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From the Desk of Editor in Chief

Hello Readers,

The year 2020 will be remembered for a very long time, not only for dreaded Covid-19 pandemic which totally changed the world, but more for how world faced it bravely with a very positive mind set, especially the academia and research community. It was strength and determination of academic and research fraternity that the education sector switched over to online system of education so fast and efficiently, which gave a big surprise to everyone. In a record time of just about 10 months vaccine for Covid 19 was produced. Whether it was ventilators or PPE kits or all other such needs, innovators and researchers called the shots. In lock down also activities in RNTU which is the premier University of Madhya Pradesh, continued with full vigour and zest by exploitation of technology and potential of virtual platform. **Vishwarang – 2020: the Tagore International Festival of Arts and Culture** was organised by RNTU, on line, with over thousand artists, writers, film and theatre people participating across the globe in the thick of Corona Virus and it really became a national pride. The biggest achievement of this ten days long festivity was, co hosting of the event by 16 countries and participation by several other countries with a viewership of over one million. The way online system was designed and developed for this mega show, it displayed innovation and research strength of RNTU.

It is quite heartening that, despite lock down and constraints imposed by pandemic, record number of international and national research and academic events were conducted online. It appeared as if the higher education sector was in the forefront to adopt new Normals forced by Covid 19. Research work continued in RNTU, uninterrupted and we received quality papers for this issue of **SHODHAYTAN** covering a wide spectrum.

New Normals enforced by pandemic, and New Education Policy (NEP-20), together have actually become force multipliers to usher in **New Year 2021** with lot of hopes for progress, prosperity and peace for all. We are confident that research will touch new high in the New Year. The editorial board and publisher of this esteemed journal, wish a very happy new year to readers and subscribers.

Dr. Deepti Maheshwari

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Covid-19 Impact from the Lens of School Students

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ABSTRACT

Single cell protein an invisible microscopic Covid-19 virus mortality = Virus Fear, Loss of life, uncertainty of future, social and economic dynamics fatigue failure due to shear tangential stress. The Covid-19 helplessness and hopelessness = Cry and Pray of all human beings, spiritual positive praying of the all other living beings of the earth, its environment and mother earth's creations, thus come out of Covid-19 as winner with living life fairness to mother earth with redirected future and life values as all living beings of this earth have equal rights and only human beings could not be an exception. The collective cry and prayer of all human beings finally = Improvement of pollution and negativity of the world's mind and then mind of human beings so that the mind control quotient of all living beings of the world becomes synchronized to the universe needs with the positive initiatives of filtering out the cruelty for the world's animals, environment and the nature and thus shall have value added positive impact on the universe. Today watch the melody of the pollution free rivers flowing towards the ocean with the confidence of not polluting the ocean, feel the animals eternal happiness due to reduction of higgledy-piggledy, blissfully feel the bliss of the sky blessing the environment with the clear and pure vision.

Keywords: Shear tangential stress, living life fairness, mind control quotient, reduction of higgledy-piggledy, collective cry and prayer

I INTRODUCTION

The "coronavirus" meaning "crown". David Tyrell studied the human corona viruses. This virus has the spike peplomers the proteins on the surface of the virus. Corona virus causes severe acute respiratory syndrome (SARS). Wuhan (China) reported in December 2019 the pneumonia outbreak, it was given the interim name by the World Health Organization (WHO) 2019-nCoV, later renamed 2019 (COVID-19) and SARS-CoV-2 by the International Committee on Taxonomy of Viruses. In March 2020 WHO declared 2019 (COVID-19) outbreak a Pandemic.

Single cell protein an invisible microscopic Covid-19 virus mortality = Virus Fear, Loss of life, uncertainty of future, social and economic dynamics fatigue failure due to shear tangential stress. As of 16 May 2020, in the India confirmed Corona infection cases 90,000 and having deaths 2800, in the world infection number 4,642,000 and deaths 309,000. Thus Corona infection in 215 countries resulted nationwide lockdowns, travel restrictions with marginalized citizens struggle for the basic needs and unparalleled economic and social crisis in the world. The Corona Pandemic has an impact on the world and national economy and specifically on the schools education in India. The Covid-19 helplessness and hopelessness = Cry and Pray of all human beings, spiritual positive praying of the all other living beings of the earth, its environment and mother earth's creations, thus come out of Covid-19 as winner with living life fairness to mother earth with redirected future and life values as all living beings of this earth have equal rights and only human beings could not be an exception.

Corona virus is tiny, an unseen and is a viral-foe but has major impact on the global anthropogenic emissions and human behavior, positively impacted pollution and greenhouse gas emissions across the continents is done by micro corona in a quarter of the year only which could not be achieved by the world's materialistic initiatives in a decade, now students feel that the impact must be sustainable forever and shall balance the mind positive and pure inputs and superior outputs with change in human life and thoughts. Corona's sound of silence is speaking to self and wins the life game only by playing fairly and superiorly.

II REVIEW OF LITERATURE

During the Covid-19 lockdown and restrictions the urban workers left with no choice but to move towards their home villages, they moved on foot as having no job or work and savings run out, thus stay home and stay hungry was not practical so only option was to move on with a golden pot of hope and divinity as the India is a land of gods and here the magical plus the mystical energy flows and shall ever be flowing.

The collective cry and prayer of all human beings finally = Improvement of pollution and negativity of the world's mind and then mind of human beings so that the mind control quotient of all living beings of the world becomes synchronized to the universe needs with the positive initiatives of filtering out the cruelty for the world's animals, environment and the nature and thus shall have value added positive impact on the universe. Today watch the melody of the pollution free rivers flowing with purity of their water (river mind) towards the ocean with the

confidence of not polluting the ocean, feel the animals eternal happiness due to reduction of higgledy-piggledy, blissfully feel the bliss of the sky blessing the environment with the clear and pure vision. Positive mind control of the individual, the society, the country and the world and it is the master solution though its initially for the materialistic problems but once mind enters into the spiritual circle then it's the world and the universe is the master solution to all problems and finally leads to life with bliss and with no fear of the corona or the untimely death. Important is to have superior balance as needed by the universe between the utilization and protection of the universal resources for which needed is improved MCQ with superior inputs to mind only then superior output shall come out.

III NEED FOR THE STUDY

This research study is to help students to improve their academic excellence by improving not only their brain capacity but the critical and positive thinking skills of mind, it happened by the negative impact of Corona-19, negativity brought in the positive impact on students academic excellence circle as it includes the critical mind control quotient which shall have the needed positive control of values towards the all living beings of this world to be used in not only student life but the whole life. The lockdown was for some students as voluntary self-imprisonment but for many it was the right time for an eternal debate of students heart and mind, the time to share the life values with the family elders specially the grandparent it was indeed splendid time of having eternal feeling of family bonds soaked deeply in bliss, love and care, once it is injected like a vaccine it shall help whole life against all possible negativity. Students could see happily the invisible mountains top due to environment clarity thanks to Corona-19 and its positive impact.

This research is specific to the school students seeing the corona impact from their lens, from their understanding and for them. The deterioration of academic, mental health, poor behavior and having low mind control quotient of the school leavers is effecting the nation's youth overloaded with the tangential stress could be turned to better schools leavers national output and it is possible with the positive impact of the mind control quotient improvement.

Corona's impact has improved the Indian students' thoughts, feelings, actions including forced migration from in-person learning to online learning. Very few researches have researched Corona's impact on the Indian students in the psychological and values addition perspective which could bring about a dynamic change in the students mind control initiatives having direct impact on the universal environment.

Students have young and superior ideas no need to pick up the worldly thrones and corona picks but to wear protective shoe and move forward positively and superiorly with the improved MCQ.

Life game students and all living human beings have to play but it must be a winning and a fair game to be played always fairly with the superior outputs of the mind so be fair with the animals, wild life, environment including under sea and above sky nature's needs.

IV METHODOLOGY

The Critical thinking identifies the Corona pre and post Corona impact, hope is that Corona vaccine shall come and Corona shall end, the truthful universal statement is birth-death, start-end, problems (negativity) - solutions (positivity) so solutions by the creative thinking and conclusions by the collective thinking dipped in the positivity and purity. I have used face to face interviews to simulate the information and data in the process of conversion of data in to useful data and finally to have the conclusive data. Had the face to face structured interviews and discussions with the students.

Real data is the base of this research and is based on the real data and social research, attitude and assumption that the reality reasonably well represented in this research analysis.

Research questions and research responses from the randomly selected 8 teams of the school collected, studied and analyzed. Each team is from boys and girls from each class IX to XII grade of the school has 10 student members. Used Likert survey.

(a) Research questions

- (i) Input to mind with the improved mind control quotient (MCQ) with special reference to have positive impact on students not only for the academic excellence but also for the rational and positive utilization of world resources with having responsibility and accountability for the world resources protection thus to have no place for cruelty to nature and all its living beings, diamond cuts diamond same way MCQ with a positive attitude will bless the nature and its environment first and then to the all living beings who all have equal right to live in this world with and or without corona ?
- (ii) Corona fear, missing school teaching and the classroom teaching corona is a challenge and it is an opportunity to learn not only the online teachings through online classes and online webinar but also the knowledge of the use of technology and latest e-techniques, additionally positive utilization of time in adding value to the mind by the elderly family members in the time spent

with them it was not possible without the lockdown restrictions due to having earlier over stressed daily routine, thus the daily students life with minimized stress, maximized inputs for the strong value added foundation of students mind shall have positive impact on the students overall mind outputs mind output critical thinking, thoughts and decisions in critical circumstances and to have positive impact on students emotional achievements in term of taking positive decision and avoidance of negative decisions in most adverse circumstances like leaving home, academic failures and or life ending decision ?

