल अभिवृत्ति पाई गई।

### 1.8.2 राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति का तुलनात्मक अध्ययन

• राजकीय माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों आवश्यकता एवं व्यावहारिक पक्ष, जागरूकता, सहपैक्षिक पक्ष एवं विद्यालय का सहयोग के प्राप्तांकों का मध्यमान, निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति के प्राप्तांकों के मध्यमान से अधिक पाया गया जबकि पैक्षिक पक्ष आयाम में निजी माध्यमिक विद्यालयों के अध्यापकों के प्राप्तांकों का मध्यमान, राजकीय माध्यमिक विद्यालयों के अध्यापकों के प्राप्तांकों के मध्यमान से अधिक पाया गया।

• राजकीय एवं निजी माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों जागरूकता, पैक्षिक पक्ष, सहपैक्षिक पक्ष एवं विद्यालय का सहयोग पर प्रबन्धन के आधार पर सार्थक अन्तर पाया गया जबकि उसके प्रथम आयाम आवश्यकता एवं व्यावहारिक पक्ष के मान में सार्थक अन्तर नहीं पाया गया।

### 1.8.3 माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति पर रह निवास के आधार पर तुलनात्मक अध्ययन

• ग्रामीण क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों आवश्यकता एवं व्यावहारिक पक्ष, जागरूकता, पैक्षिक पक्ष एवं सहपैक्षिक पक्ष के प्राप्तांकों का मध्यमान, शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति के प्राप्तांकों के मध्यमान से अधिक पाया गया जबकि विद्यालय का सहयोग आयाम में शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों के प्राप्तांकों का मध्यमान, ग्रामीण क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों के प्राप्तांकों के मध्यमान से अधिक पाया गया।

• ग्रामीण क्षेत्र एवं शहरी क्षेत्र के माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति कुल अभिवृत्ति एवं आयामों आवश्यकता एवं व्यावहारिक, जागरूकता, पैक्षिक पक्ष एवं सहपैक्षिक पक्ष पर रहनिवास के आधार पर सार्थक अन्तर पाया गया जबकि उसके पंचम आयाम विद्यालय का सहयोग पक्ष के मान में सार्थक अन्तर नहीं पाया गया।

## 1.9 शैक्षिक निहितार्थ :-

इस अध्ययन के निष्कर्ष निम्नांकित रूप से उपयोगी सिद्ध होंगे :

- 1 अध्ययन के निष्कर्षों का उपयोग शैक्षिक नियोजनकर्ताओं एवं प्रशासकों के द्वारा विद्यार्थियों के विकास से संबंधित अपनी योजनाओं को प्रारम्भ करने एवं उनमें सुधार करने के लिए किया जा सकता है।
2. अध्ययन के निष्कर्ष अध्यापकों, प्रधानाचार्यों एवं प्रधानाध्यापकों के लिए विद्यार्थियों के स्तर को ऊँचा उठाने में अपने प्रयत्नों में उपयोगी होंगे।
- 3 अध्ययन के निष्कर्ष विद्यार्थियों के लिए उनके कमजोर क्षेत्रों में उपचारात्मक शिक्षण कार्यक्रम बनाने में सहायक सिद्ध होंगे।
- 4 सरकार एवं स्वैच्छिक संगठन प्रस्तुत अध्ययन के निष्कर्षों का विद्यार्थियों हेतु शिक्षा संबंधी कार्यक्रम बनाने में लाभ उठा सकते हैं।
- 5 अध्ययन शैक्षिक शोधकर्ताओं के लिए भी आगे का शोध कार्य हाथ में लेने की दृष्टि से सहायक होगा।

## 1.10 भावी शोध हेतु सुझाव :-

शोध अध्ययन के निष्कर्षों के आधार पर भावी शोध हेतु निम्नांकित सुझाव प्रस्तुत किए गए हैं –

1. शोध में केवल गंगानगर को ही लिया गया है भावी शोध हेतु राजस्थान के राज्य के अन्य जिलों को भी सम्मिलित करके शोधकार्य किया जा सकता है।
2. शोध में केवल गंगानगर के माध्यमिक विद्यालयों को ही लिया गया है। उच्च माध्यमिक विद्यालयों को भी लिया जा सकता है।

3. शोध में न्यादर्श के रूप में 600 शिक्षकों को ही लिया गया है। भावी शोध हेतु इससे अधिक न्यादर्श को लिया जा सकता है।
4. शोध में केवल गंगानगर को ही लिया गया है भावी शोध हेतु सम्पूर्ण राजस्थान को भी लिया जा सकता है।
5. यह शोध कार्य माध्यमिक विद्यालयों के अध्यापकों की पाठ्यक्रम में योग शिक्षा के समावेश के प्रति अभिवृत्ति तक ही सीमित है, इसे महाविद्यालयों के व्याख्याताओं पर भी अध्ययन किया जा सकता है।
6. शोध कार्य को निजी व राजकीय महाविद्यालयों में तुलनात्मक अध्ययन के रूप में शोध कार्य किया जा सकता है।

### सन्दर्भ ग्रन्थ सूची

- आलम, क्यू0 जी0 एवं श्रीवास्तव, रामजी (1995) "लाइफ सैटिसफेक्शन स्केल" नेशनल साइक्लोजिकल कारपोरेशन, आगरा।
- बेस्ट, जे0 डब्ल्यू (1995) "रिसर्च इन एजुकेशन" प्रेंटिस हाल ऑफ इंडिया प्रा0 लि0 नई दिल्ली। बेकहॉस, ए0 एल0 (2010) "द कॉलेज एक्सपीरियेन्स : एक्सप्लोरिंग द रिलेशनशिप अमांग
- गुड, सी0 वी0 (1989) "डिक्शनरी ऑफ एजुकेशन" मैकग्रेव हिल बुक कं'0, न्यूयार्क।
- कलिंगर, एफ0 एन0 (1996) "फाउंडेशन ऑफ बिहैवियरल रिसर्च" सनगेवट पब्लिकेशन, नई दिल्ली।
- कोल्सनिक, वी0 पी0 (1996) "एजुकेशनल साइक्लोजी" मैकग्रेव हिल बुक कं0, टोंटो।
- कोठारी, सी0 आर0 (1985) "रिसर्च मैथडोलोजी : मेथड्स एण्ड टैक्नीकस" विली इस्टर्न लि0, नई दिल्ली।
- कोल, एल0 (1996) "मैथडोलोजी ऑफ एजुकेशनल रिसर्च" विकास पब्लिशिंग हाउस प्रा0 लि0, नई दिल्ली।
- कुलश्रेष्ठ, एस0 पी0 एवं डे, पी0 (1972) "सोषियो इकोनोमिक स्टेटस स्केल-अर्बन फार्म, एन0 पी0 सी0, आगरा।



## A STUDY OF HUMAN RIGHTS RESPONSES TO COVID-19 PANDEMIC

PRATAP SINGH  
(20LM18013)  
LL.M STUDENT  
GUIDE

Dr. ANIL KUMAR

INSTITUTE OF LAW SHRI JYOTI UNIVERSITY, CHUDELA, JHUNJHUNU RAJASTHAN

**Abstract:**-The outbreak of COVID-19 pandemic has jeopardized the whole of humanity. It has proved to be a lockdown on the fundamental human right of the citizens. This article will help you to determine various human rights placed at stake because of the harsh restrictive measures imposed through the authorities due to the outbreak of COVID-19 pandemic. Human Rights may be considered as a socially proven perfect and technique that needs socially grounded human activities, each on the country wide and global levels. This outbreak of COVID-19 pandemic has multiplied the worldwide and countrywide responses and had shown a rapidly shifting need for the safety and promotion of the health and human rights of all. On the outset this article will help you to recognize human rights and its relation with the COVID-19 pandemic. As COVID-19 has spread in the course of the world, home public fitness responses have ignored human rights. Human rights are crucial to public fitness advertising, yet there are extensive gaps in how human rights are being monitored at some point of the pandemic reaction. Existing efforts to track capacity human rights violations in home responses to COVID-19 are neither comparative nor complete. To fill this gap, we developed a novel, comparative database to systematically tune media insurance of capacity human rights violations. Using this information, we examine how public fitness guidelines impacted human rights throughout international locations in the course of the first 3 months of the pandemic.

**Keywords:**-Human Rights, responses, COVID-19, pandemic

**INTRODUCTION:**-The pandemic of COVID-19 has proved as a lockdown on human rights. Many human beings are going via suffering due to the rapid unfold of COVID-19. The situation is worsening during the arena and the governments for the duration of the arena are taking brief and kind of steps to keep the population. It may be very essential to respond to the unheard of challenge that we are facing currently. There is a need for an effective shape which could toughen the worldwide efforts to convey the world out of this pandemic situation, and the Human Rights Framework is one such shape which could assist the world coming out of the present day scenario. Thus, it turns into vital to observe how various human rights are violated within the present day scenario, and how all such human rights can be covered by means of the government.

**HUMAN RIGHTS:**-Individuals by means of the virtue of being human beings possess some inalienable rights referred to as human rights. These rights are entitled to all regardless of the man or woman faith, race, caste, sex, or place of start. And a person will become entitled to such rights proper from his or her beginning. They rights prescribe the standard of human behavior which each individual is deemed to observe. Human rights are usually a part of the essential part of the charter, and that is why they may be called as Fundamental Freedoms in International Law. Human rights are applicable to all. It isn't always that it pertains to only the human beings who have been mistreated or repressed. These are fundamental rights based on fairness, fairness, dignity, recognize and independence. Human rights are conventional, dynamic, irrevocable, inalienable, and can by no means be absolute.



**COVID-19:-**COVID-19 is an infectious disease caused by the newly detected corona virus. This virus came into light on 31st December 2019 when china informed the WHO of some new unknown infectious disease. This virus causes respiratory problems which may range from mild to severe. There are as yet no vaccines produced to defeat this virus. This virus has affected almost around 190 countries and territories. “This virus is generally spreaded by close contact with someone who is COVID-19 positive. Less commonly people may also come into contact with it by touching some contaminated area or object, and then touching there face. A common symptom of it includes cough, cold, fatigue, loss of capacity to smell, shortness of breath etc.”

**COVID-19 AND THE HUMAN RIGHTS:-**India is currently facing the lockdown, with over 130 crore of humans locked of their houses. The government as a way to flatten the curve of the increasing cases, had curtailed sure Human Rights of the citizens on the cost of saving the lives of human beings from this pandemic. “The Indian government is going through an incredible task to shield over a thousand million densely packed people. The lockdown has already disproportionately hurt the marginalized groups, due to loss of Livelihood, food, shelter, fitness etc.”The last of state borders has induced disruption in the delivery of crucial food, main to inflation and a feeling of shortage. Thus, in one of this situation it is the duty of the authorities to shield the residents from such pandemic, but it ought to now not come at the cost of Human Rights Violations. Police actions to punish those violating order have reportedly ended in abuses towards people in need.

**IMPORTANCE OF INVLOEMENT OF ALL IN COVID-19 RESPONSE:-**As already discussed this virus can simplest be defeated via cooperation and participation of all. To correctly defeat this pandemic scenario, we need to make certain involvement of all. Involvement of all means that all and sundry should be informed need to be involved in choice making. This is the time whilst the authorities wishes to be obvious and open and need to have a solo aim to protect the lifestyles of its residents. There are numerous harsh regulations currently imposed within the nation, and the population is willingly accepting such regulations. But as the time passes those restrictions appears to come to be tougher to accept, and accordingly there's a requirement of cooperation of all. And to attain this cooperation the government wants to be transparent and open to most people. Securing compliance with the rule calls for constructing of considers and being authentic is the quality way to build consider. Furthermore constructing responsibility is some other vital component to growth the involvement of trendy public. It can be seen in that numerous countries are having each day press meets as a step of being accountable. Further numerous human beings are voluntarily coming forward and feeding, or supporting in some other way the needy humans. Government on the way to growth the transparency is forming Independent statutory bodies to scrutinize the situations prevailing within the nation. We used a systematic qualitative coding technique to look at the quantity and range of media insurance on the intersection of COVID-19, public fitness, and human rights. Using a structured key-term search approach, we searched the database for English-language media reviews. Results have been screened based on pre-determined eligibility standards, which includes whether or not the file discussed a public fitness movement (or state of being inactive) in reaction to COVID-19 and described the human rights implications of that action (or inactivity). Reports have been coded by using geographic region, form of public fitness response, human rights implications, and populations impacted. To manual the coding process, we evolved a codebook primarily based on WHO frameworks in public health and UN frameworks in human rights.

Human rights provide a powerful normative framework for countering populist nationalism—to defend technological know-how from political censorship, to realise rights to promote public health, and to bolster worldwide health governance to deliver the arena together. Scientists, health care vendors, and public fitness professionals have become objectives of censorship and retaliation whilst talking about the pandemic and authorities failures. Providing international protection for fitness practitioners' freedom of expression, the general public's proper to information, and the rights-based vital to enjoy the improvements of technological know-how are essential to proof-primarily based public health moves. Beyond shielding health specialists, human rights need to be mainstreamed in public fitness responses. Previous pandemics, starting in the early years of the HIV/AIDS disaster, have demonstrated that a rights-based approach can avert pointless harms, heading off overly restrictive guidelines that stigmatize health behaviors and conditions and lead people to cover signs and symptoms or withhold fitness statistics. States need flexibility to restriction positive rights amid crisis, but it's far important in a government's time-restricted reaction to a public health emergency that policymakers apprehend wherein appropriate restrictions end and unwarranted repression begins. Human rights standards can offer responsibility to make certain that each one measures are vital, proclaimed by means of regulation, proportionate, and applied in a nondiscriminatory manner. Global governance institutions can display country compliance with human rights obligations, which include with the aid of coordinating international help and cooperation. This rights-based global reaction will require global coordination thru the WHO; accordingly, states should revise the International Health Regulations to strengthen WHO authority and worldwide responsibility for country implementation of WHO tips. As the WHO seeks to coordinate the development of a COVID-19 vaccine, states should come collectively under human rights to assure that this "human's vaccine" is offered to all.

**CONCLUSION:-**On denouement, it may be said that respecting Human Rights on this pandemic situation is one in the entire largest key to defeat this virus. This pandemic has threatened the entire of Humanity, and now it's the time while the sector needs to combat again towards it. This virus has proved to be a lockdown at the basic Human Rights. It could be very crucial to reply to the unheard of assignment that we are going through presently. There is a want for a powerful shape that can improve the worldwide efforts to carry the sector out of this pandemic situation, and the Human Rights Framework is one such shape that can help the world coming out of the modern-day state of affairs. International Cooperation is the requirement of the time, constructing believes a few of the countries will assist us to overcome this virus.

As we saw that there are various human rights which might be being curtailed due to the harsh restrictive measures followed by using the government if you want to shrink the growing variety of cases. And therefore there is an instantaneous need for introducing such measures which may guard the fundamental human rights of all. Enjoyment of highest well-known of health is the largest human right which deserves protection within the present day state of affairs.

## **Social Media: Providing Humanitarian Solutions amidst COVID-19**

**Ms. Alina Alex Dcosta**

**Research Scholar**

**alinadcosta11@gmail.com**

**Shri J.J.T. University Chudela, Churu-Jhunjhunu Road, Jhunjhunu, Rajasthan 333001**

**ABTRACT:-**The term social media describes ‘interactive computer-mediated technologies that facilitate the creation or sharing of information, ideas, career interests and other forms of expression via virtual communities and networks’. In January 2021, India's social media users accounted for 32.3 percent of the country's entire population. The constant growth in this number is projecting expansion of social media. This paper focuses on how social media has/is assisting the society with its reach and impact. This paper has studied secondary data and analysed it to reach a conclusion. This paper's significant conclusion is that it has helped individuals, groups, communities etc whoever is in need of receiving Covid-19 information to medicines and also caters to hospitalization needs and provides verified sources. It has enabled the users and content creators to create and share all possible help. It has acknowledged the need of intrapersonal communication as well during the pandemic.

**Keywords:-** Social media, Covid-19, Pandemic, society

**SOCIAL MEDIA:-**The term social media describes ‘interactive computer-mediated technologies that facilitate the creation or sharing of information, ideas, career interests and other forms of expression via virtual communities and networks’. This definition includes a wide variety of popular platforms, including Twitter, Facebook, Instagram, LinkedIn, blogging platforms, WeChat and WhatsApp. With social media playing an integral role in our daily lives, the way we communicate has dramatically changed. Despite the debate surrounding its use in medical education, it has become established at medical conferences and as a platform for sharing information. (Adrian Wong, 2020)

**Coronavirus disease (COVID-19) (World Health Organization , n.d.):**-Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness. The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

### **INDIA, INTERNET AND SOCIAL MEDIA STATISTIC: (KEMP, 2021)**

In January 2021, India's population was 1.39 billion people.

Between January 2020 and January 2021, India's population expanded by 13 million (+1.0%).

The female population of India is 48.0 percent, whereas the male population is 52.0 percent [note: the United Nations does not publish figures for genders other than 'female' and 'male'].

In India, urban areas account for 35.2 percent of the population, while rural areas account for 64.8 percent.

In January 2021, India had 624.0 million internet users. Between 2020 and 2021, the number of internet users in India increased by 47 million (+8.2%). In January 2021, India's internet penetration was 45.0 percent. In January 2021, India had 448.0 million social media users. Between 2020 and 2021, the number of social media users in India increased by 78 million (+21%). In January 2021, India's social media users accounted for 32.3 percent of the country's entire population.

In January 2021, India has 1.10 billion mobile connections. Between January 2020 and January 2021, the number of mobile connections in India increased by 23 million (+2.1%).

In January 2021, India's mobile connections accounted for 79.0 percent of the country's entire population.

**SOCIAL MEDIA DURING COVID-19:** Never before in human history has it been possible to communicate so quickly during a pandemic, and social media platforms have played an important role in information distribution. In the COVID-19 era, social media has a significant advantage in terms of rapid transmission of educational materials. For example, Chan et al. designed an infographic describing airway care of patients with suspected or confirmed COVID-19. produced an infographic on airway treatment for patients with COVID-19, whether suspected or confirmed. It was shared on Twitter and WeChat, and within a few days, requests for translation into more than ten languages had been received. Additionally, the distribution allowed the infographic to be tailored to the specific needs of each hospital environment. (Chan AKM) Faster dissemination of preventive measures information has a lot of potential. Basch et al. published a recent study on this topic. As of March 5, 2020, the top 100 most viewed videos on YouTube with the term "coronavirus" had a total of more than 165 million views, with 85 percent of them belonging to news channels; Only about a third of the films highlighted the recommended prophylactic methods, and only about half indicated the most common symptoms; yet, nearly all of them addressed deaths, anxiety, and the quarantine period. This study prompts us to consider the prospects for transmission of high-quality information about COVID-19 contagion prevention and common symptoms on platforms like YouTube, which are increasingly being used as a source of knowledge. When it comes to publishing, studies have demonstrated that sharing scientific material on social media platforms (Facebook, Twitter, etc.) boosts the number of downloads, inquiries, and citations of these pieces (8–10), which, in the case of the COVID-19 pandemic, are qualities that have surely enabled for quick knowledge transmission worldwide, in addition to significantly reduced editorial times, which have decreased from months to days or weeks since receipt. (2011 & 13:e123)(Teoh JY & 6:434-6.)(Daniel A., 2020)

## **SOME PROMINENT WAYS THROUGH WHICH SOCIAL MEDIA HAS SERVED HUMANS DURING COVID-19(White)**

- **Informing the Public About Safety Tips:**

The greatest benefit of social media during this tough time is perhaps assisting the public in learning everything there is to know about the novel coronavirus.

News on social media spreads like wildfire all of the time, which is especially useful right now. Every platform's newsfeed is undoubtedly flooded with COVID-19 information. Many people learnt about the virus for the first time that way, as well as the symptoms and precautions. And it's in this way that we're continually reminded of the significance of basic cleanliness and social distance. What's fantastic about social media right now is all of the celebs who are sharing their own coronavirus stories with the rest of the globe.

- **Preventing the Spreading of Misinformation:**

At the Munich Security Conference in February, Tedros Adhanom Ghebreyesus, the Director-General of the World Health Organization (WHO), declared, "We're fighting an infodemic." While social media can help by disseminating vital COVID-19 safety information, it is not immune to bogus news. There is a slew of conspiracy theories, incorrect claims, and outright lies aimed at instilling fear. All of the world's main social media companies have teamed up with the WHO to combat disinformation and keep the public safe and healthy. They're filtering the news with clever algorithms to ensure that only fact-checked, credible, and trustworthy content is available online. It would be practically hard to do so without social media, much alone figure out who is distributing fake news.

- **Organizing Important Fundraisers:**

Social media, like it does in most significant crises, aids people in uniting and fighting together. A growing number of fundraisers are being held to assist individuals in need. People are assisting hospitals in their efforts to care for all of their patients by donating funds for personal protection equipment and drugs. They also assist jobless people, small businesses that can't afford to pay their staff while their doors are closed, and the elderly who can't leave their homes to buy groceries. It's all being arranged on social media, with anyone who can help being encouraged to do so. Bringing Scientists from Around the World Together.

- **Helping People Stay Positive During a Difficult Time:**

As they always have, social media platforms assist us in staying connected. They assist us in providing and receiving the help we require at this difficult time, reminding us that we're all in this together. Apart from the outpouring of sympathy for people facing quarantine and isolation, as well as those dealing with loss and sadness, social media remains a good force in our lives. It makes us laugh and encourages us to keep positive.

- **Keeping Engagement High:**

In quarantine, we all need something to occupy our minds. Because their fundamental aim has always been to connect people, social networks can help us achieve this and feel less alienated. Interactive polls, surveys, and quizzes are being used by many brands. Those content kinds can help maintain high levels of engagement while also providing consistent

customer experiences. Consumers still want to stay connected to their favourite brands, even if things aren't running smoothly. Quizzes, in particular, let individuals enjoy their free time more. They're also useful for disseminating COVID-19-related material on social media, especially since lead quizzes have the potential to go viral. As a result, we're witnessing an increase in the use of quiz generator products from a variety of firms. They don't only want to make an online quiz to generate leads. They want to assist individuals understand more about the virus and how to be safe while passing the time. We have yet to see and fully comprehend the role of social media in combatting the coronavirus epidemic, but it is reasonable to conclude that it is significant. They have an impact on our response to the outbreak, assisting us in remaining safe and united. (White)

### **REAL LIFE EXPERIENCES OF HELP RECEIVED THROUGH SOCIAL MEDIA:**

Palak Thakur, a Delhi resident, put out an SOS appeal on Twitter for plasma for a COVID-infected family member, little did she know that a content creator would come to her rescue.

Mitra Gadhvi, a content producer and influencer, has been using social media platforms to magnify patient SOS calls in Delhi and Gujarat.

The influencer responded to Palak's request by posting it on his Twitter account. "Thanks to the leads in the twitter comments, we were able to control plasma," Palak remarked, thanking Mitra.

As India grapples with the second wave of COVID-19, a number of influencers, including Mitra, are continuously providing COVID-related materials on their Instagram, Twitter, and other social media accounts.

Chetan Goel, a comedian and content creator who has been disseminating Delhi-related information via Instagram stories, stated that influencers are the only ones spreading the word and sharing information, whether it's about bed availability, remdesivir injections, or plasma demand.

Aanchal Agrawal, a comic content creator, remarked that if social media influencers can make a difference with just each other's help, those in authority can do so much more.

"One patient was supposed to be admitted at 11 p.m., but he died at 10 p.m. Such events might have a significant impact on your mental health. But I'm choosing to concentrate on the many others who have found the proper hospital, meds, and oxygen cylinders, among other things.

Imagine how much more those in power could accomplish if we, as social media influencers, could make a difference with simply each other's aid! "When will we help each other if we don't help each other now?" she wondered. (QURESHI, 2021)

**CONCLUSION:-**The data analysed in this paper has successfully proved that social media has and is continuing to serve the humanity during pandemic time. It has helped individuals, groups, communities etc whoever is in need of receiving Covid-19 information to medicines



and also caters to hospitalization needs and provides verified sources. It has enabled the users and content creators to create and share all possible help. It has acknowledged the need of intrapersonal communication as well during the pandemic. From providing previously mentioned services it has also come up with solutions to mental peace and individual growth. Considering the fact that there are billions of users, followers and prominent number of content creators, as a social community, social media has great capacity of bringing them all together and attending to their needs as well as their entertainment.

### Works Cited

1. QURESHI, M. (2021, 04 22). *Tech and Auto*. Retrieved 05 26, 2021, from The Quint.
2. Adrian Wong, S. H. (2020, 22 04). The use of social media and online communications in times of pandemic COVID-19. Retrieved 05 25, 2021
3. Chan AKM, N. C. (n.d.). Social media for rapid knowledge dissemination: early experience from the COVID-19 pandemic.
4. Daniel A., G.-P. L.-B. (2020, 07). Social media influence in the COVID-19 Pandemic. 2011, E. G., & 13:e123. (n.d.).
5. Teoh JY, M. G., & 6:434-6. (n.d.).
6. White, A. (n.d.). How Can Social Media Help Combat the Coronavirus Pandemic?
- KEMP, S. (2021, 02 11). DIGITAL 2021: INDIA.
7. *World Health Organization* . (n.d.). Retrieved from World Health Organization : [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)(n.d.). World Health Organization .



## Origin of yoga and Importance of Rajyoga

Shri Navdeep

Scholar, J.J.T. University, Jhunjhunu

Rajasthan

**Abstract:-**The shaiva yoga text, amanaska, dated to be from the 12<sup>th</sup> century CE or earlier is a dialogue between 'Vamdeva' and deity Shiva. The text mentions raja yoga, and explains why it is called so. It states that it is so named because it enables the yogi to reach the illustrious king within oneself, the supreme self. Raja yoga is declared as the goal where one experiences nothing but the bliss of the undisturbed, the natural state of calm, serenity, peace, communion within and contentment. The raja yoga and state is synonymous with various terms such as Amanaska, unmani and sahaj. The hath yoga asserts this as follows: some of the medieval era Indian text on yoga lists rajayoga as one of many types of yoga. For example, the sarvanga yoga pardipika, a braj-bhashya commentary by Sunder Das, from the 17<sup>th</sup> century, lists three tetrads of yogas. The first group is Bhakti yoga, Lakshya yoga and Ashtanga Yoga, the third is Sankhya yoga, jnana yoga, brahma yoga and advaita yoga. Sunderdas states that raja yoga is the best yoga.

**Keywords:** - Shaiva yoga, Raja yoga, Sravana yoga, Bhakti yoga, Hath yoga.

### Objective:

1. To focus on importance of yoga in Hinduism.
2. To know the place of Raja-Yoga in Indian philosophy.
3. To attain physical and mental peace through yoga.

**Concept of Raja yoga:** - One of the meanings of raja yoga is as a modern heteronym introduced by Swami Vivekanand when he equated raja yoga with yoga sutras of Patanjali. After its circulation in the first half of first millennium CE, many Indian scholars reviewed it, then published their bhasya (notes and commentary) on it, which together form a canon of texts called the Patanjali yogasutra ("The treatise on yoga of Patanjali"). According to Axel Michel, the yoga sutras are built upon fragments of texts and traditions from ancient India. According to Feuerstein, the yoga sutras are condensation of two different traditions, namely "eight limb yoga" (Ashtanga Yoga) and action yoga (Kriya yoga).

There are parallel numerous concepts in ancient Sankhya yoga and Abhidharma school of thought, particularly from second century BCE to 1<sup>st</sup> century AD. Notes Larson Patanjali yoga sutra may be a synthesis of these three traditions from samkhya school of Hinduism. Yoga school sutras adopt the "reflective discernment" (adhyavasaya) of prakrti and purusa (dualism). Its metaphysical rationalism, as well as its three epistemic methods to gaining reliable knowledge. From adhidharma Buddhism's idea of nirodha Samadhi suggests Larson yoga sutras adopt the pursuit of altered state of awareness, but unlike Buddhism which believes that there is neither self nor soul; yoga is physicalist and realist like samkhya in believing that each individual has a self and soul. The third concept yoga sutras synthesize into its philosophy is the ancient ascetic tradition of isolation meditation and introspection, as well as the yoga ideas from the 1<sup>st</sup> millennium BCE.

Raja yoga, Samadhi unmani, manomohini, amaratva, laya tatva, sunya asunya, parama amanaska, advaita, nirmalamba, niranjana, jivanmukti, sahaja and tyriya denote the same state of being. Just as with salt dissolved in water becomes one with it, so the union of Atman

and Manas(mind) is denominated Samadhi when the breath becomes exhausted and mind becomes praliyate (still reabsorbed), they fuse into union called Samadhi. This equality this oneness of the two, the living self and self satisfaction.

The yoga has been defined in various ways in the many different Indian philosophical and religious tradition.**It can be defined in various ways as:**

1. “Yoga chitta nirodhah” (1.2) Yoga sutra of Patanjali 4<sup>th</sup> century BCE.  
“yoga is the claim in down the fluctuation patterns of consciousness” Yoga sutra Patanjali.
2. “When the five senses along with the mind remain still and the intellect is not active that is known as the highest state. They consider yoga to firm and restrain of the senses. Then one becomes undistracted for yoga is the arising and the passing away” (5<sup>th</sup> century BCE (6, 10, 11), Katha Upanishad.)
3. “Be equal minded in both success and failure such equanimity is called yoga” (2.48) 2<sup>nd</sup> century BCE, Shrimad Bhagawad Gita.
4. “Yoga is skill on action” (2.50) known that which called yoga to be separation from contact with suffering (6.23) c. 2<sup>nd</sup> century BCE, Shrimad Bhagawad Gita.
5. It is said in the treaties yoga”Yoga is the mean of perceiving reality (2:1.3) C.3<sup>rd</sup> century BCE, Brahma sutra bhasya Adi Shankara.

**Development of Yoga:** Yoga sutras of Patanjali are collection of 196 sutras (aphorisms) on the theory and practices of yoga. The yoga sutras were compiled prior to 400 BCE by sage Patanjali in India who synthesized and organized knowledge about yoga from much older traditions. The yoga sutras of Patanjali was the most translated ancient Indian text in the medieval era, having been translated into about forty languages and two non-Indian languages. Old Javanese and Arabic .The text fell into relative obscurity. For nearly 700 years from 12<sup>th</sup> to 13<sup>th</sup> century and made a comeback in the late 19<sup>th</sup> century due to the efforts of Swami Vivekanand, the theosophical society and others. It gained prominence again as a comeback classic in the 20<sup>th</sup> century. Before the 20<sup>th</sup> century, history indicates that the medieval Indian yoga scene was dominated by the various other texts such as the Bhagavad Gita and the Yoga Vasistha, texts attributed to Yoganavalkya and Hiranyagarbha, as well as literature on hatha yoga, tantric yoga and pashupata shaivism yoga rather than the yoga sutras of Patanjali.