- (iii) Students to develop an optimized superior intelligence mind having combination of Emotional quotient (EQ) + Superior knowledge (environmental & universal quotient (SQ) + intellectual quotient (IQ), thus the Super 3Q brain. It is a continuous practice of the mind development's psycho-physical process, achievable with materialistic purity and positivity thinking with life values and for all this Corona has provided the right environment it is fear of corona and its tangential stresses and invisible stress of world's materialistic and environmental pollution and like invisible corona the invisible pollution of students brain and mind including misuse of internet by the students adding pollution every day to their already polluted mind, use the opportunity of corona effect and impact and get 3Q mind development ?

(iv) Students what you feel that Corona positively impacted air pollution, water pollution and the climate. Corona has saved more lives due to its positive impact and specifically the reduction of nitrogen oxide than killed ?

(v) Students what is your idea can systematically and well planned e-learning could be an alternate to direct education for ever due to it is less expensive and fail safe giving more time for students to add life values due to time spending with the family and elders and helping in better climate and pollution control ?

V DATA ANALYSIS

Analysis of the infield data is done with the needed accuracy.

MS = Mean score

$(5N5 + 4N4 + 3N3 + 2N2 + 1N1) / (N5 + N4 + N3 + N2 + N1)$, N1 = # of respondents who answered "Very weak", N2 = # of respondents who answered "Weak", N3 = # of respondents who answered "Average", N4 = # of respondents who answered "Strong", N5 = # of respondents who answered "Very strong"

Responses on 5-point Likert scale: 1-very weak, 2-weak, 3-average, 4-strong and 5-very strong,

(a) The Likert Survey analysis outcome –

Table # 1 : Summary of responses for the five research Questions from the students teams of 8 #s each having 20 randomly selected boys and girls students from grade XII to IX.

Table #1

Data Ref: Table #1	Likert Survey Score from all students teams				
Research Questions	N1	N2	N3	N4	N5
RQ I	1	3	19	26	111
RQ II	2	4	13	21	120
RQ III	3	5	10	42	100
RQ IV	5	9	6	2	138
RQ V	132	20	8	0	0

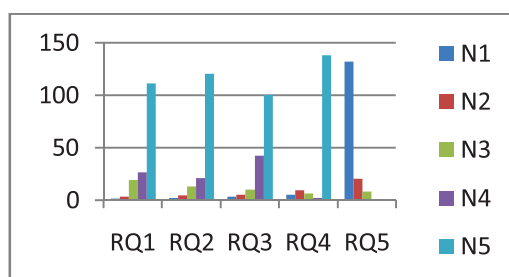


Fig. #1

Table # 2					
Likert Survey Score from senior secondary students teams of grade XII and XI					
Research Questions	N1	N2	N3	N4	N5
RQ I	0	2	3	5	70
RQ II	2	4	3	10	61
RQ III	0	0	5	10	65
RQ IV	0	0	5	1	74
RQ V	71	5	4	0	0

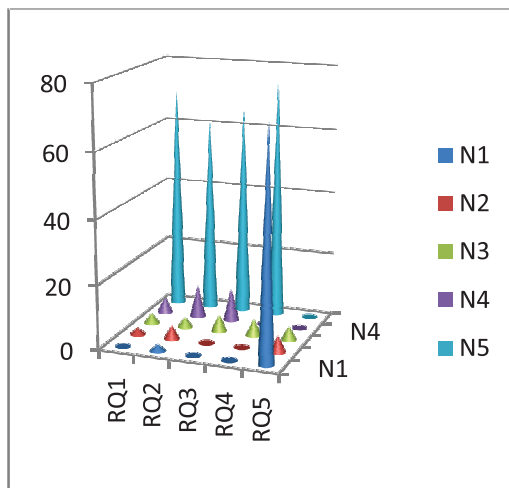
**Fig. #2**

Table # 3					
Likert Survey Score from secondary students teams of grade X and IX					
Research Questions	N1	N2	N3	N4	N5
RQ I	1	1	16	21	41
RQ II	0	0	10	11	59
RQ III	3	5	5	32	35
RQ IV	5	9	1	1	64
RQ V	61	15	4	0	0

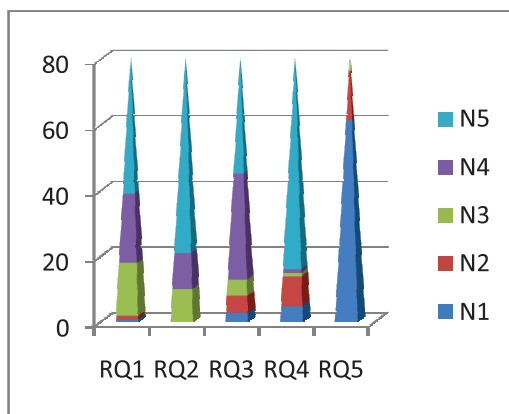
**Fig. # 3**

Table # 4		
All classes IX to XII response		
	% of Respondents Very Strongly + Strongly agreed	% of Respondents Very Strongly + Strongly dis agreed
RQ1	85.6	
RQ2	88.1	
RQ3	88.7	
RQ4	87.5	
RQ5		95.0

Table # 5		
Senior Secondary classes response		
	% of Respondents Very Strongly + Strongly agreed	% of Respondents Very Strongly + Strongly dis agreed
RQ1	93.7	
RQ2	88.7	
RQ3	93.7	
RQ4	93.7	
RQ5		95.0

Table # 6		
Secondary classes response		
	% of Respondents Very Strongly + Strongly agreed	% of Respondents Very Strongly + Strongly dis agreed
RQ1	77.5	
RQ2	87.5	
RQ3	83.7	
RQ4	81.2	
RQ5		95.0

VI CONCLUSION

Conclusion is based on the Likert survey responses analysis from the randomly selected student's teams from senior secondary and secondary grade students.

RQ1 is strongly agreed by 85.6% of all students, 93.7% of senior secondary students group, 77.5% of secondary students group. Finally agreed that the students MCQ must improve with the superior inputs to mind with the rational and positive utilization of world resources so now good to agree that all human beings must take the responsibility and accountability for the world resources protection and care to the all living beings who also have equal right to live in this world of course sooner or later a corona free world.

RQ2 is strongly agreed by 88.1% of all students, 88.74% of senior secondary students group, 87.5% of secondary students group. Good now to agree that with the students opine and response that the corona is an opportunity not only the online study but the most important positive utilization of their time in adding value to the mind by the elderly family members and providing superior strength to the students polluted mind and mind's critical thinking ability and thoughts and decisions in critical circumstances including emotional achievements in term of taking positive decision in most adverse circumstances.

RQ3 is strongly agreed by 88.7% of all students, 93.7% of senior secondary students group, 83.7% of secondary students group. Now feel to agree cent percent with the students to develop an optimized superior intelligence mind having combination of Emotional quotient (EQ) + Superior knowledge (environmental & universal quotient (SQ) + intellectual quotient (IQ), thus the Super 3Q mind. Finally I also agree with the students opine that invisible corona has provided the right opportunity to filter the invisible pollution of students mind including misuse of internet by the students adding pollution every day to their already polluted mind.

RQ4 is strongly agreed by 87.5% of all students, 93.7% of senior secondary students group, 81.2%. Students and me too now very much feel that Corona positively impacted air pollution, water pollution and the climate. Corona has saved more lives due to its positive impact than killed.

RQ5 is strongly disagreed by 95% of all students, 95% of senior secondary students group, 95% of secondary students group. Students have strongly disagreed for the e-learning as an alternate to direct education for ever in spite of less expensive and fail safe for having more time for students to add life values. Difficult to agree totally with the students response, the current multi-mode access to digital online education it could be further developed as one nation one digital educational program and use as an less expensive tool available on the national TV channels specially for the economically poor parents/students taking into consideration the visually and hearing impaired too, It would be a good idea to make use of e-learning as an optional national educational option and tool with taking into consideration the MCQ improvement plus neutralization of students' mind pollution and nature's environmental and climatic pollution.

VII FUTURE SCOPE OF RESEARCH

Advanced research data analysis by the use of data analysis by using the Statistical Package for Social Sciences (SPSS) is for more accurate results to understand the school students mental health, academic achievement, mind quotient improvement, new e-learning educational system, moral values and emotional control, inputs to mind for the happiness in school life of school students. The advanced research investigation findings may be relevant for policy formulation.

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To Assess the Effectiveness of Yoga Therapy in Relieving Lower Back Pain

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ABSTRACT

Chronic low back pain (CLBP) affects millions of people worldwide, and appears to be increasing in prevalence. Not only discomfort but also increased impairment, depressive effects and decreased quality of life were correlated with it. This paper is intended to assess the effectiveness of yoga therapy in lower back pain relief. This was an experimental study. The data were obtained from the research participants by means of the standardized questionnaire utilizing the Likert scale. The study was performed on 60 adults selected as per the inclusion criteria. The results have signified that majority of the respondents (i.e., 50%) belongs to the age group 36-40 years. The study respondents were similar with respect to socio-demographic and medical characteristics. The findings revealed that yoga therapy significantly relieves lower back pain in adults (p -value <0.005). The research has concluded that yoga therapy has a significant influence in relieving lower back pain.