Yoga tradition holds the yoga sutras of Patanjali to be one of the foundational texts of classical yoga philosophy. However the appropriation and mis- appropriation of the yoga sutras and its influence on later systematizations of yoga has been questioned by scholar such as David Gordon white, but reaffirmed by others such as James Mattinson. Authorship of the yoga sutras, which from the basis of the darshana called “Yoga is attributed to Patanjali” (2<sup>nd</sup> century BCE).Patanjali has often been called the founder of yoga because of the yoga sutras, although it was actually a compilation of much older oral tradition. The yoga as a treatise on yoga, built on the Samkhya School and the scripture of Bhagavad Gita. Yoga the science of uniting one’s consciousness is also found in the puranas, the Vedas and Upanishads. Patanjali and classified what others had said resolved contradictions and synthesized many lines of arguments.

**Orthodox philosophy of yoga:** The present yoga is system is connected with six ‘orthodox’ Vedic schools of Hindu philosophy. The schools (darshana) of yoga are primarily Upanishad with the roots in samkhya and some scholars see same influence from ‘Buddhism’. The yoga systems accept samkhya psychology and metaphysics, but is more theistic and adds Gods to

the samkhya's twenty five elements of reality as the highest self distinct from other selves. Shvara (the supreme Lord) is regarded as a special purusha, who is beyond sorrow and the law of karma. He is one perfect, infinite, omniscient, omnipresent, omnipotent and eternal. He is beyond the three qualities of Sattva, Rajas and Tamas. He is different from an ordinary liberated spirit because Ishvara has never been in bondage.

Patanjali was more interested in the attainment of enlightenment through physical activity spirit than in metaphysical theory Samkhya represents knowledge or theory and yoga represents practice. The goal of yoga is defined as the cessation of mental fluctuations (chittavrtti nirodha). The goal of yoga is defined as "the cessation of mental fluctuations"(chittavrtti nirodha). Chitta (mind-stuff) is the same as the three "internal organs" of samkhya; intellect (budhi), ego (ahankara), and mind (manas). Chitta is the first evolute of prakriti (matter and is in itself unconscious. However, being nearest to the purusha (soul), it has the capacity to ruled the purusha and therefore appears conscious. Whenever chitta itself relates to or associates itself with an object, it assumes the form of that object, purusha is essentially pure consciousness, free from the limitation of prakriti (matter), but it erroneously identifies itself with chitta and therefore appears to be changing and fluctuating . When purusha recognize that it is completely isolated and is a passive spectator beyond the influences of prakriti, it ceases to identify itself with the chitta and all the modifications of the chitta fall away and disappear. The cessation of all the modification of the chitta through meditation is called "Yoga".

The reflection of the purusha in the chitta is the phenomenal ego (jiva) which is subject to birth, death, transmigration and pleasurable practices. The ultimate of yoga is clearly announced in the opening verse of Patanjali's yoga sutra which states: "Yogas chitta vrtti nirodhah (1.2). "Yoga limits the oscillations of the mind". They go on to detail the ways in which mind can create false ideations process, it is said, will lead to a spontaneous state of quite mind, the "Nirbija or seedless state" in which there is no mental objects of focus.

In this scene, raja yoga is "king of yoga". All yogic practices are seen as potential tools for obtaining the seedless state, itself considered to be the starting point in the quest to cleanse karma and obtain 'moksha' or 'nirvana'. Historically, schools of yoga that label themselves "Raja" offers students a mix of yogic practices and (hopefully or ideally) this philosophical viewpoint. He states that the purpose of yoga is the cessation of mental fluctuations with the implied goal of stilling the mind in order to discover and see one's true self and nature. This true self is described as pure spirit (purusha). As stated earlier, Raja Yoga is predicted on samkhian metaphysics and thus assimilated the concepts of purusha and prakriti found in samkhya thought. As a result, raja yoga is to realize that is one pure spirit and not matter, which is attained through discriminating knowledge.

**Conclusion:-**Thus yoga is an everlasting boon for human society which will definitely sustain mental and physical health of human culture. The present paper depicted the origin of yoga in Indian mythology with reference to Patanjali Yoga-Sutras. It also focuses on the ideas of Swami Vivekanand's ideas to attain spirituality. This paper exposes different definition of eminent scholars who tried to highlight yoga and Raja-Yoga through their perspectives. It explains the concept of internal delight i.e. "Moksha". Thus this is fruitful exercise and humble attempt of researcher through the present narration.

**References:**

1. Chandrarahar Sharma, 2003, A critical survey of Indian philosophy,(Delhi,Motilal Banarsidass,ISBN,81208036-47),169.
2. James G.Lochtefeld (2002). The illustrated encyclopedia of Hinduism; N-z, The Rosen publishing group ISBN-978-0-8239-3180-4.
3. Sivananda Swami,Raja-Yoga,reprint ed. Kesingerpublishing, 2005, ISBN-978-1425359829.
4. Patanjali and B.K.S.Iyenger, 2002, Light on the yoga sutra of patanjali,London;Thorsons ISBN0007145160.
5. Thakar,Vimala, of Raja-Yoga; An introduction to Patanjali's yoga sutras,(Yoga wisdom classics) Rodmell press, 1<sup>st</sup> north American Pub. Ed. Edition 2004, ISN – 978-1930485075.
6. “Yoga’schittavirittinirodhah (1.2). Yoga sutra of Patanjali 4<sup>th</sup> century BCE.
7. “Yoga is skill in action” (2.50) know that which called yoga to be separation from contact with suffering c.2<sup>nd</sup> century BCE, Shrimad Bhagawad Gita.
8. It is said in the treatise on yoga “Yoga is the means of perceiving reality” (2.1.3) c.3<sup>rd</sup> century BCE Brahma sutra bhasya of Adi Shankara.

# INNOVATIVE BUSINESS OPPORTUNITIES AND CHALLENGES OF DIGITAL MEDIA ON ECONOMIC DEVELOPMENT OF WOMEN IN INDIA DURING COVID-19

Veena Hada

**Abstract:** - This article examines the opportunity, challenge, and impact of Digital Media on Economic Development of India during Covid-19. In a generation of new media, we all are probably using the biggest social media networks (**Facebook, Twitter, LinkedIn**) and media sharing sites (**Instagram, YouTube, Snapchat**), along with maybe a handful of others like Pinterest, Google Plus, Aatmanirbhar App that makes us discover Made in India Apps etc. As today's consumer on an average spends up to nine hours per day online, social media has proved to be the most effective way for businesses to reach new audiences on a global scale. Indians habituated to spend a lot on streaming app subscriptions during lockdown. But it wasn't just video streaming apps that gained, people were buying e-newspaper subscriptions as well. In April 2020, Delhi saw a rise of 18%, Bangalore of 11% and Mumbai of 8% in subscription spends, carrying forward the trend seen in March as soon as the lockdown started.

The spotlight of the article is to understand the concept of "Digital India during Covid -19" has helped women grow economically. Under the campaign, numerous initiatives and applications were launched which created employment opportunities for women, especially in the rural areas.

**Key Words:** Covid-19, Digital, Economic Development, Innovative, Women Empowerment.

## 1. INTRODUCTION

Over the past decade, the marketing industry has seen many women rise up the ranks to become influential thought leaders and trailblazers. The birth of digital media has brought so many opportunities for women to celebrate their talent, ideas, skills, and creativity in almost every field and especially in trade & commerce.

In the last few years, the effective camouflage of Internet and Digital Media has successfully converted many big ideas into powerful brands, and unlike the traditional business ecosystem, the performance of companies run by women leaders is pretty impressive and inspirational on digital landscapes. Digital media has given a new spark to feminism, gender equality, and women empowerment. From social awakening to education and individual right to economic liberty, digital media is fast emerging as the true power of liberalization for women. This feat is despite the fact that less than a third of the digital marketing workforce is female.

So, while there are still challenges for women in the sector such as representation, access to senior roles, and closing the gender pay gap, significant progress is being made as many female marketers continue to push boundaries.

As financial dependence was a big hurdle in the growth and development of women, Entrepreneurship became a great force for women to cross these hurdles. The success stories of women entrepreneurs one after another have made the digital landscape a vast harbor of enterprising opportunities. Be it the ambitious Kanika Tekriwal, the founder of JetSetGo, India's first marketplace for hiring private jets and helicopters or the health freak Shantala Bhat whose 'Gamatics' is making big shots in Indian sports' arena, the entrepreneurial power of Indian women increased manifold in the ongoing digital revolution.

## NATIONAL LEVEL

In India, Digital Media has added wings to women's ambitions; to fly high and create businesses with impact. Radhika Aggarwal (Founder of Shopclues), Falguni Nayyar (Founder of Nykaa), Sakshi Talwar (Founder of Rugs and Beyond), Sabrina Chopra (Co-Founder of Yatra.Com), Sairee Chahal (Founder of Sheroes), Shradha Sharma (Founder of Your Story), Richa Kar (Founder of Zivame) and hundreds of other successful women believe that Digital Media has played a big role in their achievements.

These women are not just successful entrepreneurs but also influencers of the digital realm, they don't just drive profits of their companies but also the recent trends. However, in order to be able to do that, a unique understanding of the marketplace and how to create their own corner in it is needed. All that work requires a strong team - behind every emerging social media star, there is an agency paying their path to stardom.

Also, the beauty of digital business is that one can operate/start it even from one's drawing room. It has helped many women to be independent and rising.

In fact, they are now more capable of accepting challenges and giving a tough competition to their male counterparts like never before. They are now more empowered to raise their voice and more confident to move up & rise.

## INTERNATIONAL LEVEL

While there are still challenges for women in the sector such as representation, access to senior roles, and closing the gender pay gap, significant progress is being made as many female marketers continue to push boundaries.

To celebrate International Women's Day, we explore the contribution of women to the field of digital marketing and look at the impact they have made in many distinct ways across the world.

### 1) The Pioneers

Gender bias within the sector has led to female positions being undervalued by 21% compared to their male peers! Drawing on their technological and creative strengths, women such as Ann Handley, Madalyn Skylar, and Ardath Albee were early pioneers in the sector. They paved the way for other females to make valuable contributions. Even now, young pioneers use digital marketing in innovative ways to create a foundation for other women to succeed.

**2) The Educators :** Successful female digital marketers aren't afraid to share their expertise. Whether it's through publications, at conferences and seminars, or on a one-to-one mentoring basis, women are empowering other women within the industry.

**3) The Social Media Experts :** The swift development and uptake of social media have influenced and accelerated the practice of digital marketing over the past few years. Women have been pivotal in responding to this rapidly changing sector and have positioned themselves as industry experts. In fact, 68% of social media influencers are female and harnessing the power of social selling. They know which platforms are hot and how a marketing strategy can be built around them.

**4) The Innovators :** Women don't take the back seat when it comes to great leaps forward in the digital marketing space. They use novel approaches to address the challenges of a uniquely fast-paced sector. Female leaders are innovators, propelling the industry into the future.



**5) The Strategists :-**The capacity to develop and implement a successful strategy is a core component of digital marketing. Women in the industry have become renowned for their strategic abilities, drawing on experience and education to develop plans that help clients to reach and exceed their objectives.

Digital landscapes are creating effective networks for aspiring women; for many of them, digitization brings business opportunities, and for others, it is a universal platform to unveil their rocking ideas and talent. On the whole, it's a win-win platform. The era of Internet & E-commerce has made them utilize their self-attained capabilities and potential to the fullest.

Now-a-days, communication and information dissemination have taken a big leap from postal and telegraph era to print and broadcasting media to the era of digital communication. Only way to communicate with the citizens of the largest democracy of the world is connecting with everyone on a digital platform (Deloitte, 2015). 'Digital India' initiative by the Government of India, which intends to transform India into a digitally empowered society and knowledge economy, is welcomed by the economic and technological practitioners around the world. The initiative is based on three key visions(DEITY, (2015): (i) digital infrastructure as a utility to every citizen; (ii) Governance and services on demand; and (iii) digital empowerment of citizens.

#### **'Digital India' - Women and Economic Development : -**

In India, women constitute 48% of the total population, yet, it is estimated that the only 17% contribute to the nations GDP which is even lower than the half of the global average of 40%. Although, most of the women are housewives some are engaged in small economic activities like taking 'tuitions'. But, just like the unpaid work that women do, this does not make them contributors of the GDP.

But in the recent years, campaigns launched by the government, such as 'Digital India' has helped women grow economically. Under the campaign, numerous initiatives and applications were launched which created employment opportunities for women, especially in the rural areas.

'**Arogya Sakhi**' is a mobile application that helps rural women entrepreneurs to deliver preventive health care at rural doorsteps.

'**Internet Saathi**' is an initiative launched by the Chairman of Emeritus of Tata Sons, Ratan Tata. This aims to go deep with the internet usage among rural women in India. He thinks that internet will not only help rural women to get educated, but also help them find a way of earning and building their career.

'**Women for Empowerment and Entrepreneurship**', in short W2E2 is helping rural women with digital tools, e-learning, internet connection, etc. Because of it, some women are setting up their own kiosks and shops to provide online services to the local community, while others have taken up work as digital literacy trainers in their own local communities.

- **Credit and Finance for MSME:** Narendra Modi government's two pet schemes to support entrepreneurship and self-employment by helping set-up micro-enterprises —Standup India and Pradhan Mantri Mudra Yojna (PMMY) have women as their biggest beneficiaries. Nearly four-year-old Standup India scheme, under which bank loans of Rs 1 lakh to Rs 1 crore are facilitated to at least one scheduled caste or scheduled tribe and one woman borrower per branch of scheduled commercial banks, over 81 per cent account holders are women as on February 17, 2020, according to Ministry of Finance.

It has been disbursed for setting up "greenfield enterprise," according to the statement by the ministry. Similarly, for PMMY launched in April 2015,



The scheme intends to give up to Rs 10 lakh loans to the non-corporate, non-farm small/micro enterprises classified as Mudra loans given by commercial banks, regional rural banks, small finance banks, microfinance institutions and non-banking financial companies.

- **Unlike China, Indian startups remain immune to economic slowdown as investment hit all-time-MSE high**(Central Ministries / Departments , 2019-20)

The rise in support to women entrepreneurs through access to credit comes amid an increase in the share of public procurement as well from women-led micro and small enterprises (MSE) in the past two years. Through the government's online marketplace for procuring goods from MSEs, women MSEs share has increased from nil in FY18 to 0.25 per cent in FY20 so far, according to the data available on the public procurement monitoring portal MSME Sambandh.

The other schemes benefitting women beneficiaries significantly included:-Pradhan Mantri Jan-Dhan Yojana, Atal Pension Yojana, Pradhan Mantri Jeevan Jyoti Bima Yojana, and Pradhan Mantri Suraksha Bima Yojana.

Digital landscapes are creating effective networks for aspiring women; for many of them, digitization brings business opportunities, and for others, it is a universal platform to unveil their rocking ideas and talent. On the whole, it's a win-win platform. The era of Internet & E-commerce has made them utilize their self-attained capabilities and potential to the fullest.

## **NEW MEDIA TOOLS FOR WOMEN ENTREPRENEUR: -**

### **SOCIAL MEDIA**

In economic development, social media is a critical tool for business promotion and attraction. Since its inception in 1996, social media has managed to infiltrate half of the 7.7 billion people in the world. Social network platforms almost tripled their total user base in the last decade, from 970 million in 2010 to the number passing 3.81 billion users in 2020.

The spectacular year-on-year adoption of new users on the platforms is, however, slowing down. It now relies on the continuous growth in the number of people with internet access and smartphones, particularly in developing regions.

**1.Instagram** Long the home of influencers, brands, bloggers, small business owners, friends and everyone in between--Instagram has topped well over 1 billionmonthly users for some time now. If you're wondering whether a meaningful segment of your audience spends time on the platform, the answer is almost surely a resounding yes.

**2.YouTube**YouTube hails as the second most popular search engine in the world today, right behind its parent company, Google. If your business could benefit from producing video tutorials or walkthroughs, visually-driven instructional content, product reviews or interviews, then this social media platform is a must for reaching their more than 2 billionmonthly users.

**3.Facebook** With nearly 2.5 Billion monthly users, Facebook is hands down the largest social media site in the world. While that practically ensures at least some of your audience regularly uses the platform, it's developed a somewhat negative reputation amongst younger users that are increasingly turning to other alternative sites.

**4.Twitter**While Twitter's monthly active user numbers have hovered consistently around 300 Million for a while now, a whopping 40% of those users are active on the site multiple times daily, suggesting that if your audience uses the platform, they're likely very engaged. The popularity of this social media site remains high amongst tech-savvy users and is particularly active in B2B verticals related to business, marketing and politics today.

**GOOGLE:** Global Organization of Oriented Group Language of Earth People are more connected than ever, thanks to Google. People use Google everyday to find what they are looking for. It has made it easy for society to find information. Anyone with internet connection is free to easily research any topic they want. With the help of Google Docs, people can easily share documents and information directly with others. Google has so many tools that allow people to connect all over the world.

Google has had a huge effect on today's business world. Business can get a leg up by using many of the business tools that it has to offer. It offers cloud computing services to businesses. This makes it cheaper for the business to operate. Google also allows businesses to advertise on their sites. A business can advertise directly to the people they want by way of Google's search function. It will only show advertisements for products and services relevant to what the searches for. Hundreds of millions of searches are conducted every day through this lifesaver. This is a lot of people that businesses can get through advertising. Businesses know that in order to compete, they must use Google.

The economic impact generated directly from the profits advertisers receive through Google's search and advertising tools.

The advertisers and businesses that profit through using Google's services use that profit to make purchases from other businesses. For example, maybe they buy new computers which generate profits for the company selling computers.

#### **New Media for Economical Change: -**

Other than governmental schemes, Internet in itself has provided a huge platform for women to not only showcase their knowledge and talents but also to earn money. The presence of women on OTT platforms such as YouTube is largely felt. Women from all ages, religions, languages and economic standings, not only watch videos on YouTube but have channels of their own which act as their main source of income. These women range from 11-year-old Anantya Anand, who is an Indian Comedy YouTuber with 8.6M subscribers to 61 year old Mrs. Nisha Madhulika, who is a Chef YouTuber with 10.4M subscribers. Both of them along with many other women are earning lakhs of rupees every month just by sharing their knowledge and showcasing their talent. While these two have comedy and cooking channels respectively, others have channels for make-up tutorials, dance tutorials, hairstyle tutorials, DIYs, study videos, vlogs and many more. Today there are over 120 women YouTubers in India who have over 1M subscribers!

Along with YouTube many other OTT platforms have enabled people to earn money, like the SonyLIV app. The KBC play along available on the application enabled many people to easily participate and earn cash prizes. Some even got the chance to come and play on the 'hotseat'. After the announcement of play along, a notable rise in the female viewership of the show has been noticed. Also, many women have been seen ranking on the top 10 play along players every day.

But the benefits of new media, for economic development of women, are not limited to showcasing talent and sharing knowledge. The new media has also helped women in promoting and expanding their businesses. These days a large number of women entrepreneurs can be found promoting their businesses on social networking sites like Facebook and Instagram. In fact, there are many Facebook pages and groups, dedicated to businesses of women which help them in expanding their networks, like, Indian Womens Business Club, HenIndia (Her Entrepreneurial Network), Women's Web Network, etc. Along with these social networking sites, there are many applications and online communities which

particularly provide work from home opportunities for women, like Meesho, Otipy, JobsForHer, Qween, GharSeNaukri.com, etc.

Today there are also many gadgets, devices and of course AI/virtual assistants who act as a helping hand for all, like 'Amazon Alexa'. The virtual assistant was launched in India in 2017. And although it is used by many people today, it has proved to be a big support especially for the working women. Alexa is able to play music, provide information, deliver news and sports scores, tell you the weather, control your smart home and so much more, just by listening to your voice. While the women are at work, the assistant can announce reminders set by the women for their children and obviously help them with studies and home work by providing information. And now the assistant is so developed that it not only communicates in 'Hindi' but also, actively engages in conversations and thus provides as a companion for the children.

And so we see that although only 29% of internet users in India are women, times are changing. There are government schemes, social networking sites and applications which are all working together for the benefit of women, so that they can become self sufficient and active members of the society. Today at the time of Pandemic it is absolutely necessary to have women employed just like men to not only provide better for their families but also to prevent the country's GDP from falling further.

#### **ROLE OF NEW MEDIA AND WOMEN'S ECONOMIC DEVELOPMENT: -**

In a generation of new media, we all probably use the biggest social media networks (Facebook, Twitter, LinkedIn) and media sharing sites (Instagram, YouTube, Snapchat), along with maybe a handful of others like Pinterest, Google Plus.

While the marketing industry has seen much of uprising ranks for influential thought leaders and trailblazers. The birth of new media has brought so many opportunities for people to celebrate their talent, ideas, skills, and creativity in almost every field and especially in trade & commerce.

It is no secret that new media has, and continues, to redefine the global landscape. It has often been looked at as a platform for communication and engagement between users, but it is drastically evolving beyond that. As today's consumer spends up to nine hours per day online, it has proven to be the most effective way for businesses to reach new audiences on a global scale.

The effective camouflage of Internet and social media has successfully converted many big ideas into powerful brands, and unlike the traditional business ecosystem, the performance of companies run by women leaders, which is pretty impressive and inspirational on digital landscapes. New media has given a new spark to feminism, gender equality, and women empowerment. From social awakening to education and individual right to economic liberty, new media is fast emerging as the true power of liberalization for women. This feat is despite the fact that less than a third of the digital marketing workforce is female. Digital landscapes are creating effective networks for aspiring women; for many of them, digitization brings business opportunities, and for others, it is a universal platform to unveil their rocking ideas and talent. On the whole, it's a win-win platform. The era of Internet & E-commerce has made them utilize their self-attained capabilities and potential to the fullest.

As new technology is developed and widely adopted, what is considered new continues to morph. It constantly changes. Once upon a time, DVDs and VCRs were the latest way to watch movies and listen to music. Now, streaming services such as Netflix and Spotify are more popular.

Just a few examples of new media include: Websites, Blogs, Email, Social media networks, Music and television streaming services, Virtual and augmented reality.

New media doesn't necessarily refer to a specific mode of communication. Some types of "new media" such as an online newspaper, are also "old media" in the form of a traditional printed newspaper. Other new media are entirely new, such as a podcast or smartphone app, a website or email to mobile phones and streaming apps, any internet-related form of communication can be considered new media. It becomes even more complicated to define when you consider that as technology continues to advance, the definition continually changes.

### **Conclusion:**

Can covid-19 be the turning point for women entrepreneurs in India? Yes, we can say this Covid -19 is the turning point for Indian economy and it is breaking the glass ceiling of gender bias at work place and working style of India women. Now the pandemic situation has shifted our business online almost immediately. This not only pushed the boundaries for improvements in this sector but also gave rise to numerous innovations and changes in the 'new normal'.

### **References:-**

- Financial Express. (3, March, 2020). Retrieved online 2020, from <https://www.financialexpress.com/industry/sme/msme-fin-women-entrepreneurs-biggest-beneficiaries-of-modis-standup-india-mudra-schemes-these-many-benefitted/1887344/>
- Bala, P. (2017, July). Media: A great tool to accelerate the process of Women Empowerment. *IOSR Journal Of Humanities And Social Science (IOSR-JHSS)*, 22(7), 61-65.
- Bhatt, P., & Altinay, L. (2013). How social capital is leveraged in social innovations under resource constraints. *Innovation Management*, 51(9), 1772-1792.
- Bruni, A., Gherardi, S., & Poggio, B. (2014, July). Doing Gender, Doing Entrepreneurship: An Ethnographic Account of Intertwined Practices. *Work and Organization*, 11(4).
- Bruton, G., Khavul, S., Siegel, D., & Wright, M. (2014). New Financial Alternatives in Seeding Entrepreneurship: Microfinance, Crowdfunding, and Peer-to-Peer Innovations. *ENTREPRENEURSHIP THEORY and PRACTICE*. doi:10.1111/etap.12143
- Central Ministries / Departments . (2019-20). Retrieved from [https://sambandh.msme.gov.in/PPP\\_Index.aspx](https://sambandh.msme.gov.in/PPP_Index.aspx)
- Cesaroni, M., Memartini, P., & Paolonia, P. (2017, July). Women in business and social media: Implications for female entrepreneurship in emerging countries. *AJBM African Journal of Business Management*, 11(14), 316-326. doi:10.5897
- Chant, & Sylvia. (2016, February). ) Women, girls, and world poverty: empowerment, equality or essentialism? *International Development Planning Review*, 1-14. Retrieved from <http://eprints.lse.ac.uk/64171/>
- Chant, & Sylvia. (2016, February). ) Women, girls, and world poverty: empowerment, equality or essentialism? *International Development Planning Review*, 1-14.
- Chew, H. E., Ilavarasan, P. V., & Levy, M. R. (2010). THE ECONOMIC IMPACT OF INFORMATION AND COMMUNICATION RECHNOLOGIES (ICTS) ON MICROENTERPRISES IN THE CONTEXT OF DEVELOPMENT".
- Christ Off, P. S., Lewis, N. D., Lu, M. H., & Sommer, J. M. (2017). Women and Political Participation in India, Indonesia, Thailand, and Vietnam. *Asian Women*, 33(2), 1-22.

Cyber kiosks and dilemmas of social inclusion in rural India". (2007). *Media, Culture & Society*, 29 (6), 869-889.

Cyber kiosks and dilemmas of social inclusion in rural India". (2007). *Media, Culture & Society*, 29 (6), 869-889.

Dacin, M. T., Dacin, A. P., & Tracey, P. (2011,, September–October). Social Entrepreneurship: A Critique and Future Directions. *Organization Science*, 22(5), 1203–1213  
Demartini, P., Paoloni, P., & Cesaroni, M. (2017). Women in business and social media: Implications for female entrepreneurship in emerging countries Francesca. *AJBM African Journal of Business Management*, 11(14), 316-326.

Goyal, M., & Prakash, J. (2011, September). WOMEN ENTREPRENEURSHIP IN INDIA- PROBLEMS AND PROSPECTS. *International Journal of Multidisciplinary Research*, 1(5).

Gupta, Sonia. (2018). A Study On Role Of Media In Women Empowerment In India. 4, Issue (1). Retrieved from [www.ijariit.com](http://www.ijariit.com)

Hamid, N. A., Ishak, M. S., & Yusof, N. (2016). ASSESSING VALIDITY AND RELIABILITY OF SOCIAL MEDIA AS AN EMPOWERMENT TOOL FOR A GROUP AT RISK IN MALAYSIA. *Jurnal Komunikasi: Malaysian Journal of Communication*, 32.

How social capital is leveraged in social innovations under resource constraints. (2013). *Innovation Management*, 51(9), 1772-1792.

Jukariya, T., & Premrata. (2018, 4). Role of Media in Empowering Women Premrata. *International Journal of Current Microbiology and Applied Ascience*, 7(Journal Homepage).

Kadeswaran , S., Brindha, D., & Jayaseelan, R. (2014). Social Media as a Gateway for Accelerating Women Empowerment. *Parisodh Journal*.

Kashyap, G. (2014, Jun 23). Role of Alternative Media in Empowerment of Women. Kashyap G.

Kaul, V. (2011). Globalisation and Media. *Journal of Mass Communication*, 1(1).

Kelkar, G., Shrestha, G., & N., V. (2017, October 25th ). IT Industry and Women's Agency: Explorations in Bangalore and Delhi, India. Publish Online, 63-84. Retrieved from <https://doi.org/10.1080/09718524.2002.11910027>

M., Swetha; M. Reddy, Jagan Mohan; V., Sudharani;. (2014, November). Extent of Empowerment of Women entrepreneurs on Social and Economic Empowerment. *International Research Journal of Social Sciences*, 3(11) , 34-37.

Madon, S. (2004). EVALUATING THE DEVELOPMENTAL IMPACT OF E-GOVERNANCE INITIATIVES". *EJISDC*, 20(5), 1-13.

Mair, J., & Lanuza, I. M. (2006, February). Social Entrepreneurship Research: A Source of Explanation, Prediction, and Delight. *Journal of World Business*, 41(1), 36-44.

Majumdar, S., & Sowmya, D. V. (2010, October). Relevance of education for potential entrepreneurs: an international investigation. *Journal of Small Business and Enterprise Development* , 17(04), 626-640.

Metcalf, B. D. (2011). Women, empowerment and development in Arab Gulf States: a critical appraisal of governance, culture and national human resource development (HRD) frameworks. *Human Resource Development International*.

Mustafa , R. (2014). EMPOWERING WOMEN ENTREPRENEURS IN EMERGING ECONOMIES: A CONCEPTUAL MODEL. *Organization and Markets in merging Economies*, 5(1 (9)).

Narayana, A., Ahamad, T., & Narayana, A. (2016, January 1). Role of media in accelerating women empowerment. *International Journal of Advanced Education and Research*, 1(1), 16-19.

(Oct, 2020). Retrieved from [https://yourstory.com/2020/10/techsparks-2020-hari-vasudev-walmart-future-retail-pandemic?utm\\_source=Email&utm\\_medium=YourStoryBuzz](https://yourstory.com/2020/10/techsparks-2020-hari-vasudev-walmart-future-retail-pandemic?utm_source=Email&utm_medium=YourStoryBuzz)

Ojha, P. (2011, March). WOMEN'S ISSUES IN INDIA: ROLE AND IMPORTANCE OF MEDIA. *The Indian Journal of Political Science*, 72(1), 87-102.

Padmaja, G. (2017, Sepetember). MEDIA'S ROLE IN EMPOWERMENT OF WOMEN ININDIA. *Original Research Paper*, 6(9).

Perwej, A. (2012, December ). The Women Adoption in Owned Businesses and. *International Journal of Emerging Trends & Technology in Computer Science (IJETTCS)*, 1(4).

Rankin , K. N. (2002). SOCIAL CAPITAL, MICROFINANCE, AND THE POLITICS OF DEVELOPMENT. *IAFFE*.

Rashi Varshney. (13th Nov, 2020). Retrieved from : [https://yourstory.com/2020/11/app-review-atmanirbhar-app-mitron-made-in-india-apps?utm\\_source=Email&utm\\_medium=YourStoryBuzz](https://yourstory.com/2020/11/app-review-atmanirbhar-app-mitron-made-in-india-apps?utm_source=Email&utm_medium=YourStoryBuzz)

Sharma, P., & Verma, S. K. (2008). Women Empowerment through Entrepreneurial Activities. *Indian Res. J. Ext. Edu.*, 8(1).