Keywords: Low back pain, Yoga therapy, Adults

I INTRODUCTION

Currently, a large sum of capital is being spent in the implementation of chronic health treatments. These disorders include back problems, obesity, heart failure, etc (Nambi et al., 2014). This lifestyle issues are normally induced by harmful everyday behaviours, which trigger illness and impair people's mobility. Those habits, among many others, include a high-fat diet, bad occupational ergonomics and an insufficiency of physical fitness.

One of the most widely recorded musculoskeletal disorders is non-specific persistent spinal pain that has an adverse economic influence on public health services and a detrimental impact on the quality of life of the sufferer (Holtzman et al., 2013; Sherman et al., 2013). However the medical practitioners find it difficult to establish effective preventive procedures which prevent it from progressing to a chronic type in spite of the seriousness of low back pain issues.

Previous research find that yoga is an efficient procedure to relieve lower back pain; for example, that of (Cramer et al., 2013). Yoga is a nonsurgical, non-invasive and non-rugged alternative that may contribute to beneficial behavioural improvements in relation to health (Wellington et al., 2014). Yoga poses can help to relieve pain and increase agility when done correctly.

(a) Low Back Pain

CLBP impacts and seems to have expanded incidence among millions of people worldwide. Not only discomfort but also increased impairment, depressive effects and decreased quality of life were correlated with it.

Low back pain can vary from persistent, debilitating ache to an immediate, sharp feel. The discomfort is suddenly triggered by an injury or by raised heavy objects, or by age-related spinal improvements it may grow with time. Low back pain extends more than 3 months for certain patients (chronic pain).

Chronically poor back pain continues for about one year for around 20 percent.

Latest findings have found that a properly adapted community of yoga poses can help to alleviate discomfort and enhance the capacity to balance and exercise as in ancient Indian religion, western Yoga. As practised now, physical postures, calming exercises and reflection or relaxing are usually mixed.

Numerous studies indicate that the yoga of low back pain is successful. Low back pain affects socially vulnerable individuals disproportionately. It was therefore necessary to assess whether yoga therapy would be well accepted and productive by the community.

II LITERATURE REVIEW

In Yogic terms this vital life force or energy is called 'prana'. And many other terms are used like the Chinese name it as 'chi' or the Japanese term it as 'ki'.

Yoga Therapy is important traditional forms of preventive health care. They effectively release tension and eliminate toxins, both of which balance the mechanisms of the body. In traditional Oriental health care, it is said that disease is initially caused by tension and stress, or, in other words, by dis-ease. Before the symptoms of any particular ailment manifest, there will be tension and toxicity in some areas of the body. It is to our advantage to work on our physical imbalances when they are at the least developed stage, there is, before the tension and toxins have caused damage to the internal organs.

This mechanism calms muscle stress and align the body's essential strengths. Yoga manages the respiration when maintaining the corpse in those places. The critical energy sources are moving routes.

Yoga postures, however, naturally push and stretch certain nerves, muscles and pathways so that the energy may flow easily and relieve the stress in the points. This mechanism balances the whole body and helps it to repair itself.

The great sages of the east were masters of preventive health care. They were able to determine imbalances through traditional diagnostic methods, and thus avoid sickness. They knew Postures, certain breathing exercises, and natural diets to balance out specific conditions.

There is a great deal more to yoga than relaxing and versatility — while these two are the key explanations that an individual should just imagine pursuing yoga. Any other advantages are here which may not be so common:

- (a) Greater coordination and power
- (b) Facilitates menopause complications
- (c) Energy boost
- (d) Improves weight reduction and improves metabolism
- (e) Physical health strengthened

There are many researches available showing effects of yoga on low back pain. There are no significant work done to know the effect of ashtanga yoga. In the background of the above this research was designed to know the effects of ashtanga Yoga.

III OBJECTIVE AND METHODOLOGY

Objective

- (a) Assessment of yoga therapy successful in the alleviation of low back pain.
- (b) Materials And Methods
 - (i) **Research Design-** This was a quasy laboratory design to test the efficacy of yoga therapy in adult low back pain relief.
 - (ii) **Setting-**The research was conducted at the Aastha chikitsasansthan.
 - (iii) **Research Subjects-**Adults aged 18-40 years with back pain issues became the target demographic. 60 adults, chosen using random surveys, were surveys for this study. Adult patients with lower reverse

functions, aged 18 to 40, should interact well, collaboratively and readily; the criterion of exclusion included: adults not able to engage in the research The key criteria for inclusion included.

- (iv) **Intervention-** Yoga was given twice a week for three weeks for the research subjects. 60 minutes of yoga is performed in each morning session in the “SBPASS Complete Holistic Therapy Center”. Yoga consisted of warmup, meditation, and central gestures as a sequence of yoga aasana motions. Yoga consisted of warmup. Yoga has been performed by a yoga specialist.
- (v) **Instrument-**The VisualAnalog Scale (VAS) was used to assess back pain. During the pre-test and the post-test, back pain and functionality were assessed with a pre-structured questionnaire to collect data needed to explore yoga impacts on back pain in adults.
- (vi) **Ethical Consideration-**The Ethical Committee has received ethical consideration for this study. Per respondent was signed with written informed consent in Priors data collection.
- (vii) **Data Analysis-**For statistical analysis of data, various methods such as percentage (%) analysis, Mean (M), Standard Deviation (SD) was used. ANOVA and t-test were used in computing significance of difference in mean values. (.05) level is used as cut-off for the testing of significance of difference used. All the statistical work has been done on computer using SPSS software under expert guidance and supervision.

IV FINDINGS AND ANALYSIS

This investigation aimed to examine the effectiveness of yoga therapy in low-duration pain relief. 60 adults were chosen according to inclusion requirements. The testing was undertaken. In terms of sociodemographic and medical features, the respondents were identical.

Table 1
Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-23	3	5.0	5.0	5.0
	24-29	16	26.7	26.7	31.7
	30-35	11	18.3	18.3	50.0
	36-40	30	50.0	50.0	100.0
	Total	60	100.0	100.0	

From the above table it was found that out of the 60 study subjects, 5% respondents belong to the 18-23 age group, 26.7% respondents belong to the 24-29

years age group, 18.3% respondents belong to the 30-35 years age group, 50% respondents belong to the 36-40 years age group,

Table 2
Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	35	58.3	58.3	58.3
	Male	25	41.7	41.7	100.0
	Total	60	100.0	100.0	

From the above table it was found that out of the 60 study subjects, majority of the respondents were

female i.e., 58.3% while there were only 41.7% males included in the study.

Table 3
Education

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10/12 th	5	8.3	8.3	8.3
	Graduation	42	70.0	70.0	78.3
	Nil	1	1.7	1.7	80.0
	PG or above	12	20.0	20.0	100.0
	Total	60	100.0	100.0	

From the above table it was found that out of the 60 study subjects, 8.3% were 10/12th passed, 70% were

graduated, 1.7% had nil education and 20% were post graduate.

Table 4
Low Back pain ? History

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No pain	41	68.3	68.3	68.3
	Often	4	6.7	6.7	75.0
	Rarely	15	25.0	25.0	100.0
	Total	60	100.0	100.0	

From the above table, it was found that out of the 60 study subjects, 68.3% were reported that they had no pain history, 6.7% said that they had often low back

pain, 25% said that they had rarely experienced low back pain.

Table 5
Daily Routine yoga practice

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	59	98.3	98.3	98.3
	Yes	1	1.7	1.7	100.0
	Total	60	100.0	100.0	

From the above table, it was found that out of the 60 study subjects, 98.3% respondents said that they weren't practiced yoga in past while only 1.7% respondents said that they practice yoga.

Descriptive information for the subjects participating in the study is presented in the table below (Table 6).

Table 6 Descriptive Statistics							
	N	Range	Minimum	Maximum	Mean	Std. Deviation	
	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error	Statistic
Height (M)	60	0.51	1.31	1.82	1.6160	0.00996	0.07718
weight (KG)	60	39.00	46.00	85.00	61.0000	1.10801	8.58260
BMI m2	60	15.70	17.60	33.30	23.4150	0.40879	3.16650
Pre: Back Pain intensity	60	8.00	2.00	10.00	5.9833	0.21719	1.68233
Pre: Roland Morris Disability (RMQ)	60	4.00	18.00	22.00	21.3833	0.15421	1.19450
Post: Back pain intensity	60	1.00	0.00	1.00	0.2000	0.05208	0.40338
Post: Roland Morris Disability (RMQ)	60	0.00	0.00	0.00	0.0000	0.00000	0.00000
Valid N (listwise)	60						

Table 7
Related Samples Wilcoxon Signed Rank test

Pre: Back Pain intensity			Post: Back pain intensity			p value
Mean	Standard Deviation	Median	Mean	Standard Deviation	Median	
5.98	1.68	6.00	0.20	0.40	0.00	<0.005

The above table has signified that there was a significant difference in pre-session and post-session back pain intensity (p-value <0.005).

Table 8
Related Samples Wilcoxon Signed Rank test

Pre: Roland Morris Disability (RMQ)			Post: Roland Morris Disability (RMQ)			p value
Mean	Standard Deviation	Median	Mean	Standard Deviation	Median	
21.38	1.19	22.00	0.00	0.00	0.00	<0.005

The above table has signified that there was a significant difference in pre-session and post-session Roland Morris disability score (p-value <0.005).