Silvia, D. (2006). SILVIA DORADO “SOCIAL ENTREPRENEURIAL VENTURES: DIFFERENT VALUES SO DIFFERENT PROCESS OF CREATION, NO?”. 11(4), 1-24.

SURESH , L. B. (2011). Impact of Information and Communication Technologies on Women Empowerment in India. *Systemics, CYBERNETICS AND INFORMATICS*, 9(4).

Thanikaivel, M., & Priya, K. (2018). Economic Empowerment of Women In India. *Elayamplayam, Tiruchengode, Tamil Nadu (India)*.

Women in business and social media: Implications for female entrepreneurship in emerging countries . (n.d.).

Yourstory(n.d.). Retrieved from [https://yourstory.com/2020/11/takeaways-google-caesar-sengupta-techsparks-2020-digital-india?utm\\_source=Email&utm\\_medium=YourStoryBuzz](https://yourstory.com/2020/11/takeaways-google-caesar-sengupta-techsparks-2020-digital-india?utm_source=Email&utm_medium=YourStoryBuzz)



## A PURVIEW ANALYSIS – CONSTITUENT ASSEMBLY OF INDIA

**Priti Vijaynarayan Yadav**

(Ph.D. Law, JJT University, Rajasthan, India)

**Abstract:-** India's Constitution does not include minority religions in the recognition of party affiliation provisions because the basic nationalist view in the Coalition Council was that allowing such protections was legal only to empower retrospective sections of people to overcome their disability, not to facilitate preservation of separate cultural identity.

### **1. Introduction:**

A Constituent Assembly is made up of a group of representatives (elected or non-elected), who facilitate the drafting of the constitution. A major permeating factor of such a methodology is its primary role of drafting and inculcating the representation of the democracy. When such a juridical mechanism is circumscribed, the assembly is eradicated.<sup>1</sup>

### **2. Ideology:**

Manabendra Nath Roy, popularly known as MN Roy was the ideologist behind the construction of such a mechanism. Its symbolisation was first encompassed in 1934. The same was formularized by the Indian National Congress in 1935. Acceptance for it to be enunciated in working was showcased under the Cabinet Mission Plan 1946, the initiation of which took place in the August Offer, 1940. The encompassment was initially formalised for an undivided India but due to the proceeding partition and political determinations, certain members of the prevailing constituent assembly dealigned from the modus operandi of the same, and lineated towards the working of a constituent assembly for Pakistan.<sup>2</sup>

### **3. Iection of Members of constituent assembly:**

- Election was to be indirect.

Provincial assemblies during British-India were similar current legislative assemblies of states.

- The members of the Constituent assembly were indirectly elected by the members of the provincial assemblies by method of single transferable vote system of proportional representations.

### **4. Number of members:**

- Total membership of the constituent assembly was 389.
- Post partition, the number changed to 299 due to the aforementioned dealignment of members.
- These 299 representatives encompassed 229 members from the provinces and 70 from the princely states.
- Total of 9 women members were encompassed.
- The representation and inclusion framework was similar to that of the cabinet mission.
- The basis of division of seats were in the 1:10 lakh ratio.



## **5. First Meeting of Constituent Assembly:**

The inculcation of the discussion for the framework of the legal mechanism, first took place in the constitution hall in New Delhi, on the 9th of December, 1946. The first president of this assembly was Dr. Sachchidananda Sinha. The preamble of the constitution was circumscribing certain resolutions, for e.g. that of the 'Objective Resolution' which later constituted the preamble of the constitution. The facilitation of this constitution was committed by the invigoration of various committees. The report of these committees for the initial draft of the legal mechanism. It reassembles as the Constituent Assembly of India, post-Independence on 14 August, 1947. Dr. Rajendra Prasad became the president of Constituent Assembly of Independent India. Professor Harendra Coomar Mookerjee was Vice President of the Constituent Assembly. While Dr. Rajendra Prasad later became President of India, Prof. HC Mookerjee became first Governor of West Bengal.<sup>3</sup>

## **6. Objectives Resolution:**

This resolution was moved by Pundit. Jawaharlal Nehru on 13 December, 1946. The aims of the constitution were enunciated in this resolution. On the basis of such objectives, the functionalities of the Indian constitution were enshrined and character was given to the fundamental commitments i.e. equality, liberty, democracy, fraternity, sovereignty etc. The whole and soul of the constitution, namely the preamble was inculcated from this objective resolution.<sup>4</sup>

## **7. Constituted Committees:**

The facilitation of a number of committees was initiated for the performance of various tasks. There were a total of 22 committees to deal with various tasks of procedural diversity and its encompassments. Dr. B.R. Ambedkar, the Chief Architect of the Indian Constitution was heading these important committees to divulge into procedural aspects of the prevailing legal mechanisms. The Government of India Act, 1935 and the Indian Independence Act, 1947 were replaced by the Indian Constitution, as per Article 395. The division of the prevailing committees was done on two basis, namely Procedural Affairs – 10 and Substantial Affairs – 12. The encompassments can be enunciated as the follows.

### **a. Drafting Committees:**

#### **Presiding Chairman-**

Dr. B.R. Ambedkar.

#### **Members-**

K.M. Munshi.

N. Gopalaswamy Ayyangar.

Mohammed Saadullah.

Alladi Krishna Swami Ayyar.

N Madhava Rao replacing B.L. Mittar, who later resigned due to health issues.

T.T. Krishnamachari replacing Dr. D.P. Khaitan who died in 1948.

**b. Procedural Affairs Committee:**

Steering Committee

Rule of Procedure Committee

Effect of the Indian Independence Act, 1947 Committee

House Committee

Hindi Translation Committee

Urdu Translation Committee

Finance and Staff Committee

Press Gallery Committee.

**c. Substantial Affairs Committees:**

This basis involves the inculcation of the important committees, facilitating the invocation of the Indian Constitution. The same can be enunciated as the follows.

Ad Hoc Committee: National Flag –Rajendra Prasad (Chairman)

Advisory Committee : Fundamental Rights – Vallabhai Patel.

Rules of Procedure Committee – Rajendra Prasad.

Examination of Constitutional Draft - Special Committee

Provisional Constitution Committee – Vallabhai Patel.

Finance and Staff Committee – Rajendra Prasad.

Fundamentals Right Sub-Committee – J..B. Kripalani

House Committee – B. Pattabhi Sitaramayya.

Minorities Sub-Committee – H.C. Mukherjee

Functionary ambits of the East India area committee – Gopinath Bardoloi

Business Order Committee – K.M. Munshi

States Committee – Jawaharlal Nehru

Steering Committee – Rajendra Prasad.

Union Constitution Committee – Jawaharlal Nehru.

Union Powers Committee – Jawaharlal Nehru.

It is to be noted that there was One Muslim religion member in the drafting committee. There was no female member in the drafting committee, out of the nine female members in the constituent assembly.<sup>5</sup>

## **8. Conclusion:**

The totality of the session of the constituent assembly was around 11. The first session was set in December, 1946, the drafting constitution. The initial draft was published in January 1948, and the Indian citizens were given a set period to provide their input on this. The 11 session was held in the month of November, 1949. Adoption of Indian constitution was on the 26th of November, 1949. The constitution was enforced on the 26th of January 1950. The enforcement of the constitution facilitated the eradication of the constituent assembly. India got a new parliament, in 1952, hence replacing the provisional parliament of India. The assembly took 2 years, 11 months and 17 days to come into the due procedural aspect of the juridical realm. 64 Lakh were spent in its preparation. **The outcome of which was the legal mechanism consisting 22 parts, 395 articles and 8 schedules. It is to be noted that provisional aspects, namely: citizenship, elections, provisional parliament, functionary aspects, were given due considerations to be enforced on the 26th of November, 1949.**

## **References:**

1. The Records of the Federal Convention of 1787 (Edited by Max Farrand; revised edition in Four Volumes, Yale University Press, 1966).
2. M. Lakshmi kanth, Indian Polity for Civil Services Examinations, 3rd ed., (New Delhi: Tata McGraw Hill Education Private Limited, 2011).
3. Baruah, L.M. (1992). Lokopriya Gopinath Bordoloi, an Architect of Modern India. Gyan Publishing House. ISBN 81-212-0404-6.
4. Bipan Chandra, Mridula Mukherjee and Aditya Mukherjee. India Since Independence: Revised Edition. New Delhi: Penguin Books India.
5. Framing of India's Constitution – Shiva Rao B.

## EVIDANCE BASED PRACTISES

KALPANA PADWAL

JJT University Jhunjhunu, Rajasthan

Kalpanabhushankumar@gmail.com

**ABSTRACT:-**The impact of evidence-based practice (EBP) has echoed across nursing practice, education, and science. The evidence, by itself, does not make the decision, but it can help support the patient care process. The call for evidence-based quality improvement and healthcare transformation underscores the need for redesigning care that is effective, safe, and efficient. In line with multiple direction-setting recommendations from national experts, nurses have responded to launch initiatives that maximize the valuable contributions that nurses have made, can make, and will make, to fully deliver on the promise of EBP. Such initiatives include practice adoption; education and curricular realignment; model and theory development; scientific engagement in the new fields of research; and development of a national research network to study improvement. This article briefly describes the EBP movement and considers some of the impact of EBP on nursing practice, models and frameworks, education, and research. The article concludes with discussion of the next big ideas in EBP, based on two federal initiatives, and considers opportunities and challenges as EBP continues to support other exciting new thinking in healthcare.

**INTRODUCTION:-**during the 1980 the term “evidence based medicine:”emerged to describe the approach that used scientific evidence to determine the best practise later term shifted “evidence based practice” Evidence-based practice (EBP) is a problem-solving approach to the delivery of health care that integrates the best evidence from studies and patient care data with clinician expertise and patient preferences and values. (Fineout-Overholt E, 2010)

The notion of evidence based practise as also had an influence in the field of education.

### DEFINITION

1) Evidence Based Nursing/Practice: 'An integration of the best evidence available, nursing expertise, and the values and preferences of the individuals, families, and communities who are served.'

2) Definitions: Sackett (1996) Evidence Based Medicine "Integrating clinical expertise and the best available evidence from systematic research"

### Evidence based practises aims and objectives

- To Provide the highest quality and most cost-efficient nursing care possible.
- To Advance quality of care provided by nurses.
- To Increases satisfaction of patients
- To Focus on nursing practice away from habits and tradition to evidence and research.

### SOURCES OF EVIDENCE-BASED NURSING

- Information

- Systematic reviews
- Cochrane Collaboration
- Evidence-Based Journals
- Evidence-based practice guidelines
- National Guidelines clearinghouse

**Limitations**

- Resistant to changes in nursing practice.
- Ability to critically appraise research findings.
- Time, workload pressures, and competing priorities.
- Lack of continuing education programs.
- Fear of "stepping on one's toes"
- Poor administrative support .

**BARRIERS TO NURSING**

Evidence-based practice/Evidence-informed decision-making

Repeatedly, lack of time is identified one of the most crucial barriers to implementing evidence-based practice in the workplace .

**Nurse characteristics:\***

- lack of the knowledge needed to interpret statistical analyses;
- lack of interest; lack of confidence in critical appraisal skills;
- lack of knowledge and skills to confidently conduct computer based literature searches and utilize the research process;
- Nurses feeling overwhelmed by the volume of evidence. ,negative beliefs, attitudes and values;

**Organizational characteristics:\***

- limited or lack of time;
- heavy patient workloads;
- inadequate staffing;
- limited access to resources;
- lack of support from nurse managers;
- different goals for practice between administrators and staff nurses ; and
- lack of evidence-based practice mentors in health-care systems .

**Nature of research information:**•“Research is seen as too complicated, too scholarly, excessively statistical, ambiguous, and having limited or no relevance to practice” ; and  
•“Research reports lack clear practice implications and generalizability”

**Health-care environment:**

•“Multiple barriers have contributed to the slow uptake of EBP across healthcare systems...traditional approaches to teaching healthcare students the rigorous process of how to do research rather than how to use research to guide best practice”

**EBN PROCESS**

- Asking a clinical question.
- Searching the literature for relevant research.
- Critically appraising what has been found. If change is warranted, following steps occur.
- Implementing a practice change.
- Evaluating the change in practice

**STEPS IN EBN**

- Select a topic
- Collect appropriate and accurate data to generate evidence for nursing practice.
- Analyse data from clinical practice.
- Design interventions based on evidence.
- Predict and analyse outcomes.
- Examine patterns of behaviour and outcomes.
- Identify gaps in evidence for practice.

**STEPS FOR EVIDENCE-BASED BEHAVIORAL PRACTICE**

The evidence based practice process has five steps:

1. Ask important questions about the care of individuals, communities, or populations.
2. Acquire the best available evidence regarding the question.
3. Critically appraise the evidence for validity and applicability to the problem at hand.
4. Apply the evidence by engaging in collaborative health decision-making with the affected individual(s) and/or group(s). Appropriate decision-making integrates the context, values and preferences of the care recipient, as well as available resources, including professional expertise.
5. Assess the outcome and disseminate the results.

**Levels of Evidence :-**Rating System for the Hierarchy of Evidence: Quantitative Questions

Level I: Evidence from a systematic review of all relevant randomized controlled trials (RCT's), or evidence-based clinical practice guidelines based on systematic reviews of RCT's

Level II: Evidence obtained from at least one well-designed Randomized Controlled Trial (RCT)

Level III: Evidence obtained from well-designed controlled trials without randomization, quasi-experimental

Level IV: Evidence from well-designed case-control and cohort studies

Level V: Evidence from systematic reviews of descriptive and qualitative studies

Level VI: Evidence from a single descriptive or qualitative study

Level VII: Evidence from the opinion of authorities and/or reports of expert committees

### **EBP Resources:**

- ACP Journal Club

This Web site comprises a 10-year archive of the cumulative electronic contents of "ACP Journal Club", with recurrent weeding of out-of-date articles. The content is carefully selected from over 100 clinical journals through reliable application of explicit criteria for scientific merit, followed by assessment of relevance to medical practice by clinical specialists.

- Clinical Evidence

Clinical Evidence describes the best available evidence from systematic reviews, RCTs, and observational studies when appropriate for assessing the benefits and harms of treatments.

- Dynamed

Dynamed is a point-of-care reference resource designed to provide clinicians with current, evidence-based information to support clinical decision-making.

- Essential Evidence

Essential Evidence is a one-stop reference that includes evidence-based answers to clinical questions concerning symptoms, diseases, and treatment.

- FPIN Clinical Inquiries

Clinical Inquiries provides answers to clinical questions by using a structured search, critical appraisal, clinical perspective, and rigorous peer review. FPIN Clinical Inquiries deliver evidence for point of care use.

- UpToDate

UpToDate is an evidence-based, peer reviewed information resource available via the Web, desktop/laptop computer, and PDA/mobile device.

**Summary:-** In conclusion, evidence-based nursing practice will continue to play a significant role in everyday practice of nurses. Comprehensive definition of evidence-based nursing by Ingersoll (2000) and evidence based practice guidelines for various health problems/needs



provide a good start for nurses to practice evidence-based nursing. Our patients stand to gain the most as nurses and other health professionals make evidence-based practice the norm of their everyday practice.

## **Bibliography**

### **Books**

1. Denise F. Polite & Cheryl Tanano Beck's, "Nursing Research-Generating and assessing evidence for nursing practice", Lippincott Publications, eighth edition, pp 1-28.

2. Leddy & Pepper's, "Conceptual Bases of Professional Nursing", Lippincott Publications, sixth edition, pp 284-286, 642.

3. Melnyk, B. M., & Fineout-Overholt's "Evidence-based practice in nursing & healthcare: A guide to best practice", first edition, 2005, Lippincott Williams & Wilkins publications Philadelphia, pp 13-19.

4. Suresh K Sharma, "Nursing Research And Statistics" Elsevier publication year 2011 pp 22-27

Shebeer p baseer and s yaseenkhan "concise text book of advance nursing practises" EMMESS Medical publisher. pp 751 -765.

5. Bharat parekh and shivani Sharma "a text book of nursing research and statistics" p v publication. pp 62 -65.

**“RIGHT TO LIFE AND HUMANITARIAN LAW DURING COVID - 19”****AUTHOR I – MR ALIYAR M.E****RESEARCH SCHOLAR, LAW DEPARTMENT****SHRI J.J.T UNIVERSITY****Email – [aliyarme@gmail.com](mailto:aliyarme@gmail.com)****Reg No. 27920103****AUTHOR II – MS. LISHA HIDHU****RESEARCH SCHOLAR, LAW DEPARTMENT****HIMALAYAN UNIVERSITY****Email:- [lishahidhu@gmail.com](mailto:lishahidhu@gmail.com)****REG NO : 5088104011180009**

**ABSTRACT:-**The COVID-19 pandemic constitutes a global challenge to the world community and the whole system of individual and collective human rights, including the rights to life, to personal security, to be free from suffering and discrimination, to fair trial, to due process, freedoms of opinion, expression, assembly, association, and religion and belief, to property, to health, to food, to decent labour, to freedom from poverty, to access information, to education and to development. It also challenges the ability of states and international organizations to work together in the spirit of multilateralism, cooperation and solidarity.

**Keywords:-** COVID-19, Pandemic, Personal Security, Health, Solidarity

**INTRODUCTION:-**The devastating effects of unilateral sanctions as well as the need for solidarity and full respect for all human rights in the course of the pandemic have been repeatedly proclaimed by the United Nations and other governmental and non-governmental organizations. As the UN High Commissioner for Human Rights noted, the pandemic “is challenging the whole system of human rights, including such fundamental human rights as the right to life”. In a UN policy brief, the Secretary General identified saving lives as the main UN priority in the time of COVID-19. Both of them, and I, have called for curtailing the use of sanctions that undermine the ability of targeted countries to fight the pandemic. Unfortunately, the level of international solidarity and cooperation today is not sufficient as these calls did not have much result. A number of countries did not lift or minimise but rather expanded the application of unilateral sanctions using new forms, types, means and mechanisms, and affecting new types of targets.

The COVID-19 pandemic is affecting every person today. Unilateral sanctions, imposed against about 20 per cent of UN Member States, exacerbate the calamities it is causing and thus discriminate against populations in targeted countries, which appear to be more vulnerable than in other States. Unilateral sanctions negatively affect rights of all

population groups in targeted states as well as third-state nationals. Due to the specifics of the COVID-19 emergency, children, women, medical personnel, refugees, migrants, internally displaced people, nationals abroad, the elderly and people suffering from chronic diseases appear to be the most at risk.

Humanitarian organizations refer to unilateral sanctions as the main obstacle to the delivery of aid, including medicine, medical equipment, protective kits, food and other essential goods. Multi-layered, confusing, non-transparent and extensive systems of unilateral sanctions; the expansion of secondary sanctions; and lengthy, complicated and expensive mechanisms of getting licenses impede trade in medicine, medical equipment and relevant software, food and other essential goods; result in the growing over-compliance from the side of banks, donors and delivery companies; stimulate enormous rises in the costs and length of time needed for bank transfers; make delivery of humanitarian aid more complicated; put enormous burden and risks on humanitarian operators; and affect their beneficiaries in targeted and other countries.

**COVID – 19 CRISIS:**-The current COVID-19 crisis requires the mobilization of significant humanitarian resources that are often lacking in countries affected by armed conflicts. Sanctions and other restrictive measures currently in place can impede impartial humanitarian action in these areas, to the detriment of the most vulnerable. Sanctions regimes and other restrictive measures that hinder impartial humanitarian organizations, such as the ICRC, from carrying out their exclusively humanitarian activities in a principled manner are incompatible with the letter and spirit of IHL. States and international organizations enforcing such measures should make sure that they are consistent with IHL and do not have an adverse impact on principled humanitarian responses to COVID-19. They should devise effective mitigating measures, such as humanitarian exemptions benefiting impartial humanitarian organizations.

Many schools have been temporarily closed to prevent further spreading of COVID-19. While an important preventive measure, this places education continuity under additional strain in contexts where education may already have been disrupted by armed conflict. The disruption of education has long-term effects, and it is important that efforts to ensure its continuity are not an afterthought in times of crisis. IHL contains rules that require parties to conflict to facilitate access to education, and State practice indicates the inclusion of access to education in the special respect and protection to which children are entitled under customary law. Measures to ensure that education is not interrupted and that children can learn from home are urgently needed.

Internally displaced persons, migrants, asylum seekers and refugees are particularly exposed to outbreaks of COVID-19, given their frequently harsh living conditions and limited access to basic services including health care. Displaced civilians are entitled to shelter, hygiene, health, safety and nutrition. People facing outbreaks of COVID-19 in camps may aim to move to safety, leading local populations and/or authorities to react forcefully to contain them, including by turning the camps into isolated detention centers. IHL protects all civilians against the effects of armed hostilities and against arbitrary deprivation of liberty, and provides for their access to health care without discrimination.

Detention facilities—which are often overcrowded, have poor hygiene or lack ventilation—pose a grave challenge when it comes to preventing and containing infectious diseases, including COVID-19. Under IHL, detainees' health and hygiene must be safeguarded, and sick detainees must receive the medical care and attention required by their condition. In the

current situation, new arrivals should be tested for the virus and hygiene measures should be increased (e.g. by installing hand-washing stations, providing soap and other washing equipment, and creating isolation wards), in order to prevent the spread of disease.

Certain groups of people, including older persons, those who have weakened immune systems, or those with pre-existing health conditions, are at particular risk for severe illness if infected by COVID-19. Others, including persons with disabilities, may face a variety of barriers (e.g. communication, physical) in accessing necessary health-care services or particular difficulties in implementing the required hygienic measures to prevent infection (e.g. social distancing may not be possible for those relying on the support of others for everyday tasks). IHL requires parties to a conflict to respect and protect wounded and sick persons as well as to take all possible measures to search for, collect and evacuate them, without adverse distinction, whenever circumstances permit and without delay. They must receive, to the fullest extent practicable and with the least possible delay, the medical care and attention required by their condition, without distinction other than for medical purposes. Moreover, IHL provisions afford specific respect and protection to older persons and persons with disabilities who are affected by armed conflict.

Humanitarian action in countries affected by armed conflicts is essential in saving lives during the ongoing crisis. Under IHL, each party to an armed conflict bears the primary responsibility to meet the basic needs of the population under its control. Impartial humanitarian organizations such as the ICRC have the right to offer their services. Once relief schemes have been agreed to by the parties concerned, the parties to the armed conflict and third States shall allow and facilitate the rapid and unimpeded passage of the humanitarian relief subject to their right of control (e.g. by adjusting any pandemic-related movement restrictions to allow victims to access humanitarian goods and services).

Water supply facilities are of critical importance during the current crisis. In armed conflict situations, many of these installations have been destroyed by fighting over the years. Any disruption to their functioning means thousands of civilians would no longer be able to implement the basic prevention measures, such as frequent hand-washing, which can lead to further spread of the virus. IHL expressly prohibits attacking, destroying, removing, or rendering useless objects indispensable to the survival of the civilian population, including drinking water installations and supplies. Moreover, in the conduct of military operations, constant care must be taken to spare civilian objects, including water supply network and installations.

Adequately staffed and well-equipped medical facilities are necessary for the provision of medical care on a large scale, as demonstrated by the outbreak of COVID-19 and the needs it has generated. Under IHL, medical personnel, units and transports exclusively assigned to medical purposes must be respected and protected in all circumstances. In occupied territories, the occupying power must also ensure and maintain medical and hospital establishments and services, public health and hygiene. In addition, IHL provides for the possibility of setting up hospital zones that may be dedicated to addressing the current crisis.

1. The COVID-19 pandemic, as a common threat, can only be fought by joint efforts of all States and international organizations in a spirit of multilateralism, cooperation and solidarity. International cooperation at the bilateral and multilateral levels shall be based on the principles of the rule of law in full compliance with obligations arising from the UN Charter, international humanitarian and human rights law, and other international obligations, especially in the situation of the global challenge created by the pandemic.

2. While states bear the primary responsibility to guarantee the well-being of their people, the ability of targeted countries to do so is undermined by the application of unilateral sanctions, with an especially negative impact from economic, trade and sectoral ones. Therefore, the whole system of unilateral sanctions shall be reviewed in accordance with the rules of international law, including humanitarian, refugee and human rights law.
3. Sanctions regimes shall not be expanded; this will enable targeted states to respond to the humanitarian challenges of the COVID-19 pandemic and the growing economic crisis, to ensure the effective protection of their populations, to repair their economies and to guarantee the well-being of their people in the aftermath of the pandemic.
4. A preliminary humanitarian assessment analogous to those currently done in the environmental area shall always be made before any unilateral measures are taken. Saving lives shall be the priority of any unilateral activity in the course of the pandemic, as it is not possible to achieve any “common good” purposes, including the suppression of international terrorism and the protection of human rights, by violating the human rights of those whom unilateral sanctions seek to protect.
5. Under no circumstances should trade in essential humanitarian goods and commodities, such as medicine, antiviral, medical equipment, its component parts and relevant software, and food, be subject to any form of direct or indirect unilateral economic measure or sanction. Accordingly, any impediment to such trade – including trade barriers such as tariffs, quotas and other non-tariff measures; impediments to appropriate contracts, financial transactions, transfers of currency or credit documents and transportation that hamper the ability of states to effectively fight the COVID-19 pandemic and deprive them of vital medical care and access to clean water and food – should be lifted or at least suspended until the threat is eliminated.
6. Humanitarian aid – human resources, materials, equipment, cash and/or any other kind – to combat the pandemic shall not be subject to any direct or indirect restriction. The direction and delivery of humanitarian aid aimed to combat the COVID-19 pandemic shall not be considered as an unfriendly or profit-oriented act;
7. States shall not take measures preventing other states from getting external aid of any character, including international loans to combat the pandemic both from other states and international organizations.
8. No unilateral sanctions shall be imposed against research institutions that might prevent them from developing COVID-19 vaccines or medication.
9. Requests to unfreeze state or privately owned assets for humanitarian purposes shall be considered in good faith in accordance with international law on behalf of humanity. In the case of any dispute, the UN organs and mechanisms shall be welcomed to exercise control over their use.
10. The right of public institutions and final consumers to have access to publicly offered paid or non-paid software or online services shall not be limited. Preventing access to medical technologies and software, and to professional, educational or public Internet resources, affects a broad scope of human rights: the right of access to information, the right of freedom of expression, the right to privacy, the right to education and the right to reputation, the right to decent work and other economic rights, as well as the right to development; and may result in the violation of the right to health and even the right to life in emergency situations
11. No national law or regulation of regional international organizations shall have extraterritorial application. Therefore, any sanctions, including administrative and criminal charges against individuals and companies involved in the delivery of medical goods and food to sanctioned states in accordance with international humanitarian and human rights norms, should be lifted or at least suspended to prevent

fear and over-compliance from the side of states, banks, donors, humanitarian operators and other relevant actors.

11. Humanitarian exemption mechanisms shall be made clear, transparent and straightforward to allow for immediate or at least more rapid implementation during emergency situations, with a corresponding regime of more lenient enforcement to prevent over-compliance with sanctions.

12. Humanitarian exemption regimes shall not be limited to the medicine or medical equipment and software necessary to treat COVID-19 or for imminent life-saving activity only. They shall guarantee the availability of medicine and medical equipment necessary to treat other diseases, food and other essential goods, and shall include reconstruction projects to enable targeted states to repair national economies, to restore civilian healthcare and educational institutions and to guarantee the protection of the civilian population.

13. Essential goods necessary for people's survival and the treatment of diseases – like microscopes, other medical equipment, disinfectants, vaccines, chemicals, pain-relief medication, toothpaste, etc. – shall not be excluded from humanitarian exemption mechanisms because of their identification as dual use goods.

14. Humanitarian operators shall not bear the burden of proof that deliveries of essential goods will be for purely humanitarian use. Humanitarian exemptions should be forward-looking and anticipate broad categories of international emergencies such as pandemics, natural disasters, economic crises and others in order to require minimal adjustment to be effective. Any requests for licenses to purchase medical equipment, its component parts and software, medicine, food and other essential goods shall be considered without delay and granted upon request with a presumed humanitarian purpose for the sake of saving human lives.

15. Humanitarian operators, their members, employees and volunteers shall never be subjected to secondary sanctions including criminal prosecution, administrative or civil liability, or the blocking of bank accounts. Any criminal case shall only be started in the case of their direct intentional and conscious involvement in terrorism financing or money laundering based on the principles of the presumption of innocence, access to justice, fair trial and due process guarantees.

**THREATS:-**The threat of COVID-19 knows no boundaries – no borders of geography, class, race, age, gender, sexual orientation, status, or situation. This means ensuring access to medical assistance, testing, and health care for all who are or may be at risk, as well as access to State programs adopted to ameliorate the economic hardships imposed by the pandemic. Not to address the health needs of migrants, refugees, or other displaced persons on grounds of their origin or status would, in addition to increasing the risk of further spread of COVID-19, constitute discrimination because it would be unreasonable, disproportionate, pursue no legitimate goal, and threaten the well-being of the entire community.

The principle of non-discrimination also mandates proactive measures to bring the necessary health services and other vital life-saving services, such as food and housing, to marginalized communities, including those whose displacement, voluntary or involuntary, has separated them from traditional means of support. A proactive approach will necessarily benefit the community as a whole by reducing the risks of transmission by and among those who otherwise might be unable – due to lack of resources, illness, disability, or other circumstances – to stop work, self-isolate, or independently access health services.



States must respect the right to health of migrants, refugees, and other displaced persons, including by ensuring that the provision of essential medicines, prevention, and treatment are provided in a non-discriminatory manner. The right to health is widely recognized in international law. States have an obligation to provide access to existing health care services that are reasonably available when lack of access to that health care could expose an individual or community to a risk that can result in loss of life. Access to food, water and sanitation, safe shelter and education are recognized as part of realizing the right to health. These obligations, crucial in the current COVID-19 pandemic, are owed to all persons, including migrants, refugees, and other displaced persons, as well as stateless persons whose lack of effective nationality must not preclude them from enjoying the right to health. The right to effective and respectful health services is best achieved by measures that take into account the views of affected populations. States should ensure that neither their actions nor the actions of others stigmatize or incite violence against persons on account of their actual or perceived health status, in particular when such stigmatization is linked to race, national origin or immigration status. International human rights norms prohibit States from targeting or discriminating against particular groups based on their status, including actual or perceived health status. Numerous instances of stigmatization and racist or xenophobic violence have been directed against people based, in particular, on their Asian descent or the perception that they were a source of COVID-19 infection. Stigma can operate as a significant barrier to seeking health care – a result that endangers both the groups that are targeted and the public at large. Thus, States must refrain from measures that foster or perpetuate stigma, and they should ensure that public health responses to COVID-19 are inclusive of and respect the rights of marginalized groups, including migrants, refugees, and other displaced persons. In addition, States should take proactive steps to combat stigma and discrimination on the part of third parties, such as service providers, private sector employers, the media, and community members. These could include a range of efforts aimed at public education and communications to underpin the fact that viruses are not synonymous with nationality. The availability of accurate and timely information about the disease and how it can be transmitted is also critical in both realizing the right to health and combating stigma. States are required to ensure that restrictions on mobility adopted in response to COVID-19 respect the rights of all persons to leave any State and to re-enter their home State. The right of all persons to leave any State and the right to re-enter one's home State (including one's state of habitual residence) may be restricted only in exceptional circumstances. Restrictions of these rights adopted to prevent or contain the spread of COVID-19 must be authorized by law and must be necessary and proportionate to the legitimate aims of protecting public health and the rights of others. In many cases, there are more effective disease-control measures than border closures. Furthermore, border closures can endanger mobile populations and impede the movement of medical supplies. Where necessary to protect public health, border closures should be subject to exceptions for compelling humanitarian and compassionate needs and that ensure that a State's international obligations can be respected (including the right to seek and enjoy asylum). In responding to the COVID-19 pandemic, States must respect the liberty of movement of all persons within their territory.

**CONCLUSION:-**All persons, including migrants, refugees, and other displaced persons, are guaranteed free movement within States. In adopting measures to prevent and control the spread of COVID-19, States have adopted a wide range of limits on free movement. International law does not forbid policies requiring social distancing in public, self-isolation at home or curfews, where demonstrably necessary to the health of individuals and the community. Quarantines restricting freedom of movement and requiring residence at designated places may also be permissible, provided they do not constitute arbitrary



detention. The cordoning off of areas – preventing either exit or entrance – must also meet requirements of reasonableness and proportionality. In each of these cases, restrictions on movement must be designed and enforced in a non-discriminatory way.

Restrictions on freedom of movement must also be consistent with other human rights. In particular, they must respect the right to life (including rights to food, clean water, health, and access to humanitarian aid) as well as freedoms of speech, assembly, and association and protection against arbitrary detention. They must also respect the protection of the family as a fundamental group unit of society; the separation of families is not justified other than for purposes of self-isolation, confinement, or treatment of infected family members.

## REFERENCES:-

1. European Committee of Social Rights. Statement of Interpretation on the Right to Protection of Health in Times of Pandemic. 2020.
2. Mesquita J. Bueno De, Lougarre C., Montel L., Sekalala S. “The government’s response to COVID-19: How to further realise the right to health,”. written evidence to the UK Parliament Committee of Human Rights, COV0195 (July 2020).
3. United Nations Sustainable Development Group. COVID-19 and human rights: We are all in this together. (April 2020)
4. World Health Organization. Addressing human rights as key to the COVID-19 response. 2020. p. 1.
5. Pūras D., Bueno de Mesquita J., Cabal L. et al. “The right to health must guide responses to COVID-19,”. *Lancet*. 2020;395(10241):1888–1890.
6. Horton R. “Offline: COVID-19 and the NHS—‘a national scandal,’”. *Lancet*. 2020;395(10229):1022.
7. Horton R., Alwan N., Orcutt M. “Coronavirus modelling ‘must be made clear,’”. *Times*. (March 14, 2020)
8. UK Parliament Joint Committee on Human Rights. Written evidence: The government’s response to COVID-19: Human rights implications. 2020.
9. Vestergaard L. S., Nielsen J., Richter L. et al. “Excess all-cause mortality during the COVID-19 pandemic in Europe: Preliminary pooled estimates from the EuroMOMO network, March to April 2020,”. *Eurosurveillance*. 2020;25(26)
10. International Covenant on Civil and Political Rights (ICCPR) arts. 2(1), 26; International Covenant on Economic, Social, and Cultural Rights (ICESCR) art. 2(2); International Convention on the Elimination of All Forms of Racial Discrimination (CERD) art. 1(1); Charter of the United Nations, preamble, arts. 1(3), 55; Universal Declaration of Human Rights (UDHR), art. 2(1); Convention Relating to the Status of Refugees (Refugee Convention), art. 3; Guiding Principles on Internal Displacement, principle 1(1).
11. UDHR arts. 13(1), 16, 29(2); ICCPR arts. 12(1), (3), 23; UN Human Rights Committee, CCPR General Comment No. 27.
12. UDHR arts. 13(2), 29(2); ICCPR art. 12(2)–(4); UN Human Rights Committee, CCPR General Comment No. 27; WHO, International Health Regulations (2nd ed.) arts. 23, 32.
13. UDHR art. 2(1); ICCPR art. 2(1); ICESCR art. 2(2); ICERD arts. 1.1, 2, 4; Refugee Convention art. 3; CERD Committee General Recommendation No. 30 (2005.)

## A REVIEW OF SELF-ESTEEM AND ITS IMPACT ON ACADEMIC ACHIEVEMENT AMONG ADOLESCENTS' STUDENTS

Monty  
PhD Research Scholar  
Department of Psychology  
Punjab University, Chandigarh  
Email Id- [molangyan76@gmail.com](mailto:molangyan76@gmail.com)

### ABSTRACT

What is the relationship between self-esteem and academic achievement? What function does it play in the development of young soldiers? Many teenagers, their instructors, their parents, and others believe this, and many adults remember adolescence as a period of progressively intense self-criticism and significantly changing self-esteem, among other things. However, the answer is not completely obvious since self-esteem is a subjective condition that is difficult to quantify. Academic success refers to the results of a student's academic performance that reflect the degree to which they have met their learning objectives. The school's performance data were used to infer the students' academic achievement. Academic accomplishment may refer to achieving educational milestones such as a bachelor's degree or other comparable qualification. In most cases, academic performance is evaluated via exams or other forms of ongoing evaluation. When it comes to social, academic, athletic, and physical attractiveness, as well as general behaviour and activities, a teenager may have various degrees of self-esteem in different areas. Our self-concept and self-esteem are two critical components of our life, and they go hand in hand. These elements may have an impact on how we grow throughout infancy and how we develop as adults. During childhood and adolescence, the development of one's own self-concept and self-esteem begins. Because of this, it is critical for teenagers to establish a good self-concept and high self-esteem in order to increase their chances of having a happy and fulfilling adulthood.

**Keywords:** Emotional intelligence, Adolescents, Self-esteem, Academic Achievement

### INTRODUCTION

The term adolescence comes from the Latin verb 'adolescere,' which literally translates as 'to mature' or 'to mature into adulthood.' As a result, adolescence is a stage in a person's development during which they learn to be a responsible adult. Adolescence, according to Peterson (1988), is a stage of life that begins in biology and ends in society. As a result, adolescence is a critical stage in a person's development since it is during this time that his or her experiences and learning create the foundation for the person he or she will become when he or she becomes an adult. While going through puberty, a kid is exposed to a wide range of difficulties, stresses, and possibilities that may be overwhelming. Having a good self-concept and having strong self-esteem are key factors in dealing with these difficulties. As children go through adolescence, schools should be training them to become a comfortable member of the general community, capable of quickly adapting to their new environment. Pupils who have been diagnosed with a learning impairment are a particular group of students that need special care. Students with learning impairments are estimated to account for between 2 percent and 10 percent of the student population, depending on the source (American Psychiatric Association, 1994). [2] Students who suffer from learning impairments often have problems with their personal identity and self-esteem, which may result in adjustment difficulties as well as drug misuse, depression, and suicidal thoughts. As psychological care

providers, it is critical to monitor students' sense of self-worth and to assist them in developing a more positive self-concept and self-esteem.

### **Self - Esteem**

It is the qualities, convictions, and mentalities that we have about ourselves that are alluded to as "oneself" part of confidence. The "regard" part of confidence alludes to the worth and worth that an individual puts on oneself. Confidence is normally viewed as a ceaseless measurement that reaches from high to low. Individuals who have high confidence are exceptionally hopeful with regards to themselves, while the people who have low confidence are conflicted or uncertain with regards to themselves, as indicated by standard way of thinking. In clinical settings, genuine negative self-assessment or self-loathing is remarkable [2], and it is generally seen only in clinical gatherings. This expansive appraisal of one's own value is simply the frequently utilized definition regard, and it is accepted to be actually steady (i.e., an individual can be said to have a dispositional level of confidence). It is additionally alluded to as confidence, self-respect, or self-appraisal — all of which identify with exactly the same thing as far as its principal meaning. In the area of brain research, the idea of confidence has a long and turbulent history, with many high points and low points. An understudy's mental inclusion in gaining, comprehension, and dominating data [3] is needed for scholarly execution to arrive at its most extreme degree of accomplishment. School grades and stamps, then again, are the most plain, public, and clear markers of scholarly execution. The importance of these in terms of determining one's academic performance has been well documented [4]. [5] The lowest possible standard of academic performance is that of a "drop-out." Crocker and Luhtanen (2003) used an unclear definition of self-esteem in their study. Some people's self-worth may be focused on their physical appearance, popularity, or academic performance, while others' self-worth may be based on their virtue, power, or self-reliance. It is possible that these beliefs influence how much time is spent on certain activities, depending on how important these habits may be to the individual. Those in their first year of college who place the most importance on academics spend more time studying, while students who place the highest value on looks spend more time exercising and grooming. Adolescents' self-esteem is essential because it enables them to attempt new things, take healthy risks, and find solutions to their issues. As a result, their learning and development will be fruitful, and they will be well-positioned for a healthy and prosperous future. Positive behavioural traits, such as being self-sufficient and mature, are more likely to be shown by a young person who has a good sense of self-worth.

- ❖ Individuals that are pleased with their achievements/accomplishments
- ❖ Accepting and coping with frustration in a responsible manner
- ❖ Taking risks and taking on new challenges
- ❖ Whenever feasible, assisting others

### **Academic Achievement**

Academic success refers to the results of a student's academic performance that reflect the degree to which they have met their learning objectives. Despite the fact that academic achievement is commonly measured through examinations and continuous assessments, there is no general agreement on the best way to evaluate it or which aspects are the most important—procedural knowledge such as skills or declarative knowledge such as facts—and there is no consensus on which aspects are the most important. Furthermore, since there are conflicting findings about which individual variables are most effective predictors of academic performance, components such as test anxiety, the environment, motivation, and emotions must be taken into account when constructing models of school accomplishment. As a result, schools are now compensated depending on the academic accomplishments of their students. If a school has higher academic accomplishments than a school with lower academic achievements, the school will get more money.

Academic success: Academic achievement may be assessed in a number of different ways. The rate of high school graduation is the most often mentioned indicator since it is the most frequently utilised. Additionally, statistics on grades, standardised test scores, absenteeism, suspensions, and expulsions, as well as the number of children who were held back, may be found [6].

## REVIEW OF LITERATURE

Ashra, B. K., and Jogsan, Y. A. (in press) (2013). "Locus of control and self-esteem among male and female adolescents," according to the study. In terms of locus of control and self-esteem, the findings indicate that there was no statistically significant difference between male and female adolescents. The connection between locus of control and self-esteem, on the other hand, shows a positive correlation of 0.54.

Study on "the connection between self-esteem, personality type, and reading comprehensive of Iranian EFL students" by Bagheri and Faghin (2012) was published in the journal "International Journal of English Language Teaching and Learning." The findings of the research showed a favourable connection between overall self-esteem and reading comprehension, as well as a positive relationship between overall self-esteem and personality type in general. The results also revealed a favourable connection between situational and task self-esteem and reading comprehension, but there was no significant relationship between global self-esteem and reading comprehension. In addition, there was no significant connection between personality type and reading comprehension in this study.

The research on "self-esteem and academic performance among P.G. and U.G. students" by Dudhatra and Jogsan (2012) was published in the journal "Psychological Science." The findings reveal a statistically significant difference in self-esteem and academic performance between undergraduate and graduate students. When compared to P.G. pupils, undergraduate students had higher self-esteem and academic performance. Similarly, the correlation between self-esteem and academic performance is 0.82, which indicates a favourable relationship.

Research on the "value and utility of assessing self-esteem in children" was conducted by Hosogi, M., Okada, A., Pujil, C., Watanabe, K., and Noguchi, K. (2012). They demonstrate that the development of children's self-esteem is strongly affected by their surroundings, which includes their families, communities, and educational institutions. Children who have a broken sense of self-worth are at danger of having psychological and social issues, which may make it difficult for them to recover from their low self-esteem. As a result, it is critical for youngsters to collect a sequence of good experiences in order to develop a positive idea of themselves in order to recover poor self-esteem. Evaluation of children's self-esteem may be an efficient technique for understanding their history and current situations, and it can also be helpful in the treatment of children suffering from psychosomatic disorders.

Research conducted by A. Bhattacharjee (2011) on the "effect of gender and community on locus of control and self-esteem among undergraduate students" was published. The findings indicated that gender and community had a substantial effect on the locus of control and self-esteem of the research participants, and that male students were more inwardly oriented and had higher self-esteem than female students, in contrast to female students. Again, tribal students were more externally oriented than their non-tribal counterparts, and they also had lower self-esteem than their non-tribal peers.

The research on "psychological well-being and self-esteem in professional college students" by Sahu and Singh (2011) was published in the journal Professional College Students. The findings indicated that these professional students had much higher levels of psychological well-being and self-esteem than the general population. Furthermore, there was no statistically significant difference between males and females in terms of self-esteem and

psychological well-being among these professions. The psychological well-being and self-esteem of both men and females were much higher than the national average. The participants' psychological well-being as well as their self-esteem are significantly influenced by their financial situation.

Individuals in the high-income group had higher self-esteem and reported greater psychological well-being. In addition, the participants of the service class group reported higher levels of psychological well-being when compared to the subjects of the business class group. However, there were no significant differences between the self-esteem of the business group and the self-esteem of the service group.

Joshi, S., and Srivastava (2009) conducted research on "adolescents' self-esteem and academic performance." The findings revealed that there was no statistically significant difference between teenagers from rural and urban areas in terms of self-esteem. There were statistically significant disparities in academic performance between rural and urban teenagers. When comparing scholastic performance between urban and rural adolescents, urban adolescents outperformed rural adolescents. When comparing boys and females, it is clear that boys have much greater self-esteem. Academic performance was shown to be significantly different between men and women. When comparing academic performance between males and girls, the results were substantially better for the girls.

In research titled "Social intelligence, self-esteem, and culturally communication sensitivity," Dong, Q., Koper, R. J., and Collaco, C. M. (2008) conducted on "social intelligence, self-esteem, and intercultural communication sensitivity," They investigated the link between self-esteem and sensitivity to intercultural communication differences. According to the findings, there is a statistically significant connection between social intelligence (SI) and intercultural communication sensitivity (ICS), with SI explaining more than 10% of the variation in ICS. Furthermore, both aspects of self-esteem, namely, self-worth and self-efficacy, are present. Were shown to be substantially linked to ICS, accounting for an extra 4% of the variation in the data.

Study on "self-esteem in youngsters" conducted by Diamantopoulou, Rydell, and Henricsson (2008). The findings revealed that low levels of global self-worth as well as inflated but contested self-esteem were both associated with violence. According to the results, highly aggressive children who have poor self-esteem may seem to have both a low and a high self-esteem, depending on their level of aggression. Exaggerated self-esteem was shown to be more significantly associated with aggressiveness in males than in girls, despite the fact that the findings were similar.

## **SELF-ESTEEM AND ACADEMIC ENGAGEMENT**

It is the evaluation of a singular's thoughts and mentalities about their gifts and qualities [7] that is known as confidence. Due to the many changes that happen in youngsters' jobs and obligations all through puberty, their confidence is inclined to becoming temperamental during this period. Early youthfulness is described by an abatement in confidence, which is trailed by a recuperation in the center and later periods of immaturity. A solid self-appreciation worth is related with acceptable self-encounters, top notch relational associations, and worked on physical and emotional well-being in youths [9].

Confidence, as an essential mental part, can possibly go about as an inspiration for scholastic commitment [10]. As per anticipation esteem hypothesis, individuals' positive self-assessment might foresee some scholastic outcomes, like their degree of scholarly commitment. As indicated by research led by Sirin and Rogers-Sirin (2015), confidence affected the fields related with scholarly commitment, and there was a genuinely huge positive association between confidence and scholastic commitment. As per the discoveries



of Filippello et al. (2019), an individual's level of scholastic association might be anticipated by their degree of confidence.

### **ACADEMIC SELF-EFFICACY, SELF-ESTEEM, AND ACADEMIC ENGAGEMENT**

Scholastic self-adequacy is an idea that is related with scholarly contribution that has likewise gotten a lot of consideration from analysts. As indicated by Schunk (2003), this expression alludes to their very own understudy's evaluation ability to achieve a scholarly task. Alivernini and Lucidi (2011) said that understudies' scholarly self-viability addressed their intellectual limit in their scholastic trains and anticipated scholastic accomplishment in their individual fields. An enormous number of explorations have shown that understudies' scholastic self-viability affects their scholarly commitment [11]. From one perspective, understudies' scholarly self-viability affects their scholastic endeavors and persistence. Understudies with significant degrees of scholarly self-viability, when contrasted with understudies with low degrees of scholastic self-adequacy, focus on higher destinations and scholarly norms, have more versatility to dissatisfaction, and show more noteworthy determination when defied with difficulties [12, 13]. Understudies' trust in their scholastic capacities, then again, may affect their contribution in school occasions and learning tasks [13]. Scholastic tasks will be harder for understudies who need self-assurance, while understudies who are less positive about their abilities will be less inspired by their examinations and bound to abandon their investigations.

As talked about in the segment "Confidence and Academic Involvement," one's ability to be self-aware worth majorly affects one's degree of scholarly commitment. Notwithstanding, more exploration is expected to decide what confidence means for scholarly commitment and what interior components are working in this association with be indisputable. [14] According to self-adequacy hypothesis, scholastic self-viability is a spurring component that might be utilized to incite and support versatile learning rehearses. Whether or not confidence might impact youngsters' scholastic association by means of scholarly self-adequacy is one that merits more thought. Self-regard and self-adequacy are two thoughts that are connected at this point particular from each other. As such, confidence is a positive appraisal of one's worth and importance; all in all, it is a singular's assessment of "being an individual." Self-viability is the guess and judgment concerning whether an individual will actually want to achieve a specific assignment, just as the evaluation of the singular's ability to "get things done" in view of past encounters in explicit spaces of action. Past research has shown a genuinely critical positive connection between confidence and scholarly self-adequacy. At the point when understudies have a decent outlook on themselves, they are bound to put stock in their own capacities in school [16]. Individual scholarly commitment is affected by both confidence and scholastic self-adequacy, and since confidence is emphatically connected to scholarly self-viability, we may reasonably infer that scholastic self-viability is probably going to play an intervening capacity between confidence and scholarly commitment.

### **CONCLUSION**

An important issue that emerged throughout the research is the degree to which self-reports are affected by self-presentational concerns. This is a problem that is inherent in all self-esteem assessments. The available measurements seem to be tainted by social desirability, at least in the short term. In order to succeed, students must have a strong, basic drive for self-esteem. People take credit for their successes while denying responsibility for their failings. They exaggerate and overestimate their own talents and those of others. Students make a conscious decision to compare themselves to those who are less talented or in a worse financial situation than themselves. They ignore or hide their flaws while extolling their virtues and exhibiting their good characteristics. Those who identify with successful

organisations are more likely to separate themselves from those who associate with failed or stigmatised groups. Self-esteem may be a favourable predictor of teenage academic engagement via the lens of academic self-efficacy, which is measured indirectly. Teens with higher levels of perceived social support were found to have a stronger mediating effect of academic self-efficacy between self-esteem and academic engagement, and adolescents with higher levels of perceived social support were found to have a stronger mediating effect of academic self-efficacy between self-esteem and academic engagement.

## REFERENCES

- [1]. Anwar, E. (2013). A correlational study of academic achievement and study habits: Issues and concerns. *Excellence International Journal of Education and Research*, 1(2), 46-51.
- [2]. Bagongon, C.K. and Edpalinanad, C.R. (2009). Research Proposal on the Effect of Study Habits on the Academic Performance of Freshmen Education Students in Xavier University, CaGayan Deoro City.
- [3]. Deb, M. and Grewal, H. P. (1990). Relationship between Study Habits and Academic achievement of undergraduate home science final year students. *Indian Educational Review*, 25 (3), 71-74.
- [4]. Dr. Umender Malik. A Comparative Study of Job Satisfaction among Government and Private Secondary School Teachers in relation to Educational Qualifications, *Paripex Indian Journal of Research*, Vol:2, Issue:11. 2013.
- [5]. Baumeister, R.F. (1982). Self-esteem, self-presentation and future interaction: A dilemma of reputation. *Journal of personality*, 50, 29-45.
- [6]. Baumeister, R. F. (1993). Understanding the inner nature of self-esteem. In R.F. Baumeister (Ed.), *Self - esteem: the puzzle of low self-regard* (pp. 201-218). New York: Plenum.
- [7]. Carlson, C., Uppal, S., & Processer, E. C. (2000).
- [7]. Ethnic differences in processes contributing to the self-esteem of the early adolescents' girls. *Journal of early adolescence*, 20, 44-67.
- [8]. Self-Esteem and Academic Achievement Devi, T. K. & Prasanti (2004). Self-concept of adolescents in urban and rural areas.
- [9]. *Indian Psychological Review*, 62, 202-206 Dornbusch, S. M., Ritter, P. L., Leiderman, P. H., Roberts, D. F. & Fragligh, M.J. (1987).
- [10]. The relation of parenting style to adolescent school performance. *Child Development*, 58, 1244-1257. DuBois, D. L., Burk- Braxton, C., Swenson, L. P., Tevendale, H. D., & Hardesty, J. L., (2002).
- [11]. Race and gender influences on adjustment in early adolescence: Investigation of an iterative model. *Child development*, 73, 1573-1592. Devi T Kayani & Prasanti. (2004).
- [12]. Self-concept of adolescents in urban and rural areas. *Indian Psychological Review*, 62, 202-206. Eccles, J. S. (1987).
- [13]. Gender roles and achievement pattern: an expectancy value perspective. In J. N. Reinisch L.A. Rosenblum & S. A. Sanders (Eds.), *Masulinity/ Femininity: Basic Perspective* (pp. 240-280).
- [14]. New York: Oxford University Press. Gecas, Viktor. (1982).
- [15]. The self-concept. *Annual Review of Sociology*. 1-33. Good, C.V. (1973).
- [16]. *Dictionary of education*. II edition, Mc Graw Hill Book company. INC, New York. Grewal, H.P., & Duntelman, G.H. (1964).
- [17]. Relationship of achievement motivation and academic performance of rural and urban high school students. *Indian Psychological Review*, 32, 1-5. Harter, S. (1986).
- [18]. Processes underlying the construction, maintainers, and enhancement of self-concept in children. In J. Suls & A. G Greenwald (Eds.), *Psychology Perspectives of self*, (pp. 136-182), Hillsdale, NJ: Erlbaum. Harter, S. (1996).



## **The impact of Covid-19 pandemic on the Job for Life concept of graduates.**

**Diana Peters**

Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan

**Dr. D. L Pareek**

Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan

**Abstract:-**Covid-19 has hit the globe in an enormous way. Mankind is trying hard to fight against the pandemic. Trial and error is happening in every field to keep life going. Researchers and people in medical field are working day and night to overcome the crisis. Measures are been taken to handle the situation and bring the crisis under control. Lakhs of people have lost their jobs and many are going through heavy pay cuts. Organizations are taking measures to deal with situation by laying off employees, reducing their salaries etc. The scenario is clearly tough for aspiring graduates who are on a job hunt. Getting a job of one's choice is very difficult at this point. Disappointment and low self confidence are the two outcomes which most of the job hunting graduates face at this point. Once the self esteem is affected then it is very difficult to compete for future goals. The only way to keep going is to enroll for higher education so that more knowledge can be achieved on the stream you have trained for or to join an organization which matches your skill set so that you won't get the feel of being nowhere. The key is to have a positive mindset and not let the pandemic hit you in major way.

**Introduction:-**The century we live in is highly demanding. An individual has to be prepared to take up different roles to run the show. Right education and skill acquired by a person helps him or her to face the challenges of today's world. Vocational training along with theoretical knowledge nurtures the individual with an overall development of his workmanship. Problem solving, analytical thinking, critical thinking and logical thinking abilities prepare a person for a successful life whether in work place, personal life or in social set up. Quality education provided by agencies of education creates employment opportunities. Government has launched various study programs to prepare students to take up the most challenging jobs of the 21<sup>st</sup> century. In this technologically advanced competitive world where there is constant enhancement of working procedure the employee has to be prepared for the unexpected. The quality of education received helps a person to mould himself according to the need of the hour. Innovate mindset is the demand of today's employers. Dramatic changes have taken place in human resource strategies which demands for best quality workforce. The education methodologies are structured in such a way that students are prepared to take up the most challenging jobs of the time.

Every graduate has a goal to achieve, a dream job. It is the career aspiration that works like a guiding light for them to reach their aim of getting their ideal occupation. To find a job after graduating from a university is always challenging. The individual has to go through various placement procedures to get it. This can be very challenging and at times frustrating. Self motivation is the key to keep up the courage to face failures. Learning the market scenario and requirements of the organization which match the profile of the graduate helps them to find an appropriate job for themselves. Through training programs the hired employees are taught the way they should work to get the desired outcome. Technical training and leadership coaching helps the trainees to evolve in their career. Improvisation techniques aid to recognize the ideas and work according to the requirement. With such training programs and human resource development the employees are able to settle in their designated jobs and gain success. When an individual achieve gratification and fulfillment in work, he or she is able to attain job satisfaction.

The concerns are very significant across the globe due to the Covid-19 pandemic. The current scenario is challenging for everybody. The pandemic has hit the world in such a way that we can only expect the unexpected. Reconstruction of education methods and policies has helped to continue the education of students without much trouble. Companies and work places also reconfigured the working setup. The pandemic has also challenged the labour market in a very harsh way. Many industrial sectors are affected by the slowness of the world. Millions of people are suffering from the lack of opportunities in travel and tourism sector, airlines, hospitality etc. There is stagnation in growth of millions of white collar jobs due to this issue. It has hammered the dream of the graduates to get into jobs what they are trained for. Work from home arrangement has reduced the quality of professionalism in many employees. Also failure in achieving targeted profit has forced the companies to reduce the man power causing threat to the organization and its employees.

There is significant concern on the anticipation of young graduates who are aspiring for jobs. Because of the pandemic, fresh graduates are facing major challenges in job market. The work plans of many young graduates have gone to a standstill. Many have chosen to take up further studies instead of waiting for a job. In this era of Covid-19, planning a career is the biggest challenge. At the time of transition from studies to acquire a job, the youth is facing the most unexpected challenge which others have never faced - a pandemic which the century has never faced before. The most ambitious generation is going through the most unexpected time of their lives. This global challenge has a very bitter impact on the youth who are in the process of job search.

### **Job for life - Reframed**

This is a concept in which a person continues to do the same kind of job throughout his/her life. This requires a strong commitment of the employee to the organization he works throughout his life until retirement. The advantages of this concept are stability in work and recognition in the company. At the same time there are fewer opportunities for growth, development, and exposure. This concept is not practical in today's world. This setup worked well in earlier generations where employees stick to one working place till their retirement. Privatization, exposure, and innovation technologies have helped the new generation employees to experiment with their professions. Better salary packages, attractive opportunities and knowledge have changed the concept of work for most of the employees. Information technology has paved path for the upliftment and advancement in the outlook of the employees. Thus the definition of Job for Life concept has changed from sticking to one organization till a person retreat from work life to sticking on to same kind of work throughout the life.

### **3Es of Work Model**



**Exposure**

Exposure at work has helped people to develop ideas and knowledge to attain development in their jobs. This nurtures the person to attain enough strength to create ideas and reach areas which were unknown to them. Information technology has contributed a lot to give exposure to everyone.

**Exploration**

Study of events, investigation of unanswered concepts in work field and examination of the most critical concepts of work aids the worker to have a clear work exploration.

**Experience**

Enough work experience helps the individual to gain sustainable ways to observe through participation in work. This gives opportunities to have a strong foundation thus to build up a successful future.

Technological advancement has boosted the 3Es of employees in their work space. Individuals are equipped with skills needed to face the challenges of the 21<sup>st</sup> century jobs. This generation graduates are able to synthesis the information, learn the requirement of the hour thus prepare themselves for job. They are prepared to experiment situations critically through investigation to get the right outcome.

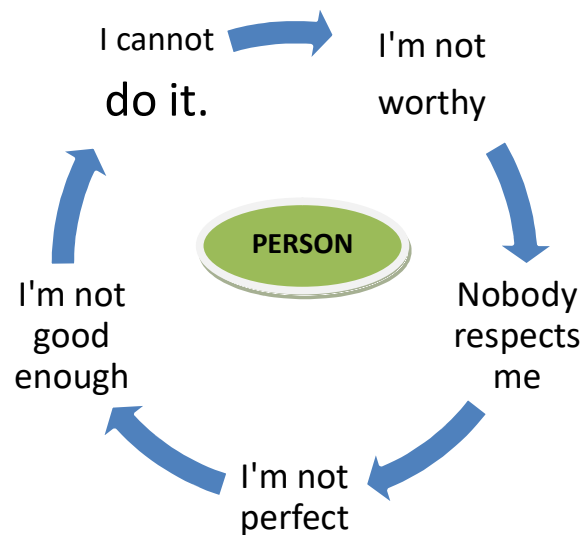
**Covid-19 and Job crisis**

Across the globe the impact of Covid-19 is massive. There is tremendous rise in the unemployment rate all over the world. Many have lost their jobs where many people have major reduction in their salary packages. To secure a job in such a crucial time is like catching an express train. Job hiring is at an all time low phase which has disturbed the job eco system completely. Resilience and grit is the only possible way to come out of this challenge. Millions of professionals have lost their jobs and equal number of people is hunting for job. Organizations are tirelessly working hard to sustain by reducing the man power and pay cuts. At the same time these companies are trying their best to support the employees in parallel to reducing the risk of liability of the workers.

In the midst of all these, our graduates are trying to acquire the job they have dreamt of since years. Physical stress along with emotional breakdown can create a high level of mental breakdown in people. Self confidence is a major entity which is questioned at this point of time. Confusions and de-motivation are the end result of job hunting in such a time. In such a situation when progress in career hunt seems challenging, the best way to move ahead is to learn skills to upgrade ones knowledge. Many online learning platforms are offering skill development courses which people can learn at their convenience. For example there is around 440% of progress in enrollments in Udemy(an online learning platform) during lockdown period of 2020.