V DISCUSSION

The purpose of this research was to examine the effects of back pain in yoga therapy. The study was performed on 60 adults selected as per the inclusion criteria. The results have signified that majority of the respondents (i.e., 50%) belongs to the age group 36-40 years. In terms of socio-demographic and medical features, the research respondents were identical.

Previous back pain episodes, heavy physical pressures, poor satisfaction, age, back fatigue and smoking included low back pain risk factors (Latimer et al., 1999; Waddell, 2001). In our study it was found that majority of the respondents (85%) were non-smoker. Treatment and injury because of persistent low back pain may rely on psychosocial challenges than on the physical demands of particular clinical features or workplace (Waddell, 2001). Variable data for the efficacy of non-pharmacological and prescription is provided among the treatments for CLBP (Chou, 2007) management. Yoga would be more affordable, since it can be performed in a community setting

and self-administered at home similar to spinal stimulation, physical rehabilitation, and acupuncture. Present cost analysis of yoga activities, however, is important.

The findings revealed that yoga therapy has a big influence on lower back discomfort (p-value <0.005). The literature review has found that yoga can alleviate and enhance both physical and mental function and pain and incapacity (Chang et al., 2016).

In our study it was found that majority of the respondents were female i.e., 58.3%. In a reference study the number of female respondents was found to be 71.7% (Bramberger et al., 2017). The females are supposed to be busy with household works throughout the day hence, more prone to back pain problems this may be the reason of the majority of female respondents in study.

In our study it was found that the majority of the study subjects have a good education qualification while there was only one respondent who had nil education qualification. The results also signified that majority of the study subjects are employed (58.3%). The study was performed on adults, majority of the respondents belongs to age group

36-40 years. During this age peoples are supposed to be working and this may be a reason behind the observed results. However, there is not significant difference between employed and unemployed respondents.

In this study, the plurality of participants were identified in the 60 study subjects i.e., 68.3% were reported that they had no back-pain history. However, 1.7% respondents said that they practice yoga in the past. These findings suggest that the respondents were free from any past history of back pain & other comorbidity and also not practicing yoga; therefore, this does not impact a Yoga Therapy intervention trial to test the efficiency of back pain relief.

In our study, it was found that there was a significant difference in pre-session and post-session Roland Morris disability score (p-value <0.005). The results also signified that there was a significant difference in pre-session and post-session back pain intensity (p-value <0.005). The results indicate that the enhancement of lower back functionality is impaired greatly by Yoga therapy.

Yoga makes the body calm and calm, in addition to the pumping of oxygen, back pain, tail and swelling (Kozier 2008). Yoga should be practiced routinely to boost the standing, to walk longer, to move quicker and to do it without leaving any discomfort afterwards. The role and usefulness of yoga will resolve issues correlated with the body's anatomical functions (Brayshaw, 2007). This research also indicates that Yoga has a big impact on enhancing lower back mobility.

VI CONCLUSION

Yoga is as effective in minimising functional back pain as most non-pharmacologic therapies. Compared with normal treatment or no treatment, it seems to be more effective in minimising the intensity of pain or LBP "brothersomeness." The report concluded that yoga therapy has a big impact on lower back discomfort and enhancing lower back mobility. Adults should also advise that these interventions be included as an addition to the management of discomfort. Yoga may have a beneficial impact on stress and other co-morbidity. Yoga seems to be an efficient and healthy treatment for chronically low pain in the back. More study explores the associated impact of low back pain reduction yoga therapy.

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Analysis of Working Capital Position of Markfed

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ABSTRACT

Every business firm requires funds for its day to day operations. Funds are of two type's long term funds and short term fund s, long term funds are required for purchasing assets for production. Short term funds are needed to purchase raw materials, payment of wages, any other day to day expenses. In other words we can say working capital means short term finance required for current assets cash, marketable securities, debtors and inventories. The position of working capital of Markfed in starting year of study is quiet satisfactory but after two years of study period it becomes unsatisfactory.

Key word:- Working Capital, Current Assets ,Current Liabilities, Liquid Assets

I INTRODUCTION

(a) **Concept of Working Capital** - Every business firm requires funds for its day to day operations. Funds are of two type's long term funds and short term fund s, long term funds are required for purchasing assets for production. Short term funds are needed to purchase raw materials, payment of wages, any other day to day expenses. In other words we can say working capital means short term finance required for current assets cash, marketable securities, debtors and inventories. Therefore it is also known as revolving or circulating capital.

(b) **Types of Working Capital** - Working capital is categories in many different types on the basis of its concept and time. Theoretically working capital is firstly categories as gross working capital and Net working capital. Gross working capital is the total amount of funds invested in current assets of the firm. Net working capital is when, current assets deducted from current liabilities. On the basis of time working capital is divided as permanent and temporary working capital. Fixed working capital is the fixed minimum capital required for fixed facilities, further it is divided as regular and reserve working capital. Temporary is a variable working capital required for seasonal demands and for any special exigencies, further it is divided as seasonal and special working capital.

(c) **Importance of Analysis of Working capital**

- (i) To know the solvency of the business by providing continue flawless flow of production.
- (ii) To know about the payment mechanism to stake holders.
- (iii) For credit worthiness of the business.
- (iv) Ability to exploit favourable market conditions.
- (v) To know about the ability to face business crisis.
- (vi) Efficiency to convert quick and regular return on investments.
- (vii) To know the overall efficiency of business due to adequacy of working capital.

(d) **Company Profile :Markfed**

Markfed is one of the largest channelizing agency of Agriculture related products in Madhya Pradesh. MP Markfed was setup with the object to promote Co-operative marketing of agriculture produce to benefits the farmers. Institution is involved in the purchase, sale and distribution of agriculture related commodities like fertilizer, seed, pesticide, agriculture machineries and procurement of food grains under minimum price support schemes from primary agriculture credit co-operative societies, marketing cooperative societies and farmers in the remote areas. Markfed has a vast marketing network comprising of 7 zonal offices, 41 district offices and 426 distribution centers at 244 different locations and supported by 280 Marketing Societies and 4526 Primary Agricultural Credit Co-operative Societies. Today, Markfed has attained a leadership position in the agri-product business in the state. It has emerged as a very stable organization, committed to the services of farmer community of the state of Madhya Pradesh.

II OBJECTIVES OF THE STUDY

The following are the specific objectives of the study.

- (a) To analyse the current assets position of Markfed
- (b) To analyse the liquid assets position of Markfed
- (c) To analyse the absolute Liquid assets position of Markfed.
- (d) To analyse the net working capital position of Markfed.

III SCOPE OF THE STUDY

The present study aims at assessing the working capital position of Markfed. The study could help the company as well as the investors to understand its financial efficiency. It aims to help the management to find out the position of current assets and current

liabilities of cooperation as well as the working capital.

IV SOURCES OF DATA

Secondary data is used for the study. The required data for the study is collected and compiled from published financial annual report of Markfed for the period of six years from 2012-2013 to 2017-2018 which is a reliable and empowered corporate database. In addition to this, supportive data is collected from books, journals, annual reports and various news-papers.

V RESEARCH METHODOLOGY

The methodology adopted to analyse is through ratio analysis, and interpret general financial statements to assess the working capital position. Further a comprehensive analysis is carried by applying statistical techniques namely mean, standard deviation, co-efficient of variance.

- (a) **Period of Study-** The study covers a period of six years from the financial year 2012-2013 to 2017-2018

(b) **Limitations of the Study**

- (i) The study is confined to six years data only,
- (ii) The study is based on secondary data collected from the Annual reports of Markfed.

(c) **Working capital Position Ratio or Turnover Ratio**

- (i) Current Ratio
- (ii) Liquid Ratio
- (iii) Absolute Liquid Ratio
- (iv) Net Working Capital Turnover Ratio

(d) **Working capital Position Ratio of Markfed: -**

Adequate working capital is very important for every organisation as good as the position of working capital the flow or availability of finance is good for the efficient working. Through various ratios under working capital position, current assets as well as current liabilities position easily define which reflects the Markfed financial position during the study period.

- (e) **Current Ratio -** Current ratio is also known as working capital ratio. It shows the relationship between current assets and current liabilities. The ratio measures the liquidity of the firm and provides information for the short term analysis of financial position or liquidity of a firm. It represents the margin of safety available to the creditors and other current liabilities.

Current Assets

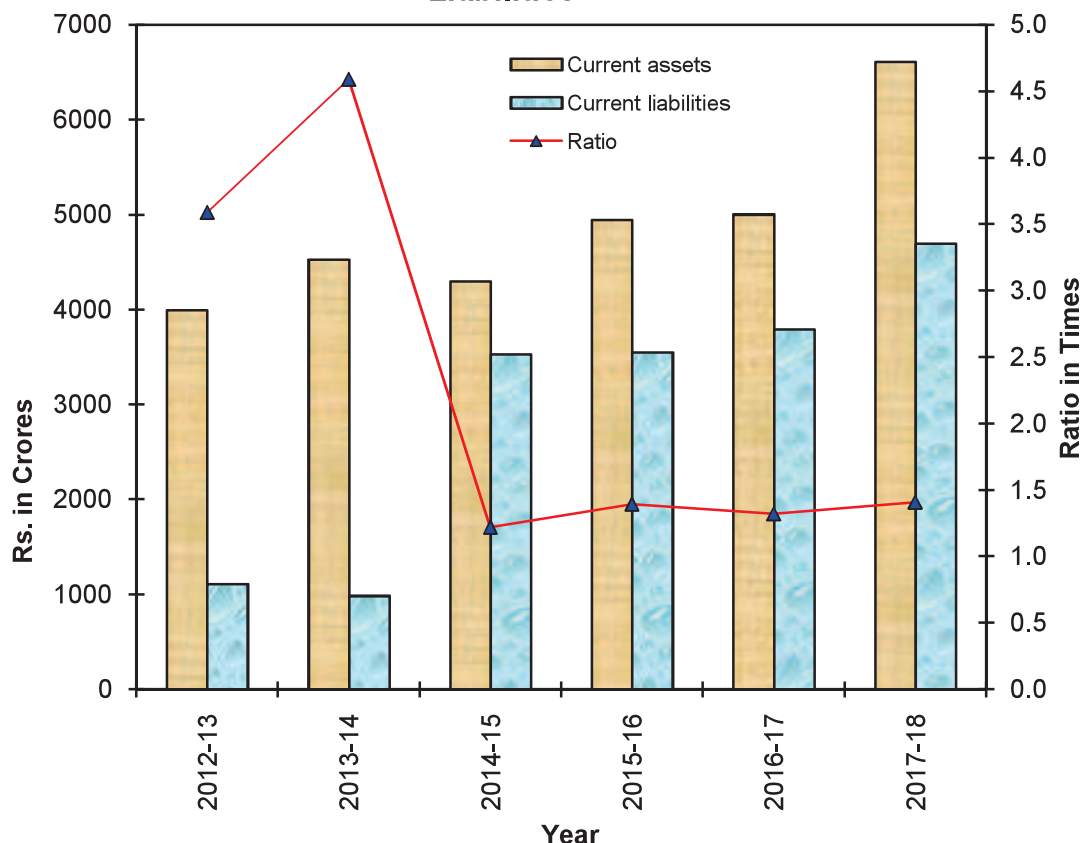
$$\text{Current Ratio} = \frac{\text{Current Assets}}{\text{Current Liabilities}}$$

Current Ratio

Rs. in crores

Years	Current Assets	Current Liabilities	Ratio in Times
2012-13	3993.04	1113.22	3.59
2013-14	4526.08	985.94	4.59
2014-15	4296.07	3529.49	1.22
2015-16	4945.47	3552.22	1.39
2016-17	5002.71	3794.86	1.32
2017-18	6607.87	4695.2	1.41
Mean	4895.21	3311.54	1.99
AGR	10.9141	53.6279	-13.87
SD	922.65	1529.00	1.46
CV	18.848	46.172	73.47
Correlation	0.729		

Source: Compiled from Annual Report of Markfed from 2012-2017

Graph : Statement of Current Assets to Current Liabilities

- (f) **Interpretation** - Current ratio is 3.59 times more than its current liabilities which are an indication of good short term solvency position of the position. The ratio is very complicated to understand but it is because of large amount of cash in hand & at bank is available with the company which has increased its current assets at this level. In the year 2013 the ratio is increased depicts the higher current assets than its current liabilities but in very next year 2014 it decreases as compare to its previous year to 1.22 shows low current assets as compare to liabilities. After 2014 every year current ratio is decreased but has always maintained a good solvency position as the ideal current ratio is 2:1 and company is

able to maintain the ideal ratio only in the year 2012 & 2013 and in other remaining year it is decreased.

- (g) **Liquid Ratio** - It is also known as quick ratio or acid test ratio. The ratio is calculated to know the liquidity position of a firm. Liquidity refers to the ability of a firm to pay its short term obligations, when it becomes due. This ratio indicates the relationship between liquid assets and current liabilities. Liquid ratio or quick ratio is a more stringent test of liquidity than the current ratio. It measures the firm's capacity to pay off its current obligations immediately. Liquid ratio is used as complementary ratio to the current ratio.

Formula:

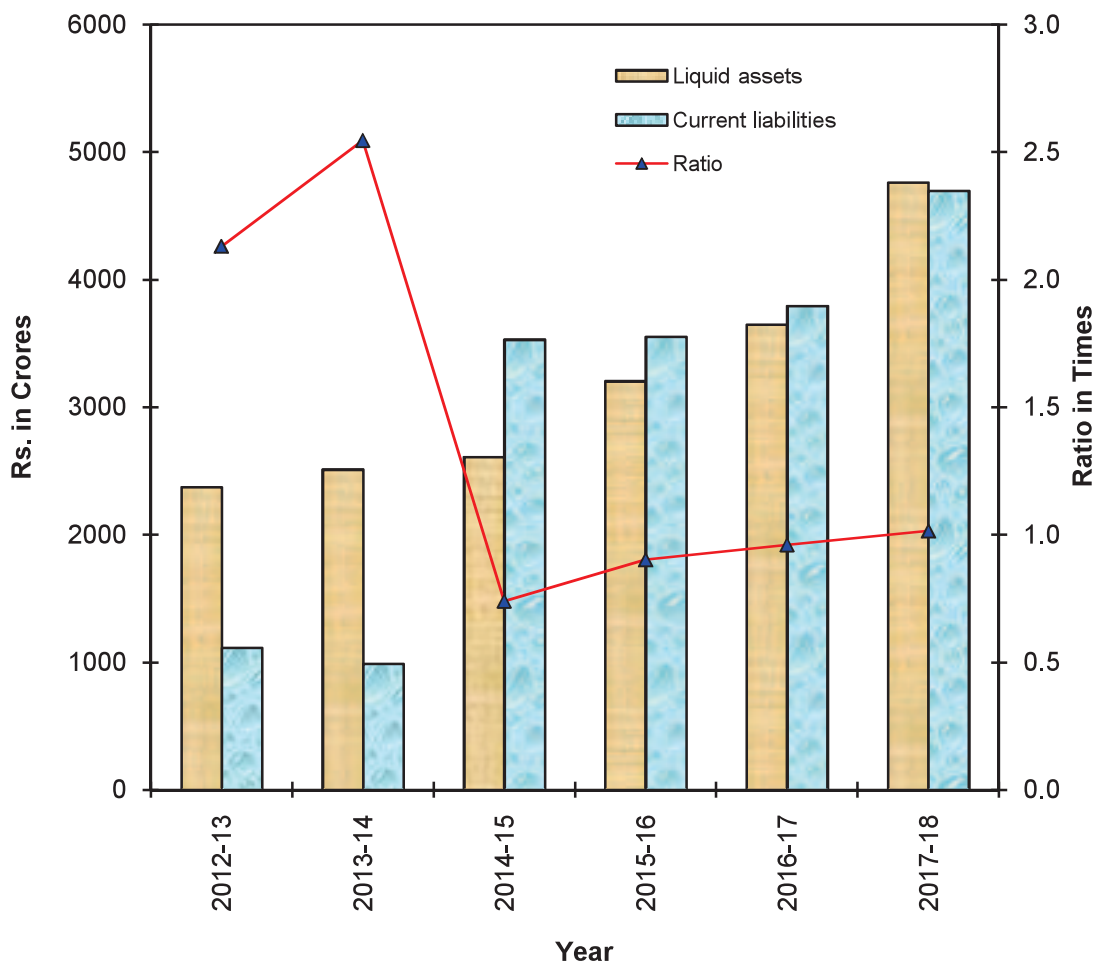
$$\text{Liquid Ratio} = \frac{\text{Liquid Assets}}{\text{Current Liabilities}}$$

Table
Liquid Ratio

Years	Liquid Assets	Current Liabilities	Ratio in Times
2012-13	2371.83	1113.22	2.13
2013-14	2510.32	985.94	2.55
2014-15	2610.41	3529.49	0.74
2015-16	3203.51	3552.22	0.90
2016-17	3647.08	3794.86	0.96
2017-18	4763.65	4695.2	1.01
Mean	3184.47	3311.54	1.23
AGR	16.8071	53.6279	-12.03
SD	911.33	1529.00	0.74
CV	28.618	46.172	60.15
Correlation	0.810		

Source: Compiled from Annual Report of Markfed from 2012-2017

Graph : Statement of Liquid Assets to Current Liabilities



(h) **Interpretation** - In the year 2012, the ratio is 2.13:1 times which indicates good liquid assets over current liabilities. In the year 2013 it is increased to 2.55 :1 which indicates that liquid assets is more than its current liabilities shows good and satisfactory liquidity position of the

company. But from the year 2014 to 2017 the ratio is decreased that means organization have not enough liquid assets to pay their liquid liabilities within short period of time as the ideal ratio is 1:1 & during these years the ratio is below 1:1. In the year 2018 ratio is increased to

1.01:1 which means company is able to pay its short term liabilities. The mean is positive & AGR is negative that is -12.03 it does not show the satisfactory position. The SD & CV is 0.74 & 60.15 the correlation is 0.81. Low liquid ratio does not indicate the unsatisfactory position towards liquidity.

(i) **Absolute Liquid Ratio or Cash Ratio** - It is a liquidity ratio which is calculated to know the ability of an organisation ability to repay its current liabilities with only by cash & cash equivalents. It is calculated along with current ratio and liquid ratio to know the absolute value of liquid assets excluding receivables from current assets.