Advancement of skill through higher education sounds good but it is not possible for everyone. The talented pool of graduates are at high risk of losing their motivation and aspiration to attain their dream job. They are forced to take up jobs that come their way which has no relation to the skills they have learned. This leads to low performance of the employee which in turn reduces the work quality thus affecting the company's success. All these negative experiences bring down the moral of the workers. When emotional quotient gets affected no person can give his best in whatever he or she do. Such conditions have a massive impact on the self confidence and self esteem of people.

Covid-19 impact on a fresher is that when they get into a job which is not their skill, they tend to make errors which leads to failure of the tasks assigned to them. This results in low self esteem. This in turn reduces their confidence in work place. Fear of failure and making mistakes crops up at this time. Disruption of mental state is the result. Low self worth brings in negative emotions which lowers the productivity of a person. At such a stage both personal life and professional life of a person gets affected.



In this scenario of a global pandemic a graduate who is in the process of hunting a job might not get the kind of work he or she is trained for. Feeling of anxiety and depression is the result. This has to be managed smartly. It is absolutely normal to feel fearful, frustrated, demotivated and anxious. Distracting oneself from negative thoughts by engaging in self motivating tasks will help a person to deal with the stress. Try, try and try until you succeed strategy could be impractical. So the best thing is to keep trying for the job at the same time get into some job that comes in the way which matched your profile. The other thing which can be done is to enroll for higher studies to keep one updated and to make use of the unproductive time. The key is to keep calm and stay motivated.

**Conclusion:-**The globe is facing one of the worst job crises due to covid-19. Layoffs pay cuts, unpaid leaves etc have suddenly become a trend in every organization because of the pandemic. This in turn is creating a major socio-economic breakdown all over the world. Fresher and graduates who are on job hunt are facing major challenges at this point. Self motivation is the only way to face this unexpected situation. The best way to utilize the time is to enroll for higher studies in the same stream or to join some organization which supports the skill set what you are trained for. Human mind can handle all kinds of pressures with the readiness of the heart. With a positive mind we can face all the challenges that come our way.

#### References:

1. Aspirations, Concerns and Psychology of University Students after Graduating Bachelor's Degree by Umesh B, Aminath NN and Bindal 2018 , Journal of Forensic Psychology, DOI: 10.4172/2475-319X.1000134
2. Employee adjustment and well-being in the era of COVID-19: Implications for human resource management by, [Joel B. Carnevale](#), [Isabella Hatak](#) 2020 , DOI: [10.1016/j.jbusres.2020.05.037](#)
3. Human resources challenges for the 21st century, Lavinia RASCA 2017, DOI: 10.1515/picbe-2017-0051
4. How the Corona virus Crisis Is Redefining Jobs by [Ravin Jesuthasan](#), Tracey Malcolm, [Susan Cantrell](#) 2020, Harvard Business Review

## Attitude of college students towards virtual teaching learning

Research Scholar - Rekha

Guide – Dr. D.L.Pareek

Shri J.J.T.University

Co-Guide – Dr. Vikash Sharma

**Abstract:-**Data were collected from 320 students of two districts from Haryana state viz, Bhiwani and CharkhiDadri. Two colleges i.e. one Govt./Govt. aided and one self- financed/ private were selected. One college each was selected from rural and urban locations. Thus, four colleges were selected from each district making a total of eight colleges. From each college 40 students (total 320 students) including both males and females were selected randomly. Responses about attitude statements towards virtual teaching learning were obtained on a five-point continuum and preferences for online VS offline were also explored. Data were obtained through well structured questionnaire. Results revealed that most of the students agreed that 'E-learning can never match face to face learning', 'Face-to-face interaction gives them energy', 'Learning in offline mode is always better' and they were waiting for offline mode to start. About half of students had unfavourable attitude followed by moderately favourable and only 2.19 per cent had highly favourable attitude towards virtual teaching learning. Maximum students preferred completely offline followed by mostly offline and online and offline equally. It was also found that total attitude scores of urban students were higher than rural students, but statistically, no difference in attitude was found among rural and urban students

**Key words:** Virtual teaching learning, College students, Attitude, Preferences

**Introduction:-**Over the years, Information and Communication Technologies (ICTs) are playing a very important role in transforming the mode of imparting education. However, at present, teaching and learning has been enhanced by a vast array of ICT based technologies in the form of digital, web and satellite-based services. The growth in use of these technologies within the education sector has accelerated in recent years and is expected for continued expansions in the future. There are several advantages of this new mode. It can be easily accessed even in rural and remote areas. It is also considered to be a relatively cheaper mode of delivering and obtaining education i.e the cost of transportation, hostels/accommodation, and the overall cost of institution-based education is lower than the traditional mode. The students can learn anytime anywhere. However, it is also a fact that new technologies have put pressure on both teachers and students who have had to make far bigger adjustments. The outbreak of Covid-19 pandemic across the world has challenged the education system and forced educational institutions to shift to an online mode of teaching overnight. Almost all the academic institutions, teachers and students struggled to shift their traditional face to face approach to online /virtual teaching-learning. Therefore, present study was conducted to explore attitude of college students towards this virtual mode and their preferences.

**Methodology:-**The study was carried out in Haryana state. Two districts of Haryana state viz, Bhiwani and CharkhiDadri were selected. From each district, two colleges i.e. one Govt./Govt. aided and one self- financed/ private were selected. One college each was selected from rural and urban locations. Thus, four colleges were selected from each district making a total of eight colleges. From each college 40 students (total 320 students) including both males and females were selected randomly. A well-structured duly pre-tested questionnaire was constructed and the data were obtained through personal visits by the researcher. Several attitude statements were designed on selected topic for the study. Scores were given on a five point continuum i.e. scores 5, 4, 3, 2, 1 were given to strongly agree, agree, neutral, disagree and strongly disagree for positive statements while opposite scores

i.e. 1, 2, 3, 4, 5 were assigned to the negative statements. Attitude also included preference of respondents for online vs off line teaching. Total scores were divided into three categories of high; medium and low. Results are explained below:

### **Attitude of college students towards virtual teaching learning**

Data of table 1 observes the attitude of college students towards virtual teaching learning. Table explains that in case of statement 'I feel comfortable in online mode', maximum (52.81 %) respondents disagreed followed by agree (26.25 %). Very few i.e., 9.06 per cent strongly disagreed with the statement. Regarding the statement 'I think e-learning platforms are not user friendly' most (37.81 %) of college students agreed, while a little lesser percentage (32.18%) disagreed also. Maximum students strongly agreed (40.31%) and agreed (35.93) on the statement 'E-learning can never match face to face learning'. For the statement 'E-learning is quite compatible to me', most of college students disagreed i.e., 47.50 per cent followed by strongly disagree (21.25 %) and agree (17.50 %). Very few i.e., 10.00 per cent students strongly agreed with the statement. In case of 'I wish to use e learning in near future' maximum (53.12 %) respondents disagreed with the statement followed by strongly disagree (17.50 %) and agree (11.25 %).

Table 1 further explains that in the statement 'I am not comfortable with digital technology' maximum college students agreed (45.62 %) and strongly agreed (16.87 %) with the statement, while 25.62 per cent disagreed 8.75 per cent strongly disagreed with it. With respect to statement 'It is easy for me to find information through e learning platforms' 33.12 per cent of respondents disagreed with the statement, while 30.00 % agreed. In case of 'Learning in offline mode is always better' 43.13 per cent of respondents strongly agreed followed by agree (33.75 %) while a few disagreed (14.37 %).

Table 1 also observes that for the statement 'Face-to-face interaction gives me energy', maximum i.e., 51.25 per cent of respondents strongly agreed with the statement followed by agree (25.62 %), while a few disagreed (11.25 %). Regarding statement 'I like to attend and study on campus', 44.37 per cent agreed and 29.37 per cent strongly agreed for this and only 10.63 per cent disagreed with the statement. In case of statement 'Online courses are very dry', 42.50 per cent of respondent's agreed and 26.87 per cent strongly agreed, 13.75 per cent were undecided and 11.25 per cent disagreed with the statement. With respect to the statement 'I am waiting for offline mode to start' 43.13 per cent of respondents strongly agreed followed by agree (26.87 %).

Table further explain that in respect of statement 'Offline mode gives me more flexibility in how I can learn', 48.13 per cent agreed followed by undecided (19.37 %) and strongly agree (15.00 %). With respect to the statement 'I get more motivation in offline mode', maximum i.e., 42.50 per cent agreed and strongly agreed (28.13 %). In case of statement 'E-learning has created more problems for me', 35.62 per cent of respondents agreed followed by strongly agree (29.37 %) while 14.37 per cent disagreed and 10.62 per cent strongly disagreed with the statement.

It can be concluded from the data that maximum respondents strongly agreed with the statements 'Face-to-face interaction gives me energy' followed by 'Learning in offline mode is always better' and 'I am waiting for offline mode to start'.

### **2. Online vs offline preference of college students**

Table 2 shows the online vs offline preferences of college students. Data explains that maximum students of both institutes preferred completely offline i.e., 35.63 per cent of government institute and 44.38 per cent of self-financed institute followed by mostly offline (23.75 per cent of government institute and 40.00 per cent of self-financed institute), online and offline equally (20.00 per cent of government institute and 13.75 per cent of self-financed institute) and mostly online (8.12 per cent of government institute and 1.87 per cent of self-



financed institute). Total 40.00 per cent students of both institutes preferred completely offline followed by mostly offline (31.88 %), online and offline equally (16.87 %) while mostly online mode was preferred by very few students (5.00 %).

It can be concluded from the data that maximum students preferred completely offline followed by mostly offline and online and offline equally.

### 3. Overall attitude of college students towards virtual teaching learning

Data in table 3 shows the overall attitude of students regarding virtual education. Results reveal that regarding government students, maximum (49.37 %) respondents had moderately favourable attitude towards virtual teaching learning followed by unfavourable (46.25 %) and highly favourable (4.37 %) whereas, maximum students of self-financed institute had unfavourable attitude i.e., 55.00 per cent followed by moderately favourable (45.00 %). None of students had highly favourable attitude towards virtual teaching learning. Total 50.63 per cent students of both institutes had unfavourable attitude followed by moderately favourable (47.18 %) and only 2.19 per cent had highly favourable attitude towards virtual teaching learning.

It can be elucidated from the data that maximum students had unfavourable attitude followed by moderately favourable towards virtual teaching learning.

### 4. Differences in the attitude of rural and urban college students towards virtual teaching learning

Results in table 4 show that mean scores of attitude of urban students ( $M=21.10$ ,  $SD=4.210$ ) towards virtual teaching learning was higher as compared to rural students ( $M=19.75$ ,  $SD=5.326$ ). The  $t$  value was found non-significant ( $t=1.668$ ,  $d.f.=318$ ,  $p=1.000$ ). Which indicate that means of the data were not significantly different from each other. Thus, it can be concluded that rural and urban students had no difference in attitude towards virtual teaching learning.

**Table 1. Attitude of college students towards virtual teaching learning (n=320)**

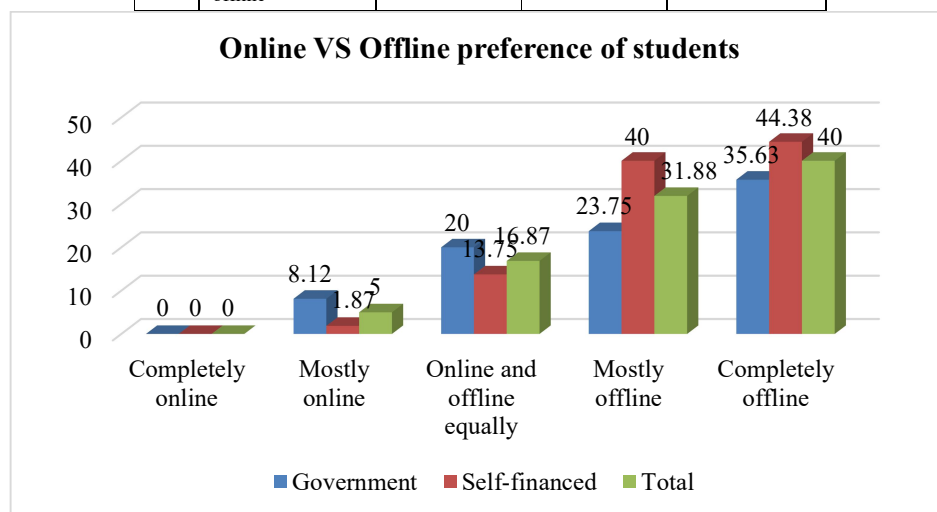
	Attitude	Strongly agree	Agree	Undecided	Disagree	Strongly disagree
1.	I feel comfortable in online mode +	29(9.06)	84(26.25)	17(4.72)	169(52.81)	21(6.56)
2.	I think e -learning platforms are not user friendly-	36(11.25)	121(37.81)	31(9.68)	103(32.18)	29(9.06)
3.	E-learning can never match face to face learning	129(40.31)	115(35.93)	53(16.56)	23(7.18)	0(0.00)
4.	E-learning is quite compatible to me+	32(10.00)	56(17.50)	12(3.75)	152(47.50)	68(21.25)
5.	I wish to use e learning in near future+	24(7.50)	36(11.25)	34(10.63)	170(53.12)	56(17.50)
6.	I am not comfortable with digital technology-	54(16.87)	146(45.62)	10(3.13)	82(25.62)	28(8.75)
7.	It is easy for me to find information through e learning platforms	44(13.75)	96(30.00)	12(3.75)	106(33.12)	62(19.37)
8.	Learning in offline mode is always better -	138(43.13)	108(33.75)	08(2.50)	46(14.37)	20(6.25)
9.	Face-to-face interaction gives me energy'	164(51.25)	82(25.62)	10(3.13)	36(11.25)	28(8.75)
10.	I like to attend and study on campus .- -	94(29.37)	142(44.37)	24(7.50)	34(10.63)	26(8.13)



11.	Online courses are very dry (-)	86(26.87)	136(42.50)	44(13.75)	36(11.25)	18(5.63)
12.	I am waiting for offline mode to start -	138(43.13)	86(26.87)	18(5.63)	48(15.00)	30(9.37)
13.	Offline mode gives me more flexibility in how I can learn-	48(15.00)	154(48.13)	62(19.37)	32(10.00)	24(7.50)
14.	I get more motivation in offline mode -	90(28.13)	136(42.50)	14(4.37)	46(14.37)	34(10.63)
15.	E-learning has created more problems for me	94(29.37)	114(35.62)	32(10.00)	46(14.37)	34(10.62)

**Table 2. Online vs offline preference of college students**

Sr. No	Preferences	Students		
		Govt. (n=160)	Self-financed (n=160)	Total (n=320)
1.	Completely online	0(0.00)	0(0.00)	0(0.00)
2.	Mostly online	13(8.12)	03(1.87)	16(5.00)
3.	Online and offline equally	32(20.00)	22(13.75)	54(16.87)
4.	Mostly offline	38(23.75)	64(40.00)	102(31.88)
5.	Completely offline	57(35.63)	71(44.38)	128(40.00)



**Fig 1: Online vs offline preference of college students**

**Table 3. Overall attitude of college students towards virtual teaching learning**

Preferences	Students		
	Govt. (n=160)	Self-financed (n=160)	Total (n=320)
Unfavorable	74(46.25)	88(55.00)	162(50.63)
Moderately favorable	79(49.37)	72(45.00)	151(47.18)
Highly favorable	07(4.37)	00(0.00)	07(2.19)

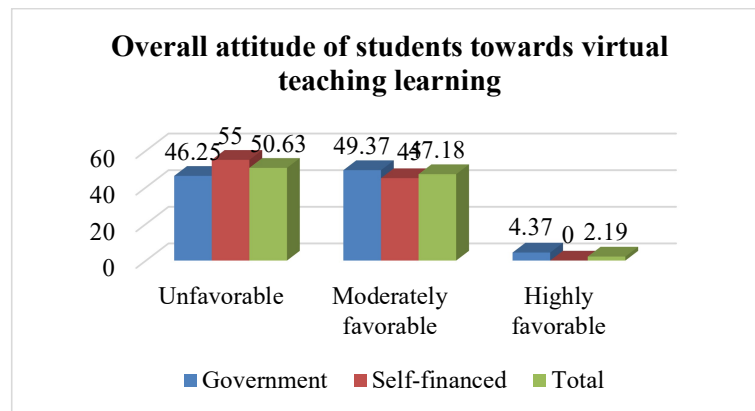


Fig. 2: Overall attitude of students towards virtual teaching learning

**Table 4. Differences in the attitude of rural and urban college students towards virtual teaching learning**

Attitude	Levene's Test		t-test						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Interval Of Difference(95%)	
								Lower	Upper
Equal variance assumed	0.000	1.000	1.668	318	1.120	1.243	3.721	-6.708	7.608
Equal variance not assumed			1.668	318	1.120	1.243	3.721	-6.708	7.608

#### Group statistics

Attitude	N	Mean	Std. Deviation	Std. Error Mean
1. Urban	160	21.10	4.210	2.447
2. Rural	160	19.75	5.326	2.058

#### References:

- 1.Ansari, S., Artani, K. and Tiwari, N. (2021). Fighting covid-19 through digital evolution and transformation in the education sector. Elementary Education Online, 20 (1): 2512-2517
- 2.Aung, T.N. and Khaing, S.S. (2015). Challenges of implementing e-learning in developing countries: a review. In: International Conference on Genetic and Evolutionary Computing, Springer. pp 405–411.
- 3.Bali, S. and Liu, M. (2018). Students' perceptions toward online learning and face-to-face learning courses. Journal of Physics. Conference Series. Vol.1108, 012094
- 4.Barbour, M. (2012). Training teachers for a virtual school system: A call to action. Education Faculty Publications. Sacred Hall University, Isabelle Farrington College of Education. Becta (2004). What the research says about using ICT in Geography. Coventry: Becta ICT Research. dera.ioe.ac.uk

## Branding and Revenue Generation of IPL

**Moinuddin N Inamdar,  
Research Scholar, JJTU**

**Under the Guidance of Dr. Bapu N. Chougule**

**Abstract:**-Indian cricket has undergone drastic changes in last one decade. The new format in the world of cricket i.e. 20-20 / T 20 has brought extensive changes in the game bringing in the constituent of provincial teams with a provision for international players bringing in the constituent of globalization in cricket. Indian Premier League (IPL) is a tournament of twenty over cricket matches. Teams of this tournament are selected via an auction from a pool of players. Each team employs a think-tank to build the best possible team. The franchises appear to have comprehended the gamut of the auction business and appear to have made smart bids, with a few exceptions. The contribution of individual team members to the overall team performance is more easily quantifiable in cricket and the performance evaluation of a player is a very critical issue. India has become the financing hub for cricket, a broadcaster in its own right, and an agenda-setter in the management of all forms of the game. IPL has become a self sustaining model of cricket in the country.

**Keywords:**-Indian Premier League (IPL), Player performance, Merchandising, Branding, Revenue

**Introduction:**-The Indian Premier League (IPL) a cricket sporting event has become a mega brand right from its inception with its picture perfect start with an absolute mix of content, stars, players national & International making it local and a fabulous marketing. The Indian Premier league was founded in 2008 and it has changed the way cricket was looked at. IPL was initiated by the BCCI with 8 franchises which comprised players from all over the world (cricket playing nations). 3 of 9 IPL teams had places among the top 50 highest paying teams according to a survey conducted by Sportsintelligence.com. The prices of IPL players ranged from \$20000 to more than \$2 million for a tournament that was played over 7 weeks. In 2009, Forbes magazine reported that IPL is the fastest growing sports business in the world. Indian Premier League (IPL) has created a position of its own in the world cricket community. In this tournament, there are eight teams named after eight cities of India. Each team is owned by one or more franchises. A pool of players is created for an auction. Each player is allotted a base price, and the maximum amount each franchise can spend for its entire team is fixed. The auction determines the team for each franchise. Cricket is popular sports in India, and many people want to know comparative study between different players, team etc. Before few months IPL (Indian Premier League for Cricket) auction was taking placed. Most of the franchises were interested to pick a cricket player based on their past performances.

### **Objectives of the Research:**

1. To study the key factors of IPL Branding
2. To study the revenue model of IPL
3. To study the key performance of players in IPL Matches
4. To study the most profitable revenue generate team of IPL

### **Review of Literature:**

1. **Colin Agur, (2013)**, from his research study it is found that the league is run by the BCCI, but its franchises are privately owned. In advance of the inaugural season in 2008, the BCCI auctioned off eight franchises for a total of US\$724 million, an average of about US\$90 million per team (ESPN Cricinfo, 2008). As the IPL expanded to new cities, franchise costs soared. In 2010 the conglomerate Sahara bought the then two year-old Pune Warriors for US\$370 million, and Rendezvous Sports bought Kochi Tuskers Kerala for US\$330 million.

2. **Mahesh Kumar Shankar Kedar (2015)**, he has elaborated that cricket fans i.e customer is immersed and experience closer and more intense stimulation of the senses than in pure cricket with vibrant colours of team apparel, entertainment. There are three kinds of brand connect in IPL. One is on air, which is depending on the viewership per se. Second one is on-ground sponsorship and the third is sponsorship for the teams. There are two types of merchandising, one IPL level and team level. One of the IPL level merchandising was Swiss watch brand Bandelier which launched its IPL collection. When it comes to team level merchandising, major merchandising includes Backpack, Bags, Bandana, Banner, Bat, Bottle Chiller, Bracelet, Cap, Flag, Gym Bags, Horns, Keychain, Keyrings Magnet, Mug, Playing Cards, Slide, Sport Bottle, T-Shirt, Trumpet, Wallet, Water bottles and Wrist Band.
3. **Shah Parag (2017)**, he has defined batting average considering the quality of bowler, he is facing and similarly bowling average considering the quality of batsman he is bowling to. In cricket the captain is responsible for the team. Before the game starts the home captain tosses the coin and the touring captain calls heads or tails. The captain chooses the batting order, sets up fielding positions and shoulders the responsibility of on-field decision-making. Thus, the outcome of a match depends on the captain's decisions. In this sense, the success of a team depends on the captain. The role of the captain in cricket directly impacts the result of the match and eventually the profit of the franchise.
4. **Dr. Parag S., et al, (2018)**, He has found from his research study that Suresh Raina is the person who made the highest runs in the history of IPL from 2008 to 2017. Surprisingly if you find the top-10 catcher of IPL history and if you are not considering wicket keepers catch then Suresh Raina again comes on top of the table. So, we can conclude that Suresh Raina is the best batsman and best fielder in IPL. See a figure-4 comparison between Kohli and Raina runs through each season. In 2008, 2009, 2010, 2012, 2014, 2017 Raina was the top-scorer than Kohli. We also did the comparison of both the stars in the type of dismissals, strike rate by over and Number of overs faced by both. We also did the comparison of stars like Sachin Tendulkar, Saurav Ganguly, MS Dhoni, Suresh Raina & Virat Kohli innings strike rate over wise and no doubt god of the cricket Sachin Tendulkar's strike rate is highest in 20th over in IPL history with compare to Ganguly, Dhoni, Kohli, and Raina.
5. **Prof. T. Umamaheswara Rao et. Al (2018)**, he has elaborate in his study that IPL has in less than two years through IPL, BCCI got over Rs.1,300 Crore, \$ 0.26 Billion. This is a tremendous economic package for a country like India and broader international market created overnight. There are parts that tied many other sectors and financial growth is phenomenal and will sustain in next few years. Advertising brought Rs.400 Crore through Multi Screen Media owned by SET MAX. Sponsorships, franchisee fee, Tickets, etc., raised Rs.450 Crore Eight franchisees paid Rs.225 Cr and international distribution brought Rs.220 Crore the overall profit margin is a gravity-defying 50%. The values of individual players has swelled and created Sachin as one of the top sporting ICON worldwide. His annual revenue swelled over 40 Crore Top batsmen of other team got a pay over 1 Crore per year and these contracts topped even the successful managers at many firms.
6. **Mukherjee P. (2020)**, he found that sport is a significant sector in economic, social, and management terms. Globally, the market alone is estimated to be around \$ 12 billion per annum (). The Indian Premier League (IPL) is a professional Twenty20 league cricket competition in India, initiated by the Board of Control for Cricket in India (BCCI). It began in 2008 and is controlled by the IPL Governing Body. Today, IPL is the second highest paying league in the world, next only to NBA. USD 3.84 million is the average per annum salary of a player in the IPL. The IPL has successfully combined sports and

entertainment and created a new niche market segment called sport entertainment. Today, IPL occupies the top spot in the advertising strategies of all companies across the spectrum. Large corporate houses like Reliance Industries Ltd, United Breweries and India Cements have floated their own teams.

7. A robust business model like IPL does not depend only on selling of tickets. They make sure that there are various other outlets from which they can generate money to sustain themselves. IPL tournament franchise has developed as a valuable commercial property. It offers firms the opportunity to market and extensively advertise their businesses. And with this they can easily earn money and continue the IPL. The core of IPL's business model is the idea of inviting private firms to own franchises. When the franchise rights are sold at soaring prices, investing firms saw the value of investing in IPL. By selling off the franchise rights IPL was able to create money. People always crave entertainment; this guarantees that showbiz will never slump but exponentially continue to grow. IPL is a mixture of Bollywood and cricket; it is a source of entertainment for millions and the investors are aware of this, hence there will never be a shortage of investors.

**Research Methodology:** The research methodology adopted for the present research paper can be seen as below

1. **Research Design** – Descriptive Research designed is adopted for the present research as it suits the nature of the research. It describes and reviews the current status of the IPL since its inception.
2. **Sources of Data** – There are two sources of data namely the primary data and secondary data. The present research has taken only the available secondary data on the subject of research. There is plenty of published data available on IPL matches.
3. **Data analysis and tools used** – The present research paper has analysed the data using simple tools like average, percentage share, growth rate, trends analysis etc.

**Limitations** - Some of the limitations of the present research are

1. It has focused on quantitative data and not qualitative aspect of the research.
2. It is based only on the secondary data and not on primary data.
3. It has only focusing on Branding, Player performance and revenue generation from IPL.

**Data Analysis:**

1. Analyse the most successful Winning Captain.

**Table 1 –**

**Captain Winning performance at percentage wise**

Rank	Player	Winning %
1	V Kohli (INDIA)	79.16
2	RT Ponting (AUS)	76.14
3	MJ Clarke (AUS)	70.42
4	KC Sangakkara (SL)	65.85
5	GC Smith (Afr/SA)	64.23
6	EJG Morgan (ENG)	62
7	BB McCullum (NZ)	61.86
8	Asghar Stanikzai (AFG)	60.97
9	AB de Villiers (SA)	60.1
10	MS Dhoni (INDIA)	59.57
11	DPMD Jayawardene (SL)	59.09
12	MP Vaughan (ENG)	58.92
13	Mortaza (BDESH)	56.6
14	DL Vettori (NZ)	55.33
15	AN Cook (ENG)	54.47
16	Misbah-ul-Haq (PAK)	53.48
17	KS Williamson (NZ)	52.94
18	SPD Smith (AUS)	52.08
19	AD Mathews (SL)	50.53
20	WTS Porterfield (IRE)	48.35
21	Shakib Al Hasan (BDESH)	46.93
22	AJ Strauss (ENG)	45.08
23	Habibul Bashar (BDESH)	42.02

24	DJG Sammy (WI)	39
25	SO Tikolo (KENYA)	38.02
26	CH Gayle (WI)	36.17
27	JO Holder (WI)	31.13
28	P Utseya (ZIM)	30.14
29	E Chigumbura (ZIM)	29.03

Source: IPL Records

From the above table it can be seen that 29 team captain performance has been measured and ranked accordingly.

- Mr. Virat Kohli is the most successful captain among other captain by winning highest matches and he has won 79.16 percent matches for India under his leadership.
- Mr. Ricky Pointing, Australia Captain come in 2<sup>nd</sup> position by wining matches and have 76.14 percent.
- Mr. M. S. Dhoni ranked 10<sup>th</sup> position by winning matches at 59.57 percent
- Mr. E Chigumbura (ZIM) has ranked 29<sup>th</sup> position, he has won matches at 29.03 percent.

## 2. Annual Revenue generation by the different sectors:

Table 2.

Annual Revenue generate by the different sector

Firms	Sector	AnnualRevenue(InCrores)
BCCI	Cricket	1,621
ClaxoSmithkline	Pharma	1,565
ZEE Entertainment	Media	1,515
Whirlpool, India	Electrical Appliances	1,476
Colgate Palmolive	FMCG	1,290

Source: "Indian Premier League / Records". Cricinfo.

From the above table it can be seen that top 5 sectors have annual revenue in crores.

- BCCI have highest annual revenues of Rs. 1621 Crores as compared to other sectors.
- Glaxo Smithkline in Pharmaceutical sector has ranked 2<sup>nd</sup> ranked having annual revenue or Rs. 156
- Third Rank ZEE entertainment annual revenues is of Rs. 1,515 Cr, promoted by Subhash Chandra.
- Whirlpool, India in Electrical Appliances ranked 4<sup>th</sup> having annual revenue of R. 1,476 crores.
- Colgate Palmolive, in FMCG sector ranked 5<sup>th</sup> and having annual revenue of Rs. 1290 crores.

## 3. Top Brands of World Sport Events

Table 3

Top Brands of World Sport Events

Organization or Event / Teams / Country	Revenues in Billion	Rank
National Football League, NFL – 32 - USA	4.5	1
Major League Baseball, MLB – 30 - USA	3.94	2
National Basketball Association – 30 – USA	2.34	3
National Association of Speed Cars, NASCAR, France	1.9	4
Indian Premier League, 8 – India	1.65	5
Formula One CVC/RBS/Ecclestone Motorsport, Europe	1.55	6
UEFA Champions League, Soccer, Europe	1.10	7
PGA Tour – American Golf, USA	0.97	8
National Hockey League – NHL – 30 – USA	0.76	9
ATP World Tour Association of Tennis – USA	0.70	10



**Source:** Sport pro, a UK based magazine, July 2009 Issue.

**From the above table it can be seen that**

- IPL has emerged as one of the top five most valuable global sports events in the world. IPL, has been placed 5<sup>th</sup> globally at a value of \$1.65 Billion IPL rank of 5<sup>th</sup> among the top 200 sport events is phenomenal rise of Cricket in India and a great boon for Indian Brands.
- American based top giants of NFL, MLB, and NBA ranked as the top three sporting events.
- Even Wimbledon ranked much lower than IPL. As shown in table 5, more than 50 year old organizations located in developed countries have been shocked by the financial growth of IPL and this is an indication of rise of economic power of India over the next decade.

#### 4. Brand Valuation of IPL Teams from 2009 to 2020

Table No. 4

##### Brand Valued of IPL Teams from 2009 to 2020

Sr. No.	Team	Brand Value
1	Mumbai Indians	Rs.761 Cr
2	Chennai Super Kings	Rs.611 Cr
3	Kolkata Knight Riders	Rs.543 Cr
4	Royal Challengers Bangalore	Rs. 536 Cr.
5	Sunrisers Hyderabad	Rs. 442 cr
6	Delhi Capitals	<b>Rs.370 Cr</b>
7	Punjab Kings	<b>Rs.318 Cr</b>
8	Rajasthan Royals	<b>Rs.249 Cr</b>

Source: <https://thesportsgrail.com/ipl-team-valuation-list-of-all-teams-market-and-brand-value/>

From the above table it can be seen that

- Mumbai Indians tops the list of the most number of IPL titles as well as of the team with the highest value. Owned by India's richest man.
- Having won the title for the fourth time this season, CSK sits at second position not only in terms of value, but also in terms of success at the IPL.
- The two-time title winners come at 3<sup>rd</sup> position in this list. The team owned by Shahrukh Khan might cost over Rs.4000 crore next year when the new media rights deal is sealed.
- Having a value of Rs 536 Cr makes RCB the fourth-highest valued team in the league. Until now they were captained by none other than Virat Kohli, but after his decision to step down as the captain of the team, RCB matches will not be the same.
- Sunrisers Hyderabad's value has gone down since 2019 when they were valued at Rs 483 Cr. The team had won the title back in 2016 under David Warner's captaincy.
- Having played a great IPL season, Delhi Capitals could not succeed in winning the trophy.
- Earlier known as Kings XI Punjab, the team's value fell by 11% in the year 2020.
- The first winners of the inaugural Indian Premier League championship, Rajasthan Royals' value is now the lowest in comparison to all other teams. A Brand Valuation report 2021 by Duff and Phelps mentions the team's brand value to be Rs.249 crore.

#### Conclusions - The findings of the present research paper are

- From the Research study it is found that IPL revenue has exponentially grown as compared to other sports in the country.
- IPL is the second highest paying league in the world, next only to NBA. USD 3.84 million is the average per annum salary of a player in the IPL.
- The IPL has successfully combined sports and entertainment and created a new niche market segment called sport entertainment.
- Today, IPL occupies the top spot in the advertising strategies of all companies across the spectrum.

5. Virat Kohli is having highest match winning percentage and ranked top in the captain list.
6. Mumbai India Team has the highest Brand value as compared to other 7 IPL Teams.
7. Players performance is the key source for the success of the IPL Match
8. BCCI, Bollywood and entertainment have contributed to the brand value of the IPL
9. National and International players have an opportunity to show case their performance in IPL
10. Many Corporate have also generated profit from IPL franchises business.

#### References

1. Shah Parag. New performance measure in Cricket, IOSR Journal of Sports and Physical Education. 2017; 4(3):28-30.
2. Tan A, Ramachandran R. Ranking the greatest all-rounder's in test cricket, 2010. [www.cricketociety.com/ranking\\_the\\_greatest\\_all-ro.pdf](http://www.cricketociety.com/ranking_the_greatest_all-ro.pdf), Retrieved on October 17.
3. Dr. Parag Shah and Dr. MN Patel, Ranking the cricket captains using principal component analysis, ISSN: 2456-0057, IJPNPE 2018; 3(2): 477-483, © 2018 IJPNPE [www.journalofsports.com](http://www.journalofsports.com)
4. Dr. Parag C. Shukla and Dr. Hetal R. Thaker, Analysis and Comparative Study of 10 Years Cricket Sports Data of Indian Premiere League (IPL) using R Programming. International Journal of Computer Engineering and Technology, 9(5), 2018, pp. 10-15. <http://www.iaeme.com/IJCET/issues.asp?JType=IJCET&VType=9&IType=5>.
5. Maheshkumar Shankar Kedar, IPL the Most Valuable Franchise Brand Building Game, Branding Cricket–The IPL Way, Research Student Sinhgad Institute of Management and Research Center, Wadgaon, Pune, Advances in Economics and Business Management (AEBM) p-ISSN: 2394-1545; e-ISSN: 2394-1553; Volume 2, Issue 13; July-September, 2015 pp. 1296-1299.
6. Prof. T. Umamaheswara Rao, Acharya Nagarjuna University, and Kishore Prabhala, Director, Prabhala PG College for Women, (MBA), Rise of Global Indian Brand: IPL, 2018.
7. P. Mukherjee, Business Standard (2015), IPL – A Corporate Brand <http://www.business-standard.com/india/news/brand-ipl-comes-undercloud>
8. Colin Agur, A Foreign Field No Longer: India, the IPL, and the Global Business of Cricket, Columbia University, USA, Journal of Asian and African Studies, 48(5) 541 – 556, 2013.
9. Vinamra Mehrotra, Oct 27 2021, IPL Team Valuation: List Of All Teams Market And Brand Value; <https://thesportsgrail.com/ipl-team-valuation-list-of-all-teams-market-and-brandvalue/>
10. DNA, 2021. How IPL owners, teams, franchises make money? All you need to know, <https://www.dnaindia.com/lifestyle/report-how-ipl-owners-teams-franchises-make-money-all-you-need-to-know-2901458>

## **A study on Marketing Mix (7 Ps) of Indian Premier League (IPL)**

**Moinuddin N Inamdar**

**Research Scholar, JJTU**

**Under the Guidance of Dr Bapu Chougule**

**Abstract:-**The Indian Premier League has changed the mind-set of the people towards cricket. It is considered as one of the most sought after extravaganza which is a combination of entertainment, nail biting cricket, world famous cricketers, corporate houses and Bollywood stars with a massive global viewership. Many corporate houses have considered IPL as the best platform to market their products and services. Marketing Strategy of Indian Premier League (IPL) analyses the brand with the marketing mix framework which covers the 7Ps such as Product, Price, Place, Promotion, and Physical Evidence etc. There are several marketing strategies like product innovation, pricing approach, promotion planning etc. These business strategies, based on Indian Premier League (IPL) marketing mix, help the brand succeed and achieve its business goals & objectives. This research studied the effective usage of marketing mix (7Ps) to brand the IPL cricket tournament over the years.

**Keywords**–Marketing Mix, IPL, BCCI, Cricket, Entertainment, Customers, Social Media

**Introduction:-**Indian Premier League is a franchise based Twenty20 cricket competition launched by BCCI on 13<sup>th</sup> September 2007. The concept was developed based on the Premier league of England and NBA of United states and considered as the first of its kind in the cricket world. At the beginning BCCI created eight new teams – each located in some of the biggest Indian cities and stacked them with cricket players from countries around the world. The owners had selected through an auction with the total base prices of franchisee business model costing around \$400 million. The IPL gained wide popularity worldwide, as one money spinning game where major corporate houses, celebrities from Bollywood and cricket join together. ViratKohli, the Indian captain is the highest paid cricketer till today with a package of \$2.4 Million for the season. Twenty20 cricket has introduced a new format where each side will play for an innings comprising 20 overs which will conclude within 3 hours. Over the past decade IPL has managed to attract clients such as PepsiCo, Vivo, Oppo, Vodafone, DLF, Karbonn, Godrej, Panasonic, Havells, Cadbury-Kraft, Samsung mobiles, Cargill Foods, Kent RO and more leading multinational companies. The estimated Rs 20000 crore brand value of IPL has created a platform for these brands to reach millions of audience. Marketing mix is a set of actions a business takes to build and market its product or service to its customers. It helps to make sure that you are able to offer your customers the right product, at the right time and at the right place for the right price. Whereas traditionally the marketing mix was executed through the 4 Ps of marketing, nowadays 3 more additional tools have been added to the mix, making it the 7 Ps of marketing. Businesses use a blend of these marketing mix elements to generate the response they want from their audience.

**Importance of Marketing Mix:-**There are several benefits of the marketing mix that makes it important to businesses;

- Helps understand what your product or service can offer to your customers
- Helps plan a successful product offering
- Helps with planning, developing and executing effective marketing strategies
- Helps businesses make use of their strengths and avoid unnecessary costs

- Help determine whether your product or service is suitable for your customers
- Helps identify and understand the requirements of customers
- Helps learn when and how to promote your product or service to your customers

**Product**-Product is a good (such as music players, shoes etc.) or service (such as hotels, airlines, etc.) that is offered as a solution to satisfy the needs of your customer. When developing the product, you need to consider its life cycle and plan for different challenges that may arise during the stages of it. Once the product reaches its final stage (sales decline phase), it's time to reinvent the item to win the demand of the customers again.

**Price**:-The next element of the marketing mix is the price your customer is willing to pay for your product. This helps determine the profit you will be able to generate. Price mix is the most important element of marketing mix because it is the only element that brings revenue while all other elements are costs.

**Place**-This is about the distribution center of the product and the methods used in distributing it to the customer. Wherever this is, it should be easily accessible to the customer. For example, if you have a physical store, it should be located in a place that can be easily discovered by the customer. If you own a website to market your product, make sure it is easily navigable.

**Promotion**:-Promotion refers to the methods a business uses to gain the attention of the customers to their product. These include sales promotions, customer service, public relations, advertising etc. When creating your promotion strategy, consider the tactics used by your competitors, the channels that are most effective in reaching your customers, and whether they match the perceived value of your product.

**People**:-This refers to the people – both your customers and employees – who are directly related to the product or service. While you need to study your target market to understand whether they are in need of the type of product you are offering, you need to hire the right people who are capable of giving their best to build it.

**Process**:-Systems and processes play an important role in building and delivering a quality service to your customer. Make sure that your process is free of bottlenecks and blockers in order to reduce the unnecessary expenses associated with executing the service.

### **Physical Evidence**

**Physical evidence refers to what the customers see when buying a product or service. This could include your branding, packaging, the physical environment where you are selling your product etc. Make sure that all physical aspects associated with your product or services adhere to its values.**

### **IPL Marketing Mix Strategy:**

#### **1. Product Mix:**

Product mix include IPL teams, matches, tickets and other physical goods and services being used in the entire IPL matches. It is the actual product which IPL sells or market.

It also includes player's uniform and trophies used in the matches.

#### **2. Price Mix:**

Price mix include all types of tickets being sold by the IPL to the viewers. It also include the price of the advertisement, publicity, price of the gifts, medals, prize money etc. It also include the payments made to the players and other benefits of the matches.

### 3. **Place Mix:**

All the matches of IPL, except the 2009 and 2014 have been held in India itself. IPL 2009 was held in South Africa while the first leg of IPL 2014 was held in UAE. Thus IPL matches are being held across the globe and in all major cities of the country.

### 4. **Promotion Mix:-**It includes all forms of promotion of the game such as advertisement, publicity, salesmanship, brands, banners, Television viewership, broadcasting etc

### 5. **People Mix:**

It includes all those who are involved in the game of IPL such as the management, cricketers, umpires, fans, public, media, commentators, government etc

### **Process Mix:**

Indian Premier League is arguably the biggest sporting event of the year. So, it takes a lot of time for preparation. From the auctions, selecting the venues/grounds, broadcasting partners and advertising channels to pre and post-match presentations, extra innings and much more.

### 6. **Physical Evidence Mix:**

IPL is attracting masses of people because of its vast reach and effective marketing. The sponsors on the uniform/jersey of each team, the advertisements, and the sponsor name on the boundary line, the subtle mention of a particular product- all come under physical evidence.

## **Research Objectives**

1. To study the Marketing strategy and Marketing Mix adopted in IPL
2. To study the SWOT analysis of IPL
3. To study the role of digital marketing for IPL branding
4. To understand impact of IPL on consumers buying behaviour.

## **Review of Literature**

1. Rastogi and Deodhar (2009) tried to establish a relationship between final bid price and cricket players attributes. The players were measured in terms of batting strike rate in one day internationals, number of half centuries, stumping and wickets taken in all forms of the game. His study proved that the equilibrium final bid price of an IPL cricket player is the sum of total shadow prices of the players attributes.
2. Umar Rashid Dar (2016) has done introspection on the positive and negative impact of the game. The author feels IPL has opened up new business opportunities in various sectors like entertainment, infrastructure development and tourism in the country. Also the author considers it as a great medium to showcase the cultural heritage of India.
3. Naik et al (2012) used spectator based brand equity model to validate and measure the brand equity of IPL teams. The researchers found that the presence of the celebrity cricketers and sponsors is considered to be the major contributing factor to increase the brand equity of a team.
4. Gupta et al (2013) conducted a study on sponsorship linked marketing in IPL. The conclusion of the study suggests the brand managers to weigh the brand prominence and relatedness with the event before sponsoring it. It also discusses the meaningful ways to market an individual brand in between the cluttered media environment.
5. Many other studies (Ngan, Prendergast, G. P & Tsang, 2011; Kim, James & Kim, 2013; Herrmann, Kacha, & Derbaix, 2016; Bachleda, Fakhar A & Elouazzani, 2016) have found

that there is a relationship between sponsors advertising activities and purchase intentions viewers purchase intention of a product and were able to find a relationship between the sponsorship and advertisement. Different.

6. (ET Brand Equity, March 12,2020) Indian Premier League has value and importance in the brand space which can be utilised by different brands for their success.
7. Social media has a bigger role to play to provide live entertainment experience to cricket lovers as they are not allowed to be in stadiums," said Shradha Agarwal, strategy head and COO, Grapes Digital, an integrated communications agency. New features and activities help them increase time spent on their platforms.

**Research Methodology** The research methodology adopted for the research can be seen as below.

- **Nature of research design:** The research design adopted for this research is descriptive research design. It describes marketing strategy and marketing mix for IPL success.
- **Sources of data:** There are two main sources of data namely primary data and secondary data. In the present research, only secondary data has been used for analysis. There is plenty of secondary data available on the subject of research.
- **Data analysis and tools:** The available published data from different sources on the subject is analysed in terms of percentage growth or share, simple statistical looks like mean, trend analyst has been used to analyse and present the data.
- **Limitation of the research.** Some of the limitation of the present research are:
  1. It has emphasis on quantitative data and not qualitative data
  2. The research has not considered primary data
  3. The research contains problems at the macro level and not at the micro level.

## Data Analysis

### 1. List of Indian Premier League venues

**Table No. 1**

Venue	City	First	Last	Number of matches	Home of
M. Chinnaswamy Stadium	Bangalore	2008	2019	81	Royal Challengers Bangalore (2008–2019)
PCA Stadium	Mohali	2008	2019	49	Kings XI Punjab (2008–2019)
Arun Jaitley Ground	Delhi	2008	2021	72	Delhi Capitals (2008–2019)
Eden Gardens	Kolkata	2008	2019	70	Kolkata Knight Riders (2008–2019)
Wankhede Stadium	Mumbai	2008	2021	76	Mumbai Indians (2008–2019)
Sawai Mansingh Stadium	Jaipur	2008	2019	40	Rajasthan Royals (2008–2019)
Rajiv Gandhi International Cricket Stadium	Hyderabad	2008	2019	56	Deccan Chargers (2008–2012) Sunrisers Hyderabad (2013–2019)
M. A. Chidambaram Stadium	Chennai	2008	2021	59	Chennai Super Kings (2008–2019)
DY Patil Stadium <sup>[4]</sup>	Navi Mumbai	2008	2011	17	Mumbai Indians (2008) Deccan Chargers (2010) Pune Warriors (2011)
Brabourne	Mumbai	2010	2015	11	Mumbai Indians (2010)

Stadium					Rajasthan Royals (2015)
Barabati Stadium	Cuttack	2010	2014	7	Deccan Chargers (2010–2012)
					Kings XI Punjab (2014)
					Kolkata Knight Riders (2014)
Narendra Modi Stadium	Ahmedabad	2010	2021	17	Rajasthan Royals (2010–2015)
VCA Stadium	Nagpur	2010	2010	3	Deccan Chargers (2010)
HPCA Stadium	Dharamshala	2010	2013	9	Kings XI Punjab (2010–2013)
Jawaharlal Nehru Stadium	Kochi	2011	2011	5	Kochi Tuskers Kerala (2011)
Holkar Stadium	Indore	2011	2018	9	Kochi Tuskers Kerala (2011)
					Kings XI Punjab (2017–2018)
ACA-VDCA Stadium	Visakhapatnam	2012	2016	11	Deccan Chargers (2012)
					Sunrisers Hyderabad (2015)
					Mumbai Indians (2016)
					Rising Pune Supergiant (2016)
Maharashtra Cricket Association Stadium	Pune	2012	2018	38	Pune Warriors (2012–2013)
					Kings XI Punjab (2015)
					Rising Pune Supergiant (2016–2017)
					Chennai Super Kings (2018)
Raipur International Cricket Stadium	Raipur	2013	2016	6	Delhi Daredevils (2013–2016)
JSCA International Cricket Stadium	Ranchi	2013	2015	7	Kolkata Knight Riders (2013)
					Chennai Super Kings (2014)
Saurashtra Cricket Association Stadium	Rajkot	2016	2017	10	Gujarat Lions (2016–2017)
Green Park Stadium <sup>[5]</sup>	Kanpur	2016	2017	4	Gujarat Lions (2016–2017)
Updated: 19 September 2021					

### Inferences: Most IPL matches played at the following venues

1. M. Chinnaswamy Stadium situated in Bangalore highest nos. of IPL matches were played - 86
2. Wankhede Stadium situated in Mumbai is the second nos. of IPL matches were played – 76
3. Arun Jaitley Ground situated in Delhi is in 3rd position, where nos. of IPL matches were played – 72
4. Eden Gardens situated in Kolkata is in 4th position, where nos. of IPL matches were played – 70
5. VCA stadium is in Nagpur only 3 IPL matches were played.



### Average annual cost of IPL broadcasting rights 2008-2022

Media rights are the main and important source of revenue for any IPL team. For some teams, it is about 60% of their total revenue. BCCI sells Media rights or broadcasting rights to Channels

**Table No. 2**

Company	Season	Amount (Crores)
Sony Entertainment purchased media	Season 2008 – 2017	8,200 crore INR which is 820 crore INR for the season.
Star India acquired IPL media rights	Season 2018 – 2022	16,347 crore INR which is 3,269 crore INR for the season.

From the above table it can be seen as follow

- The Media right has been double from 2018 onwards. Star India acquired IPL media rights for the season 2018 to 2022 in Rs. 16347 crore INR, which is 3,269 crore INR for the season.
- Sony Entertainment purchased media for the season 2008 – 2017, at Rs. 8,200 crore INR which is 820 crore INR for the season.

#### 2. IPL title sponsors and their year-wise fee from 2008 to 2020

**Table No. 3**

Sr. No.	Corporate	Year	Crores
1	DLF	2008 - 2012	40
2	Pepsi	2013 - 2015	79.2
3	VIVO	2016 - 2017	100
4	VIVO	2018 - 2019	439.8
5	Dream11	2000	222

VIVO Chinese Smartphones have acquired the IPL title by paid highest bid amount of Rs. 439.8 Crores in the year 2018-2019 and Rs. 100 crores in previous year i.e. 2016- 2017, which is 4 times high amount.

- Second highest is Dream11 have paid highest bid amount for the IPL Title sponsorship i.e. Rs. 222 crore
- Pepsi Co Company has acquired IPL title in the year 2013 – 2015 of Rs. 79.2 crores
- DLF have enjoyed the title for 4 years by paying very low IPL title amount of Rs. 40 crores as compare to other giant companies.
- This resulted in highest sales of the VIVO smartphone products as compare to other companies.

### Conclusions

- From the research study it is found that Marketing Mix is an important instrument or tool for the success of the IPL seasons. Without proper planning of Marketing Mix, IPL would haven't reach at such a peak level.
- IPL got boosted due to large investment from the corporate and Bollywood personality in IPL
- Star India acquired IPL media rights by paying the hefty amount of Rs. 16,347 crores.
- M. Chinnaswamy Stadium situated in Bangalore highest nos. of IPL matches were played - 86
- From the SWOT Analysis it is found that IPL is one the most popularly marketed and branded cricket sports event globally,
- VIVO Company acquired the title sponsorship by bidding highest amount of Rs. 439.8 crores in the year 2018 – 2019.

- IPL is seen as an instrument or platform for new/targeted ad launch and the advertisers are developing communication specifically for IPL. Some examples being Jio Dhan Dhana Dhan, Pepsi IPL Emoji, Vodafone Zozo, Vivo – Kaun Jeetega etc.
- From the survey, it is found that Vivo is topped in the brand recall test followed by Kingfisher and Pepsi.
- From the literature review, it is found that Indian Premier League is considered as an entertainment and advertisers reap in lot of benefits from sponsoring and associating themselves with it.
- There is increase in revenue and value for most of the brands associated with the tournament which is a testament to the importance of it as a brand wagon.

## References

1. How to Develop an Effective Marketing Mix | What are the Marketing Mix Elements, on: 7 December 2021, <https://creately.com/blog/diagrams/elements-of-marketing-mix/>
2. Rastogi, S. K., & Deodhar, S. Y. (2009). Player Pricing and Valuation of Cricketing Attributes: Exploring the IPL Twenty20 Vision. *Vikalpa*, 34(2), 15–24.
3. Dar, U. R. (2016). Indian Premier League-Boon or Bane. *IOSR Journal of Sports and Physical Education (IOSRJSPE)* -ISSN: 2347-6737, p-ISSN: 2347, 6745, 01-04.
4. Naik, A. Y., & Gupta, A. (2012). Indian premier league and team brand building: Validating the spectator-based brand equity model in context of television viewers. *Metamorphosis*, 11(1), 36-51.
5. Gupta, A., Naik, A. Y., & Arora, N. (2013). Mapping sponsorship-linked marketing in Indian Premier League. *IIM, Kozhikode Society & Management Review*, 2(1), 61-72.
6. Ngan, H. M., Prendergast, G. P., & Tsang, A. S. (2011). Linking sports sponsorship with purchase intentions. *European Journal of Marketing*.
7. Social Media platforms leverage IPL for user engagement, April 2021, Mint News website, <https://www.livemint.com/news/india/social-media-platforms-leverage-ipl-for-user-engagement-11617884667983.html>
8. Narend Kumar, April 2020, List of Indian Premier League venues, [https://en.wikipedia.org/wiki/List\\_of\\_Indian\\_Premier\\_League\\_venues](https://en.wikipedia.org/wiki/List_of_Indian_Premier_League_venues)

## The Role of Business Intelligence in Education Sector

Anupama Jaiman,

Research Scholar Shri JYT University,

GUIDE Dr. D. L. Pareek

**Abstract:-**The role of Business Intelligence (BI) is very important in education sector because of technology up gradation and government efforts for educate India. BI helps to take the right decision in right time and in the right format. It is a tool for setting right process. It is a platform that help to analyses, prepare the report and create the environment for decision making. Managing an Educational institution involves access to information and monitor the institution activities. Due to the complexity & volume of Data BI required to set all procedure and formats in place so data handling will be easy. In an educational setting, there are a lot of data to be recorded into various sources systems, on a daily basis. Educational Business Intelligence (Edu BI) architecture utilizes BI technologies to integrate various sources of academic data into a single repository. Nowadays, there are various BI products ranging from simple reporting technologies to sophisticated BI platforms. Today's educational professionals must apply the most current technical tools to perform sophisticated analysis of student demographics, staff performance, state, national and international regulatory compliance. BI can help Educational Institutions to understand best courses to offer on their e-learning environment and also improving their curriculum. They can take advantage of social media analytics or Insights to understand the current trends both on the courses and student preferences.

**Key words:** environment, technologies, academic, Business

**Introduction:-**Business Intelligence (BI) is the procedure of getting the right data to the leaders at the opportune time and in the right organization. It is a product stage that backings investigation, reporting and basic leadership. Instructive Business design uses BI innovations to assess scholarly information for further investigation. BI is a helpful device for instructive foundations. Instructive foundations discovering hard to embrace the way of life of BI System. Speculations are likewise a major issue for business insight and execution administration. BI helps foundations to make and oversee examination frameworks that put noteworthy knowledge specifically in the hands of clients who can apply it to their day by day work. Considering the extreme monetary atmosphere for advanced education foundations all through the nation, it is basic for colleges to accumulate business-basic data in a compact and productive way to guarantee they are settling on ideal budgetary choices. The contribution of the all divisions and resources in Business Intelligence frameworks and activities gives a more prominent rate of return and helps chiefs to grow new business systems. The training area in India can be grouped into school, college and non-syllabus based parts. In India the greater part of the instructive establishments have extremely restricted budgetary and IT assets. One of the fundamental test for instructive organizations is maintenance of their current understudies. BI can help institutions adapt more quickly to changing environments, plan for the future and optimize their resources. BI can be utilized over the lifecycle of the training cycle - The instruction division in India can be classed into school, college and non-syllabus based parts. There is extension for BI and examination in each of these areas. A portion of the fascinating use cases incorporate figuring out which

understudies ought to get conceded, ranges of uncommon mentoring, enhancing application/affirmation rates, diminishing understudy wearing down/drop-offs, assessing workforce, enhancing educational modules, helping understudies get ready study arranges, helping understudies dissect scholarly and profession alternatives, choosing where to open the following school/college, what courses are individuals ready to concentrate best in an e-learning environment, learning suggestions and so on. The effect of Business Intelligence on the general structure to enhance the whole training division from the point of view of each partner-the understudy, the establishment, the workforce, the legislature and the business. Most of the education institutions have in common are very limited financial and IT resources. That is why they are forced to use their campuses and existing resources and students. One of the main and expensive challenges for these institutions to face & maintain the quality of system. BI can help institutions adapt more quickly to changing environments, plan for the future and optimize their resources. Education institutions have data but they need insights on the data to improve. For example, by using BI and Analytics, application/admission rates can be improved thereby generating more revenue, quality of faculty can be monitored and evaluated, students can be helped by preparing their study plans, teachers can be provided with immediate data driven feedback on student performance, student attrition can be reduced, etc. BI can help the education sector to adapt and thrive during times of uncertainty.

**Role of Business Intelligence:-**It is important to understand that BI cannot help to create new resources; it can only help to optimize existing ones. Some problems like the faculty crunch and teaching in remote areas can only be addressed by solving fundamental issues. What BI can do is to help make the best of what we have today. Teacher assignment algorithms for optimal assignment of teachers to classes; planning better for rural growth by assessing impact and reach of rural education and thereby ensuring maximum bang for the money spent are some ways in which BI can assist. BI can help universities to understand best courses to offer on their e-learning environment and also improving their curriculum. Also, Universities can take advantage of social media analytics or Insights to understand the current trends both on the courses and student preferences. This would help them in using existing infrastructure for more in-demand courses and move away from courses which have lesser interest among students. Cloud solutions are also popular among educational sector nowadays to overcome infrastructural issues. BI can help authorities to achieve their goals and objectives by giving them a clear and deeper understanding of what is going on in their institutions all the ways by providing them with relevant data. BI can also show how to measure their goals. It is a key component of business performance management. By the intelligent use of available data in decision making they can increase their performance and profitability of their institutions. Whether you are a primary educational institution, a college, university or a trade business school, your business can only succeed if you have the internal data in organized manner. You need to establish link between actual data and total inputs from all sources. Data analysis is required on all levels students, parents, teachers, administrators, alumni, and legislators and management. Each segment has a different set of requirements. Management should fully understand its results and improve and sustain satisfaction among all the segment so they can avoid failure.

**Use of Technology:-**Technology plays a vital role to maintain and sustain all educational and management information on the tips. Professionals must apply the most current technical tools to perform critical analysis of student demographics, staff performance, state, national and international regulatory compliance, evolving curricula, operational and facilities management and optimization, and regulatory reporting. Budgetary constraints can be

matched with sharing the resources. Laws change, budgets and funding are cut and every educational institution must do more with less! So, it is imperative that your enterprise have a complete picture of all data, presented in a way that is meaningful to summary and detail analysis and problem solving, with intuitive, flexible reporting and alerts to provide the views and drill down capacity that is crucial to making confident decisions and will enable swift corrective action. One of the major points of BI is to keep track of data and proper analysis of it to render to right decision making. Schools, universities, higher education bodies, charities, libraries, and museums are under pressure today to maximize effectiveness on ever reducing budgets. Competition between these institutions is at an all-time high forcing management to focus on increasing enrolment and registration whilst controlling costs. Even with some dark spots to it, BI is surely the newest technical tool that is expected to bring about a huge change in the education sector. With more and more schools taking the plunge, the outcomes are definitely what the institutions are aiming for! Business intelligence attempts to extract meaning from mountains of bits and bytes. Developments in transmission, collection and storage of data and the ability to analyze it allow us to leverage that data to achieve our business or policy objectives. Knowledge workers in today's marketplace must have access to the right information at the right time to make the right decisions, and all the while avoid "drowning" in information overload. Business intelligence is the principal discipline that helps us get there. Business intelligence is a broad category of systems, processes, management principles and technologies to turn bits and bytes of data into knowledge. Business intelligence applications continue to evolve and improve, providing the ability to not only report historical data, but to use real-time data to predict what is to come. Data can increasingly be reported and analyzed in the format that decision makers need to improve their business performance.

**Business intelligence tools:-**Business knowledge instruments (BI devices) are a path for organizations to screen information and create business experiences – essential parts in making more intelligent, better choices that drive results. Yet, once you begin research BI, you understand there are numerous sorts, from examination and huge information insights to reporting devices and dashboards that offer initially data crosswise over markers. While picking the right business insight devices for your association, consider your organization, your workers, your specialties and groups – and the achievement calculates that drive your basic leadership. What isn't working at present, and what variables would profit by change? Select apparatuses that permit you to picture and break down applicable information, consolidating and wiping out and tweaking to create data that helps you better comprehend your information. The objective: to settle on reality based and sagacious choices that will enhance organization execution.

**Security and confidentiality:-**When Educational institutions are using BI tools than the question come around for security of data and data should not be pass on to other parties and competitors. Maintaining the confidentiality of information about individuals or in this case students, or protecting general privacy of individuals, is becoming increasingly important in both business and for the public. These confidentiality protection routines coupled with the tabulation performance of enable micro-data access to be performed online. The confidentiality routines can also be used to ensure outputs such as publications or aggregated datasets do not disclose any confidential information about individuals (student records etc.)