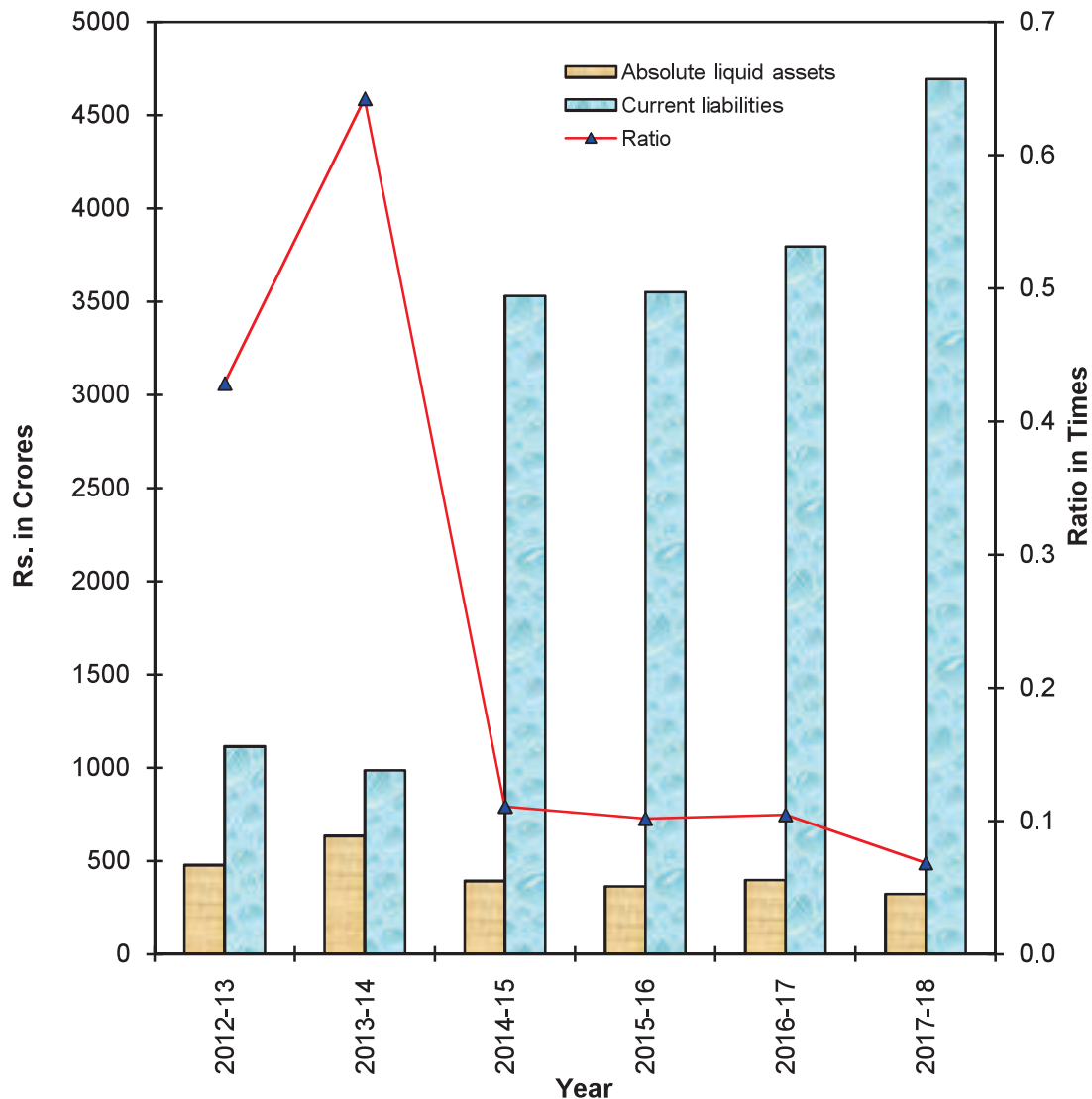
Formula:-

$$\text{Absolute liquid Ratio} = \frac{\text{Absolute liquid ratio}}{\text{Total Current Liabilities}}$$

Table
Absolute liquid Ratio
Rs. in crores

Years	Absolute liquid Assets	Current Liabilities	Ratio in Times
2012-13	477.11	1113.22	0.43
2013-14	633.43	985.94	0.64
2014-15	392.06	3529.49	0.11
2015-16	362.16	3552.22	0.10
2016-17	397.87	3794.86	0.10
2017-18	321.67	4695.2	0.07
Mean	430.72	3311.54	0.21
AGR	-5.4299	53.6279	-17.87
SD	111.72	1529.00	0.24
CV	25.939	46.172	118.91
Correlation	-0.896		

Source: Compiled from Annual Report of Markfed from 2012-2017

Graph : Statement of Absolute Liquid Assets to Current Liabilities

- (j) **Interpretation** - In the year 2012 the absolute liquid ratio is 0.43:1 shows that company has not enough cash balance to pay its current liabilities as the ideal liquid ratio is 1:2 which means 50% worth of absolute liquid assets or cash are adequate to pay 100% current liabilities. In the year the ratio is 0.64 which means company generated some cash but from very next year it started decreasing every year from 0.11 to 0.07. The mean of the ratio is 0.24 which is very low. The AGR indicates negative effect of ratio -17.87 that is it is not reflect satisfactory position of cash & cash

equivalent. The SD & CV also not satisfactory. The Correlation is -0.896 indicates the negative or low level of liquid position of company.

- (k) **Working capital Turnover Ratio** - This ratio is calculated to know the position of current assets & liabilities of an organization. It measures the ability of an organization with which capacity it utilizes its net working capital. Working capital of an organization is directly connected with sales as current assets increases or decreases with the change in the sales.

Working capital = Current assets – Current liabilities

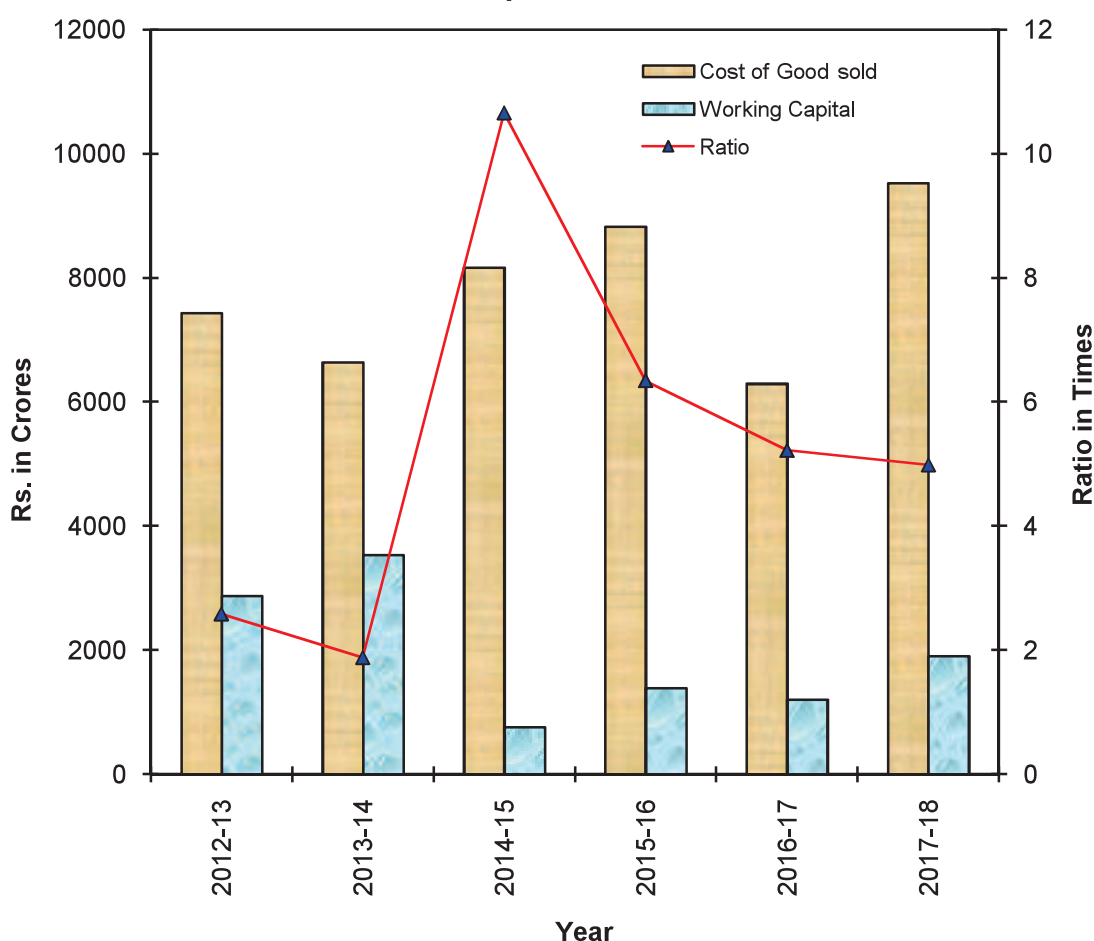
$$\text{Working capital Turnover Ratio} = \frac{\text{Cost of goods sold}}{\text{Working capital}}$$

Table
Working Capital Turnover Ratio

Years	Cost of Goods Sold	Working Capital	Rs. in crores Ratio in Times
2012-13	7437.13	2879.82	2.58
2013-14	6647.15	3540.14	1.88
2014-15	8169.47	766.58	10.66
2015-16	8832.15	1393.25	6.34
2016-17	6299.68	1207.85	5.22
2017-18	9534.15	1912.67	4.98
Mean	7819.96	1764.10	5.81
AGR	4.6994	-5.5973	33.10
SD	1258.45	1063.55	3.17
CV	16.093	60.289	54.57
Correlation	-0.319		

Source: Compiled from Annual Report of Markfed from 2012-2017

Graph : Statement of Cost of Goods Sold to Working Capital



- (I) **Interpretation** - The working capital turnover ratio depicts the position of floating capital of the company, the ratio is fluctuating every year of study period and shows increase & decrease because of changes in working capital every year. in the year 2012-13 it is 2.58, followed the

decrease trend of 1.88 and very next year that is 2015-16 it increases with 10.66 & once again it decreases by 6.34 & followed the decreasing trend of 5.22 in the year 2016-17 & also decrease in the year 2017-18 by 4.98. A decreasing trend of ratio indicate that

unfavourable conditions for the enrichment of the financial position of the company. The Mean & AGR of the ratio is positive but there is major difference between them that is 5.81 & 33.10 respectively also SD & CV of the ratio is 3.17 & 54.57 there is also very big difference between them. The Correlation between them shows the negative that is -0.319.