**Conclusion:-**The possible future of BI in education sector is significant potential. In fact, despite education being one of the fastest growing sectors in the industry the usage of data for taking better decision is very limited or nearly absent. As the maturity is very low, the potential for growth given the undoubted business benefits is very high. The education sector

is perhaps the one place where something new is being introduced every now and then. Just the education imparted to students becomes not just a ladder to climb success, but the perfect food for their mind as well. And the latest introduction is Business Intelligence or BI and a lot of time and effort is being spent to research on how it can bring about a positive change to education. Before we delve into how a change can be brought about through BI, we need to know what exactly BI stands for. While some are rooting for more involvement of BI into education, some are fighting against it. Those who believe that BI can actually do nothing to improve education say so on the pretext that the education sector is under constant evolution and that it may be difficult to apply any concept and enjoy its results for a long time. Education is not stationary and hence it becomes really difficult to work on it with a particular concept in order to seek changes. Besides, both the students and teachers have different way of understanding. One student might vary from the other in his way of looking at teaching and decision making on the basis of data collected from different students with various level of understanding altogether makes it difficult. But this too, can be checked upon with constant monitoring on certain common factors in all students.

**References:**

1. <http://searchdatamanagement.techtarget.com/definition/business-intelligence>
2. [ElegantJBI.com](http://ElegantJBI.com)
3. <http://edustars.yourstory.com>
4. <http://www.educationinsider.net/detail>
5. <http://www.b-eye-network.com/view/17084>
6. <https://books.google.co.in/books>



## The Role of Massage in Sports and Physical Fitness

Manjusha Deshmukh

Research Scholar of Shri J.J.T.University

**Abstract:-**Massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. The particulars of the massage technique are specific to the athlete's sport of choice. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements. Massage is reported to have many beneficial effects in sportsperson. Massage technique can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from massage. As massage tends to include the pumping, squeezing and stretching of soft tissue, it can result in a variety of physical effects. These include the improved flow of blood, lymph and other fluids, and the better mobility of soft tissue. Certain massage techniques can lead to the separation of muscle fibres from one another or from other soft tissue. This paper discusses the importance of massage for sportsperson and keeping oneself physically fit.

**Keywords:** Massage Therapy, aggressive movements, soft tissue, fibres, pre-performance, post-performance, rehabilitation

**Introduction:-**Massage has been utilized in the treatment of illness and injury for thousands of years by health care practitioners. Chinese writings dating back to 2500 BC describe the use of this modality for a variety of medical purposes. Massage has been promoted as a treatment of choice for numerous conditions such as musculoskeletal injuries, cancer, stress, relaxation, and pregnancy. The art of massage was used in the prehistoric times for their curative effects. The Chinese used such methods of curing as early as 300 B.C. There is also record of such use by Indians from the earliest times. Even the Japanese, Greeks, Egyptians, Turks and Roman's were familiar with such benefits derived from massage and active movements. Among Greeks, massage was much used both as curative agent and as luxury after bath. Massage is one of the oldest forms of treatment for human ills. Over the centuries it has been referred in history, literature, art, as well as medicine. Massage performed by the hands in a scientific way is useful for the treatment of numerous abnormal conditions. Primarily, it affects the organs concerned i.e. joints, muscles and nervous system and through these they influence the whole body. About 200 year ago Germans worked out the Theories scientifically and it is now known and acknowledged as the scientifically manipulation of the soft tissues of the body.

**Meaning of Massage:-**Massage is not a new concept. It is the earliest known form of healing-touch-developed over thousand of year and surviving in to modern technological society. Almost every culture has employed including the Celts, Goths Egypt, Greeks, Romans. It is evident that massage has been with man from the beginning. Sports massage is a systematic manipulation of the soft tissues of the body that focuses on muscles relevant to a particular sport. Runner Paavo Nurmi, known as the "Flying Finn," was one of the early users of sports massage. Nurmi is said to have used sports massage during the 1924 Olympics in Paris where he won five gold medals. <sup>[1][2]</sup> Massage stimulates circulation and the nervous system response it also helps strength muscle and skin tissue while relaxing stressed areas of body.

### Types of Massage

- **Stroking** A therapeutic massage technique of slow continuous movement of the hands over the paravertebral areas along the spine from the cervical through the lumbar region. Usually a lubricant is applied to the skin, and the index and middle fingers are used to stroke both sides of the spinal column simultaneously.
- **Pinching** – pinching of the flesh in massage



- **Rolling** – It is the most common rolling movement used in massage. This massage manipulation is commonly used on the abdomen, thighs, and back. It can also be used - with appropriate care - around some joints.
- **Friction:** The rubbing or kneading of parts of the body especially to aid circulation, relax the muscles, or provide sensual stimulation.
- **Percussion** - A percussion movement usually takes the form of rapid movements from the wrists in which the body is struck with soft blows from each hand alternately.
- **Vibration** - Vibrations are a massage technique in which tissues of the body are pressed and released in an "up and down" movement. This often takes the form of a fine trembling movement applied using the palmar surfaces or just some of the finger tips of either or both hands
- **Raking** - it is the preferred stroke for transitioning to other massage strokes such as pinching, vibration, or percussion
- **Pressure** – Pressure massage is a modality separate from Swedish massage and is for specific issues which cause chronic pain, or limit range of motion

#### **Massage helps to the sportsperson**

- To Supply Oxygen to Muscles
- To Maintain Balance
- To Remove Waste Products
- To Prepare an Athlete for Competition
- To Support Training Programme
- Massage help the muscles to perform more Exercises
- Massage causes Relaxation of the Body
- Massage in Sport injury
- After Sports Rehabilitation

**Massage and Physical fitness:** Heavily exercised muscles may also lose their capacity to relax, causing chronically tight (hypertonic) muscles, and loss of flexibility. Lack of flexibility is often linked to muscle soreness, and predisposes you to injuries, especially muscle pulls and tears. Blood flow through tight muscles is poor (ischemia), which also causes pain. After this phase the body goes into Recovery Phase, which is important for the rebuilding phase and to obtain the full benefits of a conditioning program. Regular massage fits well into this stage. Unlike injury rehabilitation massage, maintenance massage both helps to prevent injury and treat chronic problems on a holistic level by looking at the entire body, the biomechanics, the posture and the regular workout and training of the athlete to make correct, long term changes that enhance performance. After we begin to recovery we enter the Buildup Phase in which our bodies adapt to the new demands placed on it and we become stronger and faster. For anyone participating in regular physical activity, massage therapy every week or two may be a great addition to your normal regimen. The benefits of massage include enhanced performance and improved recovery following sporting events such as training, competition whether that be recreational or elite. There have been significant improvements in blood flow to affected areas following delayed onset muscle soreness (DOMS) after exercise. Along with a targeted rehabilitation exercise program it can be useful to assist with strength, range of movement and flexibility of specific muscle groups. Massage has a role in injury management at various stages following the acute phase (2-3 days) to enhance recovery periods and psychological state. It has a holistic role to enhance function and performance in recreational and elite athletes.

**References** 1. Braun, Mary Beth, et al. *Introduction to Massage Therapy*. Baltimore, MD: [Lippincott Williams & Wilkins](#), 2004.

2. Greene, Elliot, et al. *The Psychology of the Body*. Baltimore, MD: Lippincott Williams & Wilkins, 2003.

3. Hendrickson, Thomas G. *Treating Soft Tissue Conditions with Orthopedic Massage*. Baltimore, MD: Lippincott Williams & Wilkins, 2002.
4. Sinclair, Marybetts. *Pediatric Massage Therapy*. Baltimore, MD: Lippincott Williams & Wilkins, 2004.
5. Goats GC. Massage – the scientific basis of an ancient art: Part 1. The techniques. *Br J Sports Med*. 1994.
6. Cassar MP. *Handbook of Clinical Massage: A Clinical Guide for Students and Practitioners*. 2nd ed. Edinburgh: Churchill Livingstone; 2004
7. Holey E, Cook E. *Evidence-Based Therapeutic Massage. A Practical Guide for Therapists*. 2nd ed. Edinburgh: Churchill Livingstone; 2003
8. Vickers A, Zollman C. ABC of complimentary medicine: Massage therapies. *BMJ*. 1999.
9. Galloway SD, Watt JM. Massage provision by physiotherapists at major athletics events between 1987 and 1998. *Br J Sports Med*. 2004
10. Nichols AW, Harrigan R. Complementary and alternative medicine usage by intercollegiate athletes. *Clin J Sport Med*. 2006
11. Callaghan MJ. The role of massage in the management of the athlete: A review. *Br J Sports Med*. 1993.
12. Benjamin PJ, Tappan FM. *Tappan's Handbook of Healing Massage Techniques: Classic, Holistic, and Emerging Methods*. 4th ed. Upper Saddle River, New Jersey: Prentice Hall; 2005
13. Stasinopoulos D, Johnson MI. Cyriax physiotherapy for tennis elbow/lateral epicondylitis. *Br J Sports Med*. 2004
14. Egan AD, Cramer JT, Massey LL, et al. Acute effects of static stretching on peak torque and mean power output in national collegiate athletic association division I women's basketball players. *J Strength Cond Res*. 2006.
15. Church JB, Wiggins MS, Moode FM, et al. Effect of warm up and flexibility treatments on vertical jump performance. *J Strength Cond Res*. 2001.
16. McMillian DJ, Moore JH, Hatler BS, et al. Dynamic vs. static-stretching warm up: The effect on power and agility performance. *J Strength Cond Res*. 2006.
17. Faigenbaum AD, Bellucci M, Bernieri A, et al. Acute effects of different warm-up protocols on fitness performance in children. *J Strength Cond Res*. 2005.
18. Farr T, Nottle C, Nosaka K, Sacco P. The effects of therapeutic massage on delayed onset muscle soreness and muscle function following downhill walking. *J Sci Med Sport*. 2002 Dec;5(4):297-306.
19. Goodwin JE, Glaister M, Howatson G, Lockey RA, McInnes G. Effect of pre-performance lower-limb massage on thirty-meter sprint running. *J Strength Cond Res*. 2007 Nov;21(4):1028-31.
20. Hemmings B, Smith M, Graydon J, Dyson R. Effects of massage on physiological restoration, perceived recovery, and repeated sports performance. *Br J Sports Med*. 2000 Apr;34(2):109-14.
21. Hinds T, McEwan I, Perkes J, Dawson E, Ball D, George K. Effects of massage on limb and skin blood flow after quadriceps exercise. *Med Sci Sports Exer*. 2004 Aug;36(8):1308-13.
22. Jonhagen S, Ackermann P, Eriksson T, Saartok T, Renstrom PA. Sports massage after eccentric exercise. *Am J Sports Med*. 2004 Sep;32(6):1499-503. Epub 2004 Jul 20.

## विद्यार्थी जीवन में योग की भूमिका

मंजू कुमारी, पंजीयन संख्या : 17219143

शाधे छात्रा, श्री जगदीशप्रसाद झाबरमल टिबडवाला विश्वविद्यालय, विद्यानगरी, झुंझुन,

डॉ. दुर्गालाल पारीक, पंजीयन संख्या : JJT/2k9/EDU/680

प्रोफेसर, श्री जगदीशप्रसाद झाबरमल टिबडवाला विश्वविद्यालय, विद्यानगरी, झुंझुन

प्रस्तावना—“योग अतीत के गर्भ में प्रसुप्त कोई कपोल—कथा नहीं है। आज यह वर्तमान की सबसे अधिक मूल्यवान धरोहर है। अब ये वर्तमान युग की अनिवार्य आवश्यकता एवं आने वाले युग की संस्कृति है।” — (स्वामी सत्यानन्द सरस्वती) आज जीवन में चारों ओर अंधकार सा छा रहा है। प्रत्येक मनुष्य के चेहरे पर बैचेनी, उदासी एवं निराशा हावी होती जा रही है। मनुष्य यदि अपने जीवन में योग को महत्व देगा तो उसके जीवन में प्रकाश ही प्रकाश नजर आयेगा। उसकी जीवन जीने की राह आसान हो जायेगी एवं अंधकार से उसे मुक्ति मिल जायेगी। इस भागदौड़ एवं प्रतिस्पर्धात्मक युग में प्रत्येक माता-पिता अपने बालक को सर्वश्रेष्ठ बनाना चाहते हैं। उनका आकांक्षा स्तर ऊंचा होता है। आज के माता-पिता अत्यधिक व्यस्त होने के कारण बालकों को समय नहीं दे पा रहे हैं एवं बच्चों से उच्च कोटि के परिणाम की आशा रखते हैं। इन परिस्थितियों में विद्यार्थी कुठा, निराशा, डर, भय एवं मानसिक अशंति आदि अनेक रोगों से ग्रस्त होते जा रहे हैं। अपनी राह स्पष्ट नहीं होने के कारण बालक गलत रास्ते पर चलने को मजबूर हो रहा है तथा स्वयं को अंधारमय रास्ते पर चलने को मजबूर करते हैं। इस स्थिति में यदि स्कूली शिक्षा के साथ-साथ योग शिक्षा को जोड़ा जाये तो विद्यार्थी के जीवन की राह खुल जायेगी तथा वह एक सामयिक प्राणी के तरह जीवन जीते हुए अपने कर्तव्यों का निर्वाह सही ढंग से कर सकेंगे। हम सभी जानते हैं कि भारतीय परम्परा में भी योग का अधिक महत्व रहा है। भारतीय धर्म, पुराण इतिहास आदि के पढ़ने से ज्ञात होता है कि योग साधना की परम्परा प्राचीन काल से चली आ रही है। उपनिषद में योग को साक्षात् बाह्यदर्शन की प्रक्रिया बताया है, वहीं गीता में “समत्वं योगमुच्यते” “योगः कर्मसु कौशल्य” आदि वाक्यों से योग का स्वरूप दर्शाया गया है। योग संयमित जीवन जीने का विज्ञान है, जो शारीरिक, आध्यात्मिक, मानसिक एवं भावानात्मक सभी पक्षों को प्रभावित करते हुए व्यक्तित्व में चार चांद लगता है। योग शब्द का अर्थ “एक्य” या “एकत्व” होता है, यह संस्कृत धातु “युज” से बना है, जिसका अर्थ जोड़ना होता है। सामाजिक नियमों का पालना करना उस समाज के सभी सदस्यों पर निर्भर करता है तथा एक विद्यार्थी भी सामाजिक प्राणी है। जिसे सभी कर्तव्यों का निर्वाह करना अनिवार्य है। सही ढंग से कर्तव्यों का निर्वाह वह तभी कर पायेगा जब वह स्कूली शिक्षा के साथ-साथ सदाचार के नियमों की पालना की भी आदत डालेगा। अच्छी आदतों के विकास में योग की भूमिका अहम हो सकती है। योग के माध्यम से हमारा मन, मस्तिष्क एवं शरीर स्वस्थ रह सकता है। जब मस्तिष्क स्वस्थ होगा तभी अच्छे विचार आयेंगे। इसीलिए कहा जाता है कि “स्वस्थ शरीर में स्वस्थ मस्तिष्क निवास करता है। अपने दैनिक जीवन में छात्र योगाभ्यास करेगा तो उसकी संकल्प शक्ति मजबूत होगी। प्रत्येक मानव अनन्त शक्तियों का स्रोत है, अनन्त शक्तियों को जागृत करने के लिए संकल्प शक्ति का सुदृढ़ होना अत्यन्त आवश्यक है। जब संकल्प शक्ति दृढ़ नहीं होगी तब तक व्यक्ति कुछ भी हासिल नहीं कर सकता है। संकल्प शक्ति की सुदृढ़ता के लिए इच्छा उत्पन्न होना जरूरी है। जब तक इच्छा उत्पन्न नहीं होगी संकल्प कैसे करेगा। संकल्प का अर्थ निराकार को आकार देने की शक्ति, आचारवान व्यक्तित्व विकास, व्यक्तित्व का विकास कर सकता है, उपनिषद में एक सुक्त आता है मेरा मन कल्याण का संकल्प वाला बने। संकल्प का मतलब अन्तःप्राणी ग्रन्थियों में प्रकम्पन होना। जैसे ही अन्तःप्राणी ग्रन्थियों में प्रकम्पन होगा तो मन में इच्छा उत्पन्न होगी की मुझे कुछ करना है। तब उस कार्य के लिए संकल्प करता है। फिर वह संकल्प के प्रतिपल जागरूक रहता है, तथा यह सब संभव है सिर्फ योग से। कहा जाता है कि किसी मकान की नींव मजबूत होगी तभी मकान मजबूत होगा। उसे प्रकार यदि एक बालक का प्रारम्भिक जीवन काल को ही योग से जोड़ दिया जाये तो उसका भविष्य उज्ज्वल होगा तथा संकल्प शक्ति दृढ़ होगी तथा वह एक कर्तव्यनिष्ठ व्यक्तित्व को धनी होगा। योग के माध्यम से ही एक बालक का सर्वांगीण विकास संभव है। बालक का मन चंचल होता है उसको सही राह दिखने एवं उसके मन तथा मस्तिष्क का स्थिर होना जरूरी है तभी बालक की एकाग्रता बढ़ेगी तथा अपने लक्ष्य के प्रति संकल्पशीलता मजबूत होगी। योग के माध्यम से विद्यार्थियों के अन्दर छुपी आन्तरिक शक्तियों को जान पायेगा तथा अपने लक्ष्य को सुनियोजित ढंग से प्राप्त करने में उन शक्तियों का सदुपयोग कर सकता है। आज की भाग दौड़ भरी जिन्दगी में देखा जाये तो संयुक्त परिवार की जगह एकल परिवार बन रहे हैं तथा प्रतिस्पर्धात्मक इस युग में परिवार के सदस्यों को एक-दूसरे से मिलने के लिए समय नहीं है। हर कोई एकाकी जीवन व्यतीत कर रहा है। जहां एक-दूसरे की भावनाओं एवं विचारों के लिए कोई स्थान नहीं रहा है। सभी एक-दूसरे से आगे बढ़ने में लगे हुए हैं। उस स्थिति में इहे गलत रास्ता ही क्यों ना पड़े परिणाम स्वरूप उन्हें सिर्फ निराशा और एकाकीपन प्राप्त होता है। कुंठा और एकाकीपन का शिकार व्यक्ति गलत कदम उठा लेता है तथा खुद का भविष्य अंधकारमय बना लेता है। आजकल देखने में आ रहा है कि पाश्चात्य संस्कृति हावी होती जा रही है उस वजह से बालकों में गलत आदतें जैसे भोग-विलास, व्यसन, नशा एवं एक सांस्कृतिक विहीन बना दिया है तथा केवल स्वयं की इच्छा की पूर्ति के लिए दूसरों को नुकसान पहुंचाना आदि गलत आदतों का निर्माण होने लगा है। समाज एवं परिवार से कोई रिश्ता नहीं एक निरुद्देश्य प्राणी के रूप में नजर आ रहा है।

इन परिस्थितियों में देश का भविष्य क्या होगा ? यह प्रश्न हमारे सामने आता है। देश की युवा पीढ़ी को किस प्रकार पाश्चात्य संस्कृति से बचाया जा सकता है। भारतीय संस्कृति का सम्मान भूल रही युवा पीढ़ी को किस प्रकार पुनः सही रास्ते पर लाया जाये ? आदि अनेक प्रश्न हमारे सामने आते हैं। यदि विद्यालयी शिक्षा के साथ-साथ योग शिक्षा को जोड़ा जाये तथा प्रयोगात्मक योग शिक्षा को प्रार्थना सभा का हिस्सा बनाया जाये तथा विद्यार्थियों एवं शिक्षकों के लिए योग करना अनिवार्य किया जाये जिससे वह स्वयं को जागृत कर मन-मस्तिष्क को जागृत कर सकें तथा अपनी संकल्प

शक्ति को दृढ़ कर सके। योग का एक महत्वपूर्ण भाग है – “प्रेक्षाध्यान” । “प्रेक्षा” शब्द ईक्ष धातु से बना है। ईक्ष का अर्थ है— देखना। ईक्ष धातु के साथ जब “प्र” उपसर्ग जुड़ जाता है तब इसका अर्थ हो जाता है –“गहराई में उतरकर देखना”। प्रेक्षाध्यान पद्धति केवल ज्ञान और दर्शन की पद्धति है। अर्थात् प्रतिदिन प्रार्थना सभा में प्रेक्षाध्यान करवाया जाये तो स्वयं विद्यार्थी अपने अर्न्तमन तक पहुँच कर वहाँ छुपी हुई प्रतिभाओं को जान पायेगा तथा प्रतिदिन नयी ऊर्जा के साथ तथा दृढ़ संकल्प के साथ अपने लक्ष्य की प्राप्ति में लग जायेगा। प्रेक्षाध्यान एवं योग के माध्यम से बालक इतना मजबूत हो जाता है कि उसके रास्ते में आने वाली बाधाओं को पार करते हुए अपने निश्चित लक्ष्य को प्राप्त करता है। दूसरी तरफ यदि शिक्षक भी योग तथा प्रेक्षाध्यान को अपनाता है तो वह एक सुसंगठित रूप से विद्यार्थियों का भविष्य निर्माता बनता है तथा स्थिर मन से विद्यार्थियों के हित और अहित को ध्यान में रखते हुए अध्यापन कार्य करवाता है। “देश का भविष्य शिक्षक के हाथ में होता है।” जब एक शिक्षक के विचार स्पष्ट एवं उपयोगी होंगे तो छात्र स्वयं सही दिशा की पहचान कर लेगा तथा बालक का सर्वांगीण विकास भी संभव होगा। योग एक ऐसा माध्यम है जिससे विद्यार्थी जीवन में बहुत फायदे हैं, जो इस प्रकार हैं—

1. योग से संकल्पशीलता की दृढ़ता— विद्यार्थी जब योग के विभिन्न पक्षों को दैनिक जीवन में अपनायेगा तब उसकी संकल्पशीलता किसी कार्य को पूर्ण करने के प्रति मजबूत होगी।
  2. योग से एकाग्रता बढ़ती है — योग से एकाग्रता बढ़ती है जो विद्यार्थी के लिए अतिआवश्यक है जब बालक एकाग्र होगा तभी अपनी पढ़ाई एवं लक्ष्य पर पूर्ण रूप से ध्यान दे पायेगा।
  3. योग मन को शक्तिशाली बनाता है — आज की शिक्षा शिक्षा पद्धति में बच्चों में एक-दूसरे से आगे बढ़ने की प्रतिस्पर्धा लगी रहती है। यदि बालक अन्य बालक से पीछे रह जाता है तो ऐसी स्थिति में वह कुंठा व निराशा का शिकार हो जाता है। ऐसी स्थिति में बालक प्रतिदिन प्रेक्षाध्यान या अन्य यौगिक क्रियाओं से किसी कार्य को शांतिपूर्ण लक्ष्य के प्रति लग जाता है जिससे उस का मन और शक्तिशाली बन जाता है।
  4. नकारात्मक विचारों पर काबू करता है योग — कहावत है कि “खाली दिमाग शैतान का घर” यदि बालक पूरे समय स्वयं को खाली रखेगा तो उस के मस्तिष्क में नकारात्मक विचार ज्यादा आयेंगे तथा वह बिना सिक्की लक्ष्य के स्वयं को एक बोझ पूर्ण जीवन व्यतीत करेगा। यदि बालक को योग के प्रति लालायित करें तथा उनके दैनिक जीवन में योग जोड़ा जाये तो बालक के मस्तिष्क में स्वयं के प्रति अनेक प्रश्न उठेंगे तथा वह उसे पूर्ण करने में जुट जायेगा एवं नकारात्मक विचारों पर काबू प्राप्त कर लेता है।
  5. योग से नये विचारों का निर्माण होता है — जब बालक का योग के माध्यम से मन शांत और स्थिर रहेगा तो बालक के मन में नये-नये विचार उत्पन्न होंगे जिससे बालक में सर्जनशीलता का गुण उत्पन्न होगा।
  6. योग दिमाग को तेज करता है — आजकल बाजार में तरह-तरह के टॉनिक दिमाग तेज करने के लिए उपलब्ध है लेकिन वह केवल एक दिखावा है। दिमाग तेज करने के लिए अपने अन्दर छुपी शक्तियों को जानना एवं जागृत करना होगा तथा मन को संयमित करना होगा। इन सब के लिए केवल दो माध्यम हैं सन्तुलित भोजन एवं योग जिससे हम अपनी स्मरण शक्ति और आत्मविश्वास को बढ़ाता है।
  7. योग दुर्व्यसनों से छुटकारा दिलाता है — गलत संगति से कई बार बालकों में मादक द्रव्यों के सेवन की आदत लग जाती है जो स्वास्थ्य के लिए बहुत हानिकारक है। यदि हम लगातार याग करे तो इन गलत आदतों से छुटकारा पा सकते हैं तथा अपने जीवन को सफल बना सकते हैं।
  8. योग से सामाजिकता का विकास होता है — बालक जब समूह में योगाभ्यास करते हैं तो एक दूसरे के प्रति आपस में सहयोग एवं सम्पूर्ण भाव से सहयोग करते हुए कार्य करेंगे तो उन में सामाजिकता का विश्वास होगा। इस प्रकार बालक समाज के प्रति अपने दायित्व के बारे में जानते हुए अपने कर्तव्यों को पूर्ण करेगा।
  9. योग से सांस्कृतिक नैतिकता के मूल्यों का विकास होता है — योग को जब विद्यार्थी प्रयोगिक एवं लिखित दोनों रूपों में उपयोग करेंगे तो वह बहुत से महापुरुषों के बारे में शांत मन से पढ़ेंगे तो वह अपने जीवन में अपने मॉडल के रूप में उनका स्मरण करेंगे तो बालकों में नैतिक मूल्यों का संचार होगा।
- सांराश में कहा जा सकता है कि विद्यार्थी जीवन में योग का बहुत महत्व है योग के माध्यम से विद्यार्थी स्वयं के बारे में जानते हुए अपने लक्ष्य के बारे में उचित निर्णय ले सकते हैं तथा अलाक में चिन्तन एवं तर्क करने की क्षमता बढ़ जाती है जिससे हम देश के उज्ज्वल भविष्य के बारे में सोच सकते हैं। योगाभ्यास के माध्यम से बालक का मन शांत एवं एकाग्रता बढ़ जाती है जिससे वह सज्जनशीलता को बढ़ा सकता है और उसकी कल्पना शक्ति बढ़ जाती है। इसलिए विद्यालय में याग शिक्षा को भी पूर्ण महत्व देना चाहिए जिससे देश की उन्नति एवं बालक का भविष्य दोनों सुरक्षित हो तथा ऋषि मुनियों द्वारा दी गयी योग विद्या का सदुपयोग करते हुए बालक अपने सपनों को सकार करते हुए देश अपने लक्ष्य को प्राप्त कर सके।

“योग शिक्षा का फिर युग आयेगा,  
बालक अपना फिर करतब दिखायेगा।  
देश में फिर नया सवेरा आयेगा  
चारों तरफ फिर उजाला छायेगा।  
नैतिकता का फिर परपच लहरायेगा,  
अमन शांति की फिर लहर फैलायेगा।  
भविष्य का निर्माता फिर बालक कहलायेगा,  
भारत विकसित देश फिर बन जायेगा”।

### सारांश

इस रिसर्च पेपर में आज की स्थिति का वर्णन किया गया है। आज सभी की भागदौड़ भरी जीवनशैली बन चुकी है। आज किसी की भी मानसिक स्थिति स्थिर नहीं है और खासकर विद्यार्थी इसमें सबसे ज्यादा प्रभावित है। योग का हमारे जीवन में बहुत महत्व है और विद्यार्थियों में तो बहुत अधिक महत्व रखता है। विद्यार्थी योग से माध्यम से स्वयं के बारे में जानते हुए अपने लक्ष्य के बारे में अच्छा निर्णय ले सकते हैं। इससे विद्यार्थियों में चिन्तन एवं तर्क करने की क्षमता का विकास होता है जिससे ये देश के उज्ज्वल भविष्य के बारे में सोच सकते हैं। योगाभ्यास के माध्यम से बालक का मन शान्त एवं उसकी एकाग्रता बढ़ जाती है। इस कारण वह अपनी सजुनशीलता को बढ़ा सकता है साथ ही उसकी कल्पना शक्ति बढ़ जाती है। अतः विद्यालयों में योग शिक्षा को भी अत्यधिक महत्व देना होगा ताकि देश की प्रगति एवं बालक का भविष्य दोनों सुरक्षित हो सके। हमारे ऋषि मुनियों द्वारा दी गयी योग विद्या का सदुपयोग करते हुए विद्यार्थी अपने सपनों को साकार करते हुए हमारे देश अपने लक्ष्यों की पूर्ति कर सके।

### संदर्भ ग्रन्थ सूची

1. मुनि धर्मेष्ट, 2008, प्रेक्षाध्यान आगम और आगमेत्तर स्रोत, कला भारती, नवीन शाहदरा, नई दिल्ली।
2. स्वामी सत्यानन्द सरस्वती, 2008, आसान प्राणायाम मुद्रा बंध, योग पब्लिकेशन्स ट्रस्ट, मुंगेर, बिहार, भारत।
3. डॉ. समणी ऋतुप्रज्ञा एवं समणी श्रेयसप्रज्ञा, 2015, प्रेक्षाध्यान और योग, नागर प्रिन्टिंग प्रेस, 7, नईधानमण्डी, कोटा।
4. राजचैरुध्रूवदसलउलीमसजीणवउझ;उंतबीए 08ए 2018ः
5. णनहजंजीतंजणवउझतम.बवदमबजमकण

## Right to Life: Alive or dead?

Preeti

PhD Scholar

Shri JJTU, Rajasthan

Preet.antil@gmail.com

**Abstract-**We are living a time that comes very rare. The Covid-19 pandemic seems with no end and forcing us to witness the deaths of our near and dear ones. The pandemic has lead to use emergency power in many countries to handle the situation. The World Health Organization (WHO) declared COVID-19 as a pandemic on 11 March 2020. It led many countries to declare a state of emergency and allowed the governments to use extraordinary power. While the Government sealed the containment zones, the nation also implemented a lockdown as a measure to curb the spread of the virus by breaking its chain by the Government. Due to that many human rights are getting violated. So it's the obligation of Government to protect the rights and make necessary amendments in view to minimize the adverse effect of emergency laws during pandemic.

**Keywords:-**Right to Life, Article 21, Covid-19 pandemic, Right infringement.

**Introduction-**The outbreak of Covid-19 pandemic has a great impact on social, economical and cultural lives of people all over the world. In response to this pandemic, the Indian Government enforced the Epidemic Disease Act (EDA) of 1897 in all states. The Central Government has also used the powers provided in the Disaster Management Act (DMA) of 2005. As the country is facing its first major health emergency since independence, the existing legislative measures to deal with a COVID-19 like situation are lacking and require certain amendments to address such situations in the future. India has completely closed all kinds of transportation all over the states. Apart from medical preparedness, legal provisions play a significant role in managing and controlling the disease.

### Objectives

1. To understand the right to life according to constitution of India.
2. To identify the crisis due to Covid-19 pandemic.
3. To explore the rights infringement during Covid-19 pandemic.

### Research Methodology

This paper is based on secondary data collected from various sources like journals, articles and websites according to the need of study.

**Right to life: Meaning and concept-**Article 21 of the constitution states “No person shall be deprived of his life or personal liberty except according to procedure established by law.” Article 21 constitutes two rights: Right to life and right to personal liberty. This article 21 guarantees the right to live, means no one can harm us, devoid us from dignified life and deprive us of personal liberty. This can be breeched only in a condition where the person has done any sort of crime. Article 21 can be subjected if a person is deprived of his life and personal liberty by the state. Right to life is the most fundamental right for existence without which living as human being is impossible. Life in Article 21 is not merely the physical act of breathing or animal existence. It has a broad view that includes right to live with human dignity, right to livelihood, right to health etc. It comprises those components of life that make a person's life complete and worthy. Article 21 is an umbrella like for many more human rights. It includes right to live with dignity, right against sexual harassment at workplace, right against rape, right to reputation, right to livelihood, right to shelter, right to social security and protection of family, right against honour killing, right to health, right to medical care, right to privacy, right against illegal detention, right to free legal aid and appeal, right to get pollution free water and air, right to clean environment, right against noise pollution and right to be informed. The Article 21 includes the right to liberty that is of great significance in a



person's life. Nothing can be more important than personal liberty. Liberty does not only mean the freedom from physical restraints but all the privileges that is necessary for a happy free man. Therefore, it is the duty of the state to take care of health of its public at large scale in Covid-19.

**Covid-19 pandemic: call for emergency-**The Covid-19 pandemic is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first case of Covid-19 in India, which originated from China, was reported on 30 January 2020. India currently has the largest number of confirmed cases in Asia. As of May 2021, India has the second-highest number of confirmed cases in the world (after the United States) with 25.4 million reported cases of Covid-19 infection and 283,248 deaths as of 19 May 2021. The first cases of COVID-19 in India were reported in Kerala, among three Indian medical students who had returned from Wuhan. Lockdowns were announced in Kerala on 23 March, and in the rest of the country on 25 March. By mid-May 2020, five cities accounted for around half of all reported cases in the country: Mumbai, Delhi, Ahmedabad, Chennai and Thane. On 10 June, India's recoveries exceeded active cases for the first time. Infection rates started to drop in September, along with the number of new and active cases. Daily cases peaked mid-September with over 90,000 cases reported per-day, dropping to below 15,000 in January 2021. A second wave beginning in March 2021 is much larger than the first. The central and state governments have failed to prepare for the predictable second wave of COVID-19 pandemic. India has reported 2,00,000 plus cases per day since 15 April and leading to an average of 1500 deaths per day. On 30 April 2021, it became the first country to report over 400,000 new cases in a 24-hour period. Most of the hospitals are refusing to admit patients due to limited space and lack of oxygen and other supplies. Due to these situations people are moving to the courts. The supreme court has ordered state and central government to provide adequate supply of oxygen, medicines, hospital beds and restricted the black marketing of oxygen and medicines and preventing the violation of regulation related to COVID-19 like social distancing and wearing of masks. The death toll believed to be undercounted and crematoriums and burial grounds are overrun. Many hospitals are reporting shortage of oxygen. Social media in India are overflowing with requests for help from families on shortage of supplies. To control the transmission of COVID-19, state and central government have imposed emergency situation that limit the individual freedom, social and economic rights. These restrictive measures include closure of schools & workplaces, cancelled social gatherings and suspended public transport. Meanwhile it mandates for home confinement and quarantine. Intensified measures focused on early diagnosis and isolation, imposing curfews and lockdowns. In such a crisis situation, human rights are the least addressed.

**Emergency laws: Impact on right to life-**In some states, name and addresses of people affected with Covid-19 were displayed on public platform putting them at risk of violence and breaching their privacy. In states like Delhi, Chandigarh, Haryana, Rajasthan, UP and West Bengal, posters were displayed at homes of people under quarantine. Mass surveillance for Covid-19 has a great effect on right to privacy. This lockdown has a great impact on marginalized communities due to lack of supply of food, daily wages and other basic needs. Sealed state borders interrupted the supply of essential goods leading to shortage and unexpectedly high rates of commodities. Police penalties for violation of lockdown have resulted in abuse against people in need. In many states photos and videos of police harassing people are being getting viral. Police targeted daily wages workers like mill supplier, fruit and vegetable vendors and auto drivers. Sometimes they also harass health workers too. Health workers were forced to evict their houses by landowners and neighbors fearing that they may spread coronaviruses to their locality. Covid-19 crisis has adversely affected the women across the nation. Due to restriction of movement and loss of employment women are bound to stay at homes. This led to increase in the cases of domestic violence. There is an



increase in domestic and sexual violence along with the timeline of Covid-19 pandemic. The impact of Covid-19 on the migrant workers was disproportionately severe. They lost their means of livelihood and mass decided it would be better to return home, to their State of origin. They claimed 'it was better to die at home of the virus, rather than on the road of starvation.' After the relaxation of this lockdown, the entire population of migrant workers decided to leave the State of work and return to the State of origin. This journey with no money, no food and mostly on foot led to unprecedented humanitarian crisis. This pandemic has an adverse effect on mental health of individuals. It is common and normal for individuals to feel stressed and worried in response to disease outbreak. Causes for mental stress are rumors and misinformation on social media, closure of schools and children's activity spaces, travel restriction, isolation and quarantine, loss of trust in governmental agencies, lack of health facilities, risk of relapse in pre-existing health condition and common symptoms of other health problems leading to fear of infection. Social stigma is also associated with Covid-19 including discrimination towards persons who have been infected and their family members, towards those treating and caring patients and towards some ethnic or national groups. States are fully responsible to ensure the access to medical and health care facility. Now a times, India's health system is unable to withstand the crisis emerged with second wave.

**Crisis: no pretext for rights infringements**—According to WHO some countries has imposed social and economical restrictions for several weeks. This is the first pandemic caused by novel corona virus. With time we are learning and adjusting course of action according to evidence based research. Evidences only tell that how this virus behaves, how it spreads, how to stop it and treat it. This virus spreads quickly in crowded places. Early diagnose, testing and isolation is necessary to stop further spreading of virus. Cases are increasing at a fast speed and decreasing slowly means we cannot stop control measures at once; it needs to be paced up. Control measures can be discontinued only if all health measures are present. Many poor people already live in crowded conditions and depend on daily wages to eat. How can people survive without access to food? Schools have been closed for a long time and deprived many children of their primary source of food. Countries need to ensure that stay at home measures should not be used on expense of human rights. Each country must see their situation to protect right of their citizens specially the vulnerable ones. Countries must have a balance between the restriction measures and economic impact. In order to balance public health and human rights, international law specifies that limiting certain rights may protect the public health. Government actions must protect the health of people along with protecting the human rights. Emergency power is not to be misused to hamper the basic human rights. Article 4(1) of the International Covenant on Civil and Political Rights (ICCPR) allows the government to temporarily exempt from some of obligations to human right at the time if a "public emergency which threatens the life of nation". The government needs to explain the requirement of such exemptions and must issue a formal notification. Government is bound to protect the rights of public and need to restrict the freedom of expression in order to avoid spreading fake news. But at that time, it is the responsibility of the government to provide all the necessary information to public by using different mass media communication channels like radio, TV, News papers and display boards. So that people from literate to low literate and with no literacy can understand the prevention and interventional techniques during the pandemic situation. While limiting the freedom of movement, the government must ensure its need first in terms of law and order. Avoid over broad restrictions. Public should be encouraged for self-isolation voluntarily to gain their trust and co-operation. During quarantine and lockdown, it's the responsibility of the government to ensure adequate supply of food, water, medication and health care services. Crisis is not a justified anyways for imposing penalties and showing cruelty towards

public on breaking restrictive measures. The Indian government has ignored calls from the United Nation Office of the High Commissioner for Human Rights for governments to release “every person detained without sufficient legal basis, including political prisoners and those detained for critical, dissenting views” to prevent the growing rates of infection every where, including in closed facilities such as prisons and detention centers. The Indian government should take immediate steps to release all those jailed on politically motivated charges for peaceful dissent and consider reducing prison populations through appropriate supervision or early release of low-risk category of detainees. The government should put people above politics and ensure that everyone gets the medical care they need. Reduced court sessions also result in prolonged detention.

**Conclusion**-Covid-19 is an unexpected global crisis and human rights should be the core component to deal with the crisis. Government should enforce the laws that are of utmost importance and within the limit of human rights. Government should immediately need to meet the healthcare shortage amid the covid-19 crisis and should ensure that vulnerable strata do have equitable access to health facilities. The government must provide its people with adequate and timely oxygen supply, life saving medicines and hospital beds with nominal rate. There should be adequate arrangement of Covid-19 vaccine, ventilators, RT-PCR and RAT test. Government must work with utmost urgency on failures that have aggravated the consequences of the second wave of COVID-19. More than 80 percent of India is working in informal sector and one-third working in casual laborers. So it is the obligation of government to ensure the delivery of essential services to its people. Wages should be provided to the people, who lost their livelihood due to the pandemic to sustain their lives. The government should ensure that police act with restraints to enforce lockdown. The Covid-19 being a crisis, also served an opportunity to redress the long-standing reform of public health laws.

### References

1. Gowd, K. K., Veerababu, D., & Reddy, V. R. (2021). COVID-19 and the legislative response in India: The need for a comprehensive health care law. *Journal of public affairs*, 1-8.
2. Sharifah Sekalala, L. F. (2020). Health and human rights are inextricably linked in the COVID-19 response. *BMJ Global Health*, 5 (9), 1-7.
3. Monteiro, P. (2021). Impact of COVID- 19 on Migrant Workers in India. *NSOU-OPEN JOURNAL*, 29-35.
4. Md. Zafar Mahfooz Nomani, R. P. (2020). Legal Dimensions of Public Health with Special Reference to COVID-19 Pandemic in India. *Systematic Reviews in Pharmacy*, 131-134.
5. <https://www.thinkglobalhealth.org/article/human-rights-and-covid-19-pandemic>
6. [http://www.kochhar.com/covid19/images/insights/Impact\\_on\\_Right\\_to\\_Life\\_and\\_Personal\\_Liberty.pdf](http://www.kochhar.com/covid19/images/insights/Impact_on_Right_to_Life_and_Personal_Liberty.pdf)
7. <https://www.icj.org/indian-government-fails-to-protect-right-to-life-and-health-in-second-wave-of-covid-19-pandemic>
8. <https://www.hrw.org/news/2020/03/27/india-covid-19-lockdown-puts-poor-risk>
9. <https://www.lawctopus.com/academike/article-21-of-the-constitution-of-india-right-to-life-and-personal-liberty>
10. <https://www.hrw.org/news/2021/04/28/india-protect-rights-dignity-amid-covid-19-crisis>
11. <https://worldjusticeproject.org/sites/default/files/documents/fundamental-rights-v4.pdf>
12. <https://www.who.int/director-general/speeches/detail/who-director-general-s-opening-remarks-at-the-media-briefing-on-covid-19--13-april-2020>

## A Study of Capital Punishment in India

ASLAM MEMON  
PhD Research Scholar,  
Department of Law  
JJTU, Rajasthan, India

**Abstract:**-Since times immemorial, capital punishment has been practised in India. In context to same, the researcher carried the theoretical analysis of different research studies investigated in the same research area. The researcher after analysing the deep theoretical analysis of different research studies examined the results. The results of the study reveal that In India, since ancient times, punishment has been used. Numerous countries have abolished the death penalty. After analysing the national crime data, we see that the death sentence has not proven to be a deterrent to crime; rather, crime rates are increasing. We need to modify our laws, particularly those pertaining to the death sentence in India. Our laws should be reformed, and the punishment should be severe enough to serve as a deterrent to others about his criminal activities. There is a more severe penalty than the death penalty. Constantly converse with the criminal about capital punishment is preferable to imprisonment and the rigours of prison life.

**Key words:** - Capital Punishment, pertaining, deterrent

**1.1: Introduction:** - Capital Punishment is as old as that of man-kind. It existed all over the world since times immemorial, though in various forms. The method of execution may be different- but the punishment is the same - taking away the human life by the State. Many reformations took place in other areas of criminology and penology. But, as far as this cruel punishment is concerned no change had taken place. Though it is proved time and again that execution only brutalises the persons involved in the process, but does not reform either the accused or the potential offender- most of the countries are suffering from the notion that execution is the only answer either for oppression of political rivalry or for prevention of crime in the society. No researcher till date could prove any special power of Capital Punishment as a deterrent. Over the past decade many countries abolished Capital Punishment, thus expressing their respect for man dignity and life. According to the Report of Amnesty International the Capital Punishment is the premeditated and cold-blooded killing by the State. A time has come to abolish Capital Punishment from our Penal Statutes. Capital Punishment is used capriciously, arbitrarily and disproportionately against the poor and minorities. It is the only irrevocable punishment which cannot be corrected in case of miscarriage of justice. Capital Punishment offers not further protection, but further brutalisation. India is a country rife with crime and crooks. In India, all penalties are motivated by the desire to punish the guilty. There are two primary reasons for administering punishment: one is that the offender should suffer, and two is that punishing wrongdoers deters others from committing wrong. In India, many types of punishment are available according to the nature of the offence, including capital punishment, imprisonment, life imprisonment, and imprisonment with a fine. Capital Punishment is a crucial component of the criminal justice system in India. Capital offences or capital crimes are crimes that carry the death sentence. Capital punishment derives from the Latin word "capitals," which means "concerning the head." The term "death penalty" is frequently used interchangeably with "capital punishment." Capital Punishment is the method through which a state executes a person for committing a crime. Capital punishment, sometimes known as the death penalty, refers to an individual who has been sentenced to death by a court of law for a criminal offence. The death penalty has been imposed on the most heinous crimes against humanity. The death penalty varies by location, state, and country. Numerous human rights organisations in India argue that capital punishment is wrong. Human rights organisations

claim that capital penalty violates an individual's right. Capital punishment refers to a death sentence in law, criminology, and penal law. Indian criminal law is founded on a synthesis of two doctrines. Additionally, the constitution empowered the president and governor to postpone or commute death sentences. In India, the death penalty is reserved for the most heinous and heinous crimes. Capital penalty is meted out for murder, robbery with intent to murder, waging war against the government, and aiding and abetting mutiny, among other offences. The death penalty is imposed only when the court determines that life imprisonment is insufficient in the circumstances of the case.

**1.2: Review of related literature:-** While surveying the related literature the investigation found that there are large studies conducted in the same domain which is under investigation. The notable research studies are conducted by; **Maden, A. S. (2014), Ben W. H. and William F. L. (2010), Ben W. Hein, J. and William F. L. (2012), Hate, C. (1969), James, E. M. (2013), Karl, B. (2000), Kaufman, Andrew L. and David B. Wilkins. (2009), Kaushik, S. (1993), Linowitz, S. And Martin M. (1994), Maden, A. S. (2014), Milton C. R. (2012), Murray L. S. (1978) and Navjot, S. & Altaf, R. (1998).** However, maximum of the research studies are conducted at international level. Further, the investigator found that there seems hardly any research study which has been analysed in the same study area.

**1.3: Location of the Research Gap:** In the present research the investigator found that a large number of the research studies has been conducted in the same domain. However, there seems hardly any study which has explored the status of capital punishment in India. Accordingly, the researcher found ample gap to explore the present research study.

**1.4: Problem in hand:** The statement of the research problem is as under:

#### **A Study of Capital Punishment in India**

**1.5: Purpose:** The present study was intended to explore the detailed analysis of capital punishment in India.

**1.6: Rationale of the study:** In India, capital punishment is a legal death penalty. India imposes the death penalty for some major offenses. Capital punishment is carried out in India for the most severe and egregious offences. In India, Article 21 of the Indian constitution states that "life and personal liberty are protected." This article further states that "no person shall be deprived of his life or personal liberty except in accordance with legal procedure." According to this article, every Indian citizen is guaranteed the right to life. In India, the IPC imposes the death penalty for a variety of offences, including criminal conspiracy, murder, waging war against the government, aiding and abetting mutiny and anti-terrorism. The Indian Constitution contains a provision enabling the President to commute capital punishment. Since 1995, India has carried out twenty-two capital punishments. Following independence, India has enacted fifty-two capital punishments. In a trial carried out by "Mithu vs. State of Punjab" the Supreme Court knocked down IPC Section 303, which mandates the death penalty for offenders. India voted against a resolution in the United Nations General Assembly calling for the abolition of the death penalty. In November 2012, India reaffirmed its opposition to capital punishment by voting against a United Nations General Assembly draught resolution calling for the abolition of the death penalty. According to a law commission assessment, capital punishment has been used sparingly in recent years. Over a ten-year span, only three perpetrators were executed. One is in Maharashtra (2012), one is in Delhi (2013) and one is in Maharashtra (2014). Between 2005 and 2011, there was no death penalty in India; this period was referred to as the execution-free period. Yakub Menon was the most recent person to face the death penalty. According to NCRB, on average, the court sentences a number of persons to death row in India each year. The data above demonstrates a significant disparity between death sentences pronounced and actual executions. Between 2001 and 2013, the American Convention on Human Rights (ACHR) and the National Crime Records Bureau (NCRB) recorded multiple death sentences, although

authorities carried out only a few executions. In India, death sentences are rarely carried out and always based on the political interests of the state. In India, the law commission generally supports abolishing the death penalty. The same results are supported by host of the researchers like (2009), Kaushik, S. (1993), Linowitz, S. and Martin M. (1994), Maden, A. S. (2014), Milton C. R. (2012), Murray L. S. (1978) and Navjot, S. & Altaf, R. (1998).

**1.7: Conclusion:-** This study was carried to explore the status of capital punishment in India. The results of the study reveal that In India, since ancient times, punishment has been used. Numerous countries have abolished the death penalty. When we examine our national crime data, we see that the death sentence has not proven to be a deterrent to crime; rather, crime rates are increasing. We need to modify our laws, particularly those pertaining to the death sentence in India. Our laws should be reformed, and the punishment should be severe enough to serve as a deterrent to others about his criminal activities. There is a more severe penalty than the death penalty. Constantly converse with the criminal about capital punishment is preferable to imprisonment and the rigours of prison life. Besides, efforts should be made to remain ethical while declaring the procedure of capital punishment.

### **BIBLIOGRAPHY**

1. Adam, P. (2008). A study on capital punishment in India, Journal of Women Development. Vol. 52(5), Pp-25-38.
2. Adam, P. (2008). A study on capital punishment in India,, Journal of Women Development. Vol. 52(5), 25-38. Pp-38-32
3. Aggarwal, S. (1988). Who sows? Who reaps? Rights in India. Journal of Peasant Studies (4), Pp-531- 581.
4. Ahmad, D. & Asmat, A. (1991). Analysing capital punishment in India,, Journal of International Development. Vol. 5 (2), Pp-244-248.
5. Baboo, B. (2000). Status of capital Punishment in Boden Block. Bangkok: University Press.
6. Bandyopadhyay, G. & Mridula, H. (1988). Capital punishment: Tradition and Rural Culture in India. UK: Ashgata Publishing Ltd. Pp-27-35
7. Baug, A. & Tara, J. (1999). A study on capital punishment in India,, Journal of Social Action, Vol.38, (30) Pp-78-83.
8. Ben W. H. and William F. L. (2010). A study on capital punishment and legal rights in India,. The American Lawyer. Vol. 10 (14) Pp-22-26.
9. Ben W. Hein, J. and William F. L. (2012). A study on capital punishment in India,. New Jersey Law Journal. Vol. 10 (12) Pp-23-28.
10. Burnele P. (1994). Lawyer capital punishment as Ordinary Morality, South Texas Law Review Vol. 35 (1994): 275-88.
11. Hate, C. (1969). The Changing Status of Capital Punishment. Allied Publishers Pvt. Ltd. Bombay.
12. James A, M. (2013). Capital punishment. Published by a division of transaction publishers. Pp-38-41.
13. James, E. M. (2013). The American Legal Profession in Crisis: Resistance and Response to Change. Oxford: Oxford Universal Press. Pp-45-50.
14. Karl, B. (2000). Status of Capital Punishment. Journal of Indian Law Institute, Vol. 25, (27). Pp-9-12.
15. Kaufman, Andrew L. and David B. Wilkins. (2009). Problems in Professional Responsibility for Capital Punishment, 5th ed. Durham: Carolina Academic Press. Pp-22-24.
16. Kaushik, S. (1993). Capital Punishment in Pakistan. New Delhi: South Asian Publications. Pp-34-38.
17. Linowitz, S. and Martin M. (1994). Capital Punishment at global level. New York: Charles Scribners & Sons. Pp-12-34.



## A Critical overview of the Right to Information Act, 2015

Research Scholar – Jaiveer Malik

Shri J.J.T.University

**Abstract:-**The free flow of information is must for a democratic society as it helps the Indian society to grow and to retain a continuous debate and discussion among the people. No democratic government can survive without accountability and the basic postulate of accountability that is the people should have information about the functioning of the government. Gone are the days when public dealing were kept in strict secret, a practice which often led to corruption, misuse and abuse of statutory and administrative power. Freedom of information brings openness in the administration which helps to promote transparency in the state affair, keep government more accountable and ultimately reduce corruption. Disclosure of information in regard to the functioning of the government must be true rule and secrecy an exception.the Right to Information Act, 2005 was passed for making the government transparent and more accountable, the effective use of it would in a long run, curb corruption. In a responsible government like ours where all the agents of the public must be responsible for their conduct, there could be no secrets. There has been no vehicle available for individual citizens to impact the government structure.In a system reeking with corruption and becoming increasingly insensitive to the problems of the disadvantaged citizens to get accountability and act as an enforcer of good governance.

**Keywords:** -Right to Information Act, Transparency, Public Office, Information, Equality, Accountability etc.

**Introduction:-**The right to information act is unique and one of its kind. The act was enacted with an aim to benefit the citizens of India by making the government of India more accountable and answerable for the queries of the people. The aim was to abolish a long run practice called CORRUPTION.The right to information act was enacted on 15 June 2005. The main purpose of enacting this act was to make efforts for ensuring greatest efforts for greater probity, crystallization and greater accountability in the work of public authorities .With the introduction and enactment of this act many mall practices have been abolished. The utmost purpose of the right to information act was to dismantle the practice of secrecy. The Act consists of six chapters and two schedules – preliminary, right to information and obligations of public authorities, the central Information commission, the state Information commission, powers and functions of the Information Commissions, appeal and penalties, and Miscellaneous. This act gives powerto the democracy i.e. the citizens of India in gathering the information regarding the work of the public authorities. It is part of the Fundamental Right to Freedom of Speech and Expressionrecognized by the Constitution and various Supreme Court decisions. This act has repealed the Freedom of Information Act, 2002.Right to Information is a Fundamental Right and guaranteed as per Article 19and 21 of the Constitution of India. It gave a special right to the people of India as well as the non-residents of India to gather information regarding any government authority.

**BACKGROUND—THE FREEDOM OF INFORMATION ACT 2002:-**The establishment for a national law for the freedom of information was a very difficult task. A group (working group) was appointed by the central government under H.D Shourie and this group was assigned the task of drafting .The draft made by the working group headed by H.D Shourie was the basis of the freedom of information bill, 2000.which later became a law under the freedom of information act 2002.As every act made this act also faced some criticisms.

The criticism of this act was on the grounds that

(1) In this act many exempts are being permitted.



(2) The resources of public authorities are being disproportionately divided.

Later on the act was passed by the parliament but the newer problem was that it was not notified, as a result it didn't attained any legal force. After the central government passed the act in the house of Lok Sabha, many of the states started enacting a state level RTI Acts like Assam in (2002), Maharashtra in (2002), Madhya Pradesh in (2003), Jammu and Kashmir in (2004), Haryana in (2005) and Andhra Pradesh in (2005) as well. The right to information made transparency in many areas. With the evolution of this act, India who was latter a feudal, secretive nation is emerging as a country having open information culture. After the decade of the enactment of this act many scams came forth the citizens of India. As a result the right to information had just penetrated a fear of common people into the nerves of the bureaucrats

**SCOPE:-** THIS ACT HAS A WIDER SCOPE, IT COVERS THE WHOLE OF INDIA EXCEPT THE STATE OF JAMMU AND KASHMIR as there is a separate act (right to information act) for Jammu and Kashmir.

All the 3 constitutional authorities' i.e.

- (1) Judiciary
- (2) Executive and
- (3) Legislation

Fall under the jurisdiction of this act, It is also imposed on any institution or body established or constituted by an act of the parliament or state legislature. Not only the institution, it also includes the government including bodies which are either owned, controlled or financed by the government or non-government organizations.

In the case of,

**SARBJIT ROY Vs. DELHI ELECTRICITY REGULATORY COMMITTEE**

The central information commission reaffirmed that privatized public utility companies are not applicable for RTI, in 2014 it was further held that NGOs and private institutions who receive about 95% of the infrastructure funds from the government are included under this act.

**Political Parties:-** the political parties are the public authorities therefore as per Central Information Commission (CIC), Satyanand Mishra, M.L Sharma and Annapurna Dixit held that as political parties are public authorities therefore, they are also answerable under the RTI Act as they perform public functions. Many of the cams have been exposed with the help of an application which was filed by various common people from various places. RTI helped in transparency of the government mechanism to some extent and resulted as the law for the common good.

Some of the scams that were revealed after the enactment and the use of this act were:-

#### **(1) ADARSH SOCIETY SCAM**

The RTI filed by the activist Yogacharya Anandji and Simranpreet Singh in 2008, resulted in exposing the links between politicians and military officials with others. The building of 6 floors and only for the accommodation of war widows and veterans was made upto, 31 storey's and the flats were sold to many politicians, military officials and bureaucrats.

#### **(2) KEROSENE SCAM**

The RTI application filed by a local activist exposed that the oil ( KEROSENE OIL) to be supplied by the Department of Food Supplies during a festival in Orissa (Maghmela) was grossly misappropriated.

#### **(3) ASSAM PDS SCAM**

An NGO in Assam filed an RTI application that exposed the disproportion in the distribution of the food which is for the people below poverty line. Several officials were arrested when finally the allegation were proved wrong.

#### **HURDLES FACED BY RTI**

Information is being denied on technical by government officials. In the case of Mullaperiyar(EX), both the Tamil Nadu and Kerala government are refusing to part with information that the citizens concerned have every right to seek. The Public Works Department of Tamil Nadu declined to provide documents regarding allocation of funds for Mullaperiyar and alleged payments made from the funds to Keralites on the ground that the matter is sub-judice.

### **(1) Missing files**

The problems posed by missing files in government offices. The information sought by citizens can be provided only if the records are maintained properly. If the RTI has to succeed, then the Public Records Act must be implemented. Inefficient implementation has delayed the settlement of information appeals. What the RTI Act has managed to achieve in the last decade is to unleash a silent citizen's movement for government accountability across the country. The RAAG report found that on an average, 4-5 million applications are filed under the Act every year. But this has not been without its negative consequences. Forty activists who had demanded crucial information, with the potential to expose corruption within the government, had been killed. This has necessitated supplementary laws such as whistleblower protection laws to ensure protection for information activists.

### **(2) Empowering citizens**

Despite these developments, the culture of transparency brought about by the RTI Act in the past decade has now made it easier for citizens to access parliamentary proceedings online, and track proceedings of various State legislatures. However, the legislatures in the Northeast and lower courts are yet to put up documents regarding their proceedings proactively.

### **(3) Good Governance:-**

As the term suggests, good governance refers to govern the people in such a way that the interests of the people of all the section of the society are preserved rightfully. A good governance in today's scenario is the one where all the rights of the individual are protected and there is a feeling of not being discriminated on the basis of caste, creed, color, sex etc. it is very difficult to find states and nations having good governance. If poverty and illiteracy are abolished from a state then, it is a proof that the state or nation has adopted the concept of good governance.

There are 8 elements of good governance :-

- (1) Rule of law
- (2) Transparency
- (3) Responsiveness
- (4) Consensus oriented
- (5) Equity and inclusiveness
- (6) Effectiveness and efficiency
- (7) Accountability
- (8) Participation

**Transparency:** - It means that information is freely available, directly accessible to those who will be affected by such decisions and their enforcement, and provided in a form that is easily understandable to the public and the media. This definition includes openness of the decision-making and enforcement processes as well as access to and distribution of information. Access to information is key in fostering transparency. It is proven by many researches that trust promotes good governance. Transparency promotes trust and trust promotes good governance. The orderly functioning of the public authority or the government is an essential feature required for good governance. Transparency shows that the information is easily accessible to those who will be affected by such decisions and their enforcement. The RTI Act is a media for greater transparency about the functioning of public authorities.

**CONCLUSION:** - It is found that there is lack of motivation among the officers to work as a Public Information Officer. Most of the officers have taken up the role without their will, which is leading to low motivation among them. Often, junior officers have been given the role of the Public Information Officers. There lack of software application to improve efficiency of the officers. Also there was a perception among Public Information Officers that lack of adequate budget and infrastructure hampers the implementation of Right to Information. There has been a question mark on the operation of the Right to Information Act regarding the disposal of complains within the time scheduled. It depicts the slow rate of disposal of the complaints within the given time. To accelerate the effective implementation of the Act the awareness among the people is necessary. Awareness depends on the high rate of literacy and minimum education available to the people. It is thus observed that due to illiteracy, poverty and socio-economic backwardness the pace of the success of Right to Information Act is reduced.

**Suggestions:-**

- 1.Awareness of General Public if the information has been provided under the prescribed time period.
- 2.No full time information commissioners has been appointed in many states.
- 3.the disposal rate of RTI is quite low. Unless and until the pendency rate is curtailed, the objective of the Act would not be met. Thus, the information commission needs to be more active in their functioning.
- 4.Children are considered resources for the future health of a nation. Therefore RTI act should be added in the school syllabus to arouse curiosity of children about RTI at the grass-root level.
- 5.Fast action to be taken to integrate different websites of all information commissions through a common IT gateway or national portal on RTI. This will prove to be grateful to common citizens.
- 6.It is moral duty/responsibility of the government to protect RTI activists and user and to take legal action against the attacker.

**Reference :-**

- (1) Youngindia.net .
- (2) "RTI act in india future and implementation" by Pankaj KP Shreyaskar.
- (3) Businessstandards.com
- (4) Huffingtonpost.net