VI FINDINGS

- (a) The company which is having high current ratio may not be able to pay its current liabilities in specified period because the large portion of its current assets are obsolete inventories or remaining slow moving inventories. On the other hand, if the company has low current ratio, it may be able to pay its current obligations as they become due because of the availability of the large portion of current assets which consists of highly liquid assets to pay off current obligations if they become due, within short period. Current asset ratio is the back bone of any organization. The current ratio of the Markfed in starting years of the study was average and current assets are enough to pay off its short term debt obligations of the corporation but from the year 2014 the current assets are not enough to pay off the liabilities of corporation and decreasing year by year which indicates that the Markfed current assets are not enough to pay its short term debt. A higher current ratio depicts the strong solvency position.
- (b) The liquid assets is measured more consistent test of short term solvency as compared to current ratio. Liquid asset ratio depicts how fast an asset convert in cash whenever required and ability to pay its short term debt quickly. MARKFED liquid assets in starting year of study is more liquid but afterwards it start downfall and corporation has not enough liquid assets to turn into cash so that's why the cash value in balance sheet is less and average is in negative.
- (c) The absolute liquid ratio is very helpful only when used in conjunction with current and quick ratio. This ratio indicates high liquidity position of corporation which means to pay one current liabilities need one current assets to pay off and the corporation has not enough liquid assets to pay off its current liabilities and averagely it shows negative growth.
- (d) After analysing the net working capital turnover ratio it was found that MARKFED working capital if fluctuating during the study and reflects

that corporation is inefficiently utilising its working capital during the period of study and in starting it is low and then high and immediately downfall in next year indicates not sufficient quantity of working capital. Average working capital turnover ratio is favourable very high ratio may also indicates the insufficient quantity of working capital.

VII CONCLUSION

The ratio of working capital depicts the position of non fixed assets and it is clear from above findings that in the starting year of the study Markfed have sufficient current assets to meet its current obligations. Although it is depicts increase and decrease every year of study but after 2014 it is found that the position of working capital position downfalls. The ideal current ratio is 2:1, Liquid ratio is 1:1 and the absolute liquid ratio is 0.5:1 and comparing with the ideal it is found that the ratios are almost near to ideal but not matched completely so the Markfed is not maintaining its working capital position.

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A Study of Awareness of School Teachers and Parents towards “Right To Education Act 2009”

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ABSTRACT

Everyone has the right to education. “RTE” is one of the most fundamental rights of any human. Free-education must be provided at least of elementary level. The “Right to Education (RTE) Act 2009” was established in the year 2009 by the government of India. This made education mandatory for all in the age range of 6 to 14 years, until they have completed their basic education. As soon as the RTE was established, it was expected that the quality of education in schools will improve and better educational facilities will be provided to the students in all the schools. Through this study, it is attempted for exploring the role and responsibilities of teachers in implementing “RTE Act 2009” and awareness over “RTE” amongst parents and the teachers teaching in the schools. The study carried out is an expressive study and the collection of data for this study is made with the help of various questionnaires which was made to attain the qualitative measures of the study. The most significant aim of this research is to point out the role of teachers and parents in implementing RTE Act.

Key words: Education, Right to education, Human right, RTE act, elementary education

I INTRODUCTION

Will Durant state education as continuous discoveries of our ignorance.

The “Right to Education Act (RTE)”, sanctioned in the year 2009, has accompanied in expectations for free and basic school education in the nation. It is the result of the efforts made by the educationists, members of judiciary and civil society for the last few years. The rights of children of having mandatory and cost-free education under the education Act of 2009, which is commonly acknowledged as “RIGHT TO EDUCATION” or “RTE ACT, 2009” has been introduced by the 86th Revision in Dec’2002. This Act was sanctioned in the mid of the year 2009. The act’s provision can into existence on 1st of April, 2019. This day became a day of historic achievement for the Indians because according to the provision of the India constitution’s Article 21A, this right of getting mandatory education will be recorded as right to life.

An amendment was made after seven years in the constitution of India and the dream of mandatory and free education for every child converted into reality in August 2009, when this act was sanctioned by the Parliament. As soon as the country sanctioned this act, it came under the list of 130 nations who have already sanctioned a similar Act guarantying the free provision of free-education to every child. This Act presented the famous and one of the most waited “Article 21-A” which provide basic “Right to Education” for kids within the age of 6years to 14 years. The sanctioned article also revised an old Article-45 according to which the State will attempt for providing free and mandatory education in addition to early childhood care for every child under the 6 year age group. Moreover, this article also added a basic responsibility in

Article-51 according to which parents or guardians are responsible for providing their child with basic education given that their child is within the referred age.

This act is considered complete every aspect of the education and its related need is touched by it.

II THE “RIGHT OF CHILDREN TO FREE AND COMPULSORY EDUCATION ACT 2009”

- (a) **The extensive features of this acts comprises of various key features which are stated below:**
- (i) Free, mandatory and quality education is provided under this act for each and every student in the age of 6 to 14 years. This education will be provided to them in any nearby school until they completes their elementary education.
 - (ii) No charges or fees will be asked on the name of expenses so that the child can easily and inspiringly complete the basic education.
 - (iii) Under this act, if a child is not still admitted to any class then he/she will be provided with admission in the suitable class. Local authority or Government of India will make provision of school in every locality which will make the school in reach of every child.
 - (iv) Commencements of this Act: for monitoring and ensuring children’s completion of basic education, attendances and even admissions. For preparing every child over the 3 years of age for elementary level education and also for providing early childhood care for them until they are over the 6 years age, various essential steps can be taken by the government.

- (v) The act specifies that not a single school has to right to deny any child's admission over any reason. In addition, any type of fees in any format is prohibited and actions against the same will be taken if found guilty.
- (vi) Under this act, sufficient amount of properly trained and qualified teachers will be provided for the school education system.
- (vii) The government has also established proper and appropriate norms, provided required facilities and maintained a proper environment.
- (viii) Proper infrastructure with clean and safe environment is also one of the key features of this Act.
- (ix) The Act aimed for promoting comprehensive growth for which it has the provided every child coming from weak section of the society with a reservation facility of 25%
- (x) Through the act, the advancement in curriculum in accordance to values preserved in the Indian constitution along with the children's mental and educational development.

III OBJECTIVES OF THE STUDY

- (a) For studying the awareness of teachers of school regarding "Right to Education Act, 2009".
- (b) For comparing the awareness private and government school teachers regarding "Right to

Education Act, 2009".

- (c) For comparing the awareness of parents from urban and rural areas in private schools regarding "Right to Education Act, 2009".
- (d) For studying the awareness of parents regarding "Right to Education Act, 2009".
- (e) For discussing the role of teachers and parents in applying the RTE.

IV METHODOLOGY

The present study which is designed to study the awareness among school teachers and parents about the RTE Act 2009 and to discuss their role and responsibilities is a descriptive study.

The collection of data for the completion of this study was made through a researcher made questionnaire specially designed for teachers and parents. Questionnaire contained close ended questions. Questionnaire was prepared on the basis of some important provisions as provided in the act.

- (a) **Sample-** The data for the present study was collected from government and private school teachers of Bhopal district. A sample of 30 school teachers was selected from 10 schools of Bhopal district. 15 male and 15 female teachers were selected from the government and private schools. A sample of 20 parents was selected from urban and rural areas .10 parents from rural and 10 parents from urban.

Table – 1
School – wise, Area – wise and Gentry – wise distribution Sample

Types of School / Area	Rural		Urban		Total
	Teacher	Parent	Teacher	Parent	
Govt	05	06	07	10	08
Private	06	05	05	06	12
Total	11	11	12	16	50

- (b) **Tools** - For the present research the research tool used for data collection was a researcher made questionnaire which comprises of 15 different questions. These questionnaires are designed for studying the awareness about RTE among parents

and teachers.

- (c) **Statistical Techniques used for the Analysis of Data** - The statistical approaches brought in use to analyse the data were mean, SD and t-test.

V RESULTS

Table – 1

Shows the percentage analysis of teachers and parents to the RTE Act 2009 questionnaire

S.NO	Questions related to RTE Act	Responses		
		Yes (%)	No (%)	Other Responses (%)
1	Are you aware of RTE Act	86.8	10.8	2.4
2	Is RTE act a law in our Indian Constituency	84.4	9.4	6.2
3	Does RTE include special need children	100		
4	Do you agree all the schools are implementing RTE act	74.6	22	3.4
5	Is this act for only children	52.7	44.9	2.4
6	Are you aware of RTE Act implementation all over India”	55.1	30.3	14.6
7	Is inclusive education programme supported by RTE	74.6	22	3.4
8	Is this act a fundamental right for education	91.7	3.4	4.9
9	As a parent do you have information about RTE Act	74.6	20.5	4.9
10	Are you aware RTE Act include children up to which class	60.0	37.6	2.4
11.	Are you aware the Act’s emphasize teacher to write eligibility test to work in school	57.5	35.1	7.4
12.	Does this Act promote Article 26 of the 1948 universal Declaration of Human Rights	42.9	32.7	24.4
13.	Does this Act prohibit the children from any physical and mental punishment	38.0	52.2	9.8
14.	Do you think the frame of Act is based on UN Convention on the Rights of Child	67.3	25.4	7.3
15.	Is there a component about RTE Act in your curriculum	55.1	30.3	14.6

VI FINDINGS

The above table exhibits the distributions of teachers and parents on the basis of their awareness regarding “Right to Education Act” regarding several skills. From the responses over the awareness of RTE Act shows that 86.8% respondents agreed that they know about “Right to Education Act”, 10.8% do not know and rest of 2.4% stated that they are unsure about proper knowledge of the act. When the respondents were asked that whether they know this act is a law in our country or not, 84.4% of the respondents agreed that the RTE act is an act of law, 9.4% of respondents disagreed and stated that RTE act is not a law in our India constituency and remaining 6.2% of respondents were unsure. When the respondents were asked that whether RTE include special programs for needy children or not, 100% of the respondents have agreed that RTE act is included children with special needs. When the respondents were asked that whether all the schools are implementing RTE act or not, 74.6% of the respondents have agreed that all school are implementing the RTE Act. 22.0% have not agreed and 3.4% respondents were neutral. Upon asking that whether this is only for children, 52.7% of the respondents have stated that this act is meant for only children and 44.9 % of the respondents have stated that this act is not meant for only children and rest of 2.4% were unsure. When asked about their

awareness over the implementation of this act all over the country, 55.1% of the respondents answered positive and said that they are aware about the implementation of RTE Act all over India, 30.3% weren’t aware and remaining 14.6% answered as unsure. The question stating that the inclusive education program is supported by this act or not was answered with a yes by 74.6% of the respondents, 22% of the respondents deny of any type of support and remaining 3.4% were neutral. Upon asked about that whether this act is a fundamental right for education or not, 91.7% of the respondents have agreed that RTE Act is a fundamental right for education, 3.4% have not agreed and remaining 4.9% have no idea and they stayed neutral. The respondents were asked that whether being a parent, they have any information over the RTE act or not, upon this 74.6% of the respondents have reported that they had enough information about RTE Act to share, 20.5% have reported that they had no information about RTE Act to share and rest of 4.9% did not respond. When asked about their awareness about the class up to which the RTE act is included, 60.0% of the respondents have stated that they knew about RTE Act include children up to which class, 37.6% have stated that they did not know about RTE Act include children up to which class and remaining 2.4% not responded. Upon asked about the awareness about a point of act which states that teachers need to write eligibility test, 57.5% of

the respondents have said that they knew that the RTE Act emphasis that teacher should write Eligibility Test to work in schools, 35.1% of the respondents have said that they did not know that the RTE Act emphasis teacher should write Eligibility Test to work in schools and 7.4% said they are not sure about this act. The respondents were asked that whether this Act promote Article 26 of the 1948 universal Declaration of Human Rights or not, upon which 42.9% of the respondents have agree that act promote Article 26, and 32.7% of respondents disagree it is not promoting Article 26 and remaining 24.4% of respondents were unsure. The respondent asked about their awareness regarding the prohibition of any type of physical or mental punishment over the children under this act, upon which 38% of respondents accept that this act prohibits abuse and punishment, 52.2% of respondents do not know, 9.8 % of respondents were unsure. Upon asked that whether they think that this act is framed on the basis of “UN Convention on the Rights of Child”, 67.3% of the respondents have concurred that RTE Act is framed based on UN Convention on the Rights of the Child (CRC) Act, 25.4% have not agreed and rest of 7.3% respondents were unsure. The respondents were asked that is there a component about RTE Act in their curriculum or not, over which 56.1% of the respondents have agreed that their curriculums have a component about RTE Act, 29.3% have not agreed and rest of 14.6% did not respond.

VII CONCLUSION

The act of RTE is was an important development in the educational system of India. Many of the aspects were covered through this study. From the results, it can be concluded that most of the people are aware of the RTE act, 2009. They are also aware of the laws and policies related to this act. But still many people should be made aware of it. Many respondents asked for changes in the act. Students must also be made aware of the RTE act for which special classes or educational program should be programmed. In comparison with the teachers, parents are less aware of this act.

VIII SUGGESTIONS

- (a) Awareness should be brought in by government among the teachers on RTE.
- (b) Orientation programmes shall be organized for teachers to bring awareness on RTE.
- (c) The management of the govt. schools as well as the private schools should take steps to increase the knowledge of RTE among teachers.
- (d) Awareness should be brought in by government for RTE among parents.

IX LIMITATIONS

- (a) The study was limited only to teachers of schools in Bhopal District of Madhya Pradesh.
- (b) The study was limited only to parents of Bhopal District of Madhya Pradesh.
- (c) This research was not based on demographic comparison.

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An Integrative Review of Skill Development Schemes and Their Impact on Youth

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ABSTRACT

Skill India is not the only event turnaround program. Here, unemployed youth, colleges and school leavers, from villages and cities, will all be given the right boost. Testaments are issued to people who complete a particular skill or program and this permission must be seen by all offices and private entities, including overseas organizations. Skill India is a national program. In some cases, the aim is to create better opportunities, space and extension to develop the skills of the Indian youth and to increase the number of those areas that have been well developed over the years and moreover to see its impact on the youth. The focus of the new program was to provide for the preparation and management of the country's 500 million youth by 2020, covering each city. In this way, skills are essential for human development and the nation's economy. In this regard, a number of studies have been conducted to evaluate and evaluate the impact of skills development programs on youth development. This paper will provide a comprehensive review of courses related to skills development. The proposed research is more comprehensive in nature based on secondary data and information collected from the sources of concern and in terms of research need.

Keywords: - Skill, Skill Development, Employability, Performance, Gross Enrollment Ratio

I INTRODUCTION

A skill can be identified by the work done by humans. If the unit of work was done by an unskilled person, the output itself would not be the same as the output. After all, skills and abilities play an important role in a person's life. Guessing skills and abilities enables him to fulfill the status quo of employment. One needs to support one's employment through a continuous cycle of skills development through a variety of training methods and workshops. Skill India, launched by the Government of India in 2015, with the aim of improving the quality of Indian workforce on the other hand and providing skills to untrained people. The purpose of this purpose is to provide skills that meet the needs of the industry and in line with what gives a person the basis for employment. Capable forces promote the country's economic growth and thus support sustainability. The focus on the skills campaign in India is mainly on the youth as India is rich in human capital. In view of the large number of skills development programs implemented, the curiosity of researchers is thought to have an understanding of the schemes and implications of these programs.

The youth are one of the nation's biggest players helping to achieve financial prosperity. Therefore, our country recognizes the importance of youth in society in order to take various measures to ensure that future employees have the right skills for the future. Skill India is one of the most important steps of the Government of India. It is a way to prepare more than forty crore people with various skills by the year 2022 in India and is more prepared to create new opportunities, space and breadth of Indian youth gifts to develop themselves. On this planet, India has one of the most youthful profiles of 65% of its

population under the age of 35. In the context of India's campaign of competence to boost self-esteem, improve productivity and give the world a more normal position. Skills development, at an early age, at the school level, is very important to provide them with appropriate job opportunities. Training, skills development and in-depth learning are largely based on staff recruitment. In addition, they improve their employment conditions and their desire for casual wear, and add to the head of a sustainable business. Skills development is a fundamental pillar of decent work, with the vision of lifelong learning aligned with social policies in the economic, financial and social spheres and labor, all of which are essential for sustainable economic growth, start-ups and social expansion.

II OBJECTIVES & RESEARCH METHODOLOGY

- (a) **Objective-** The main objective of this research paper is to present a comprehend review of the studies carried out in the field of skill development and its impact on youth across country.
- (b) **Hypothesis -** The proposed research is more comprehensive in nature based on secondary data and information collected from the sources of concern and in terms of research need. Appropriate literature for various service departments and organizations, articles, paper and website are used in this study.

III LITERATURE REVIEW

A review of literature enables the researcher to go into greater details and wider applicability of the problem in hand, so as to provide new ideas, explanations and hypotheses. The final and specific reason for reviewing related literature is to know the recommendations of the previous researchers for further research which they have listed in their studies. The length of the review will depend upon the number of relevant articles and the purpose for which the research report is being written. Review of the related literature helps the researchers to acquaint himself with current knowledge in the field or area in which researcher is going to conduct his research. The review of the related literature enables the researcher to define the limits of his fields and accordingly delimits or defines his problem. The present investigators have reviewed the literature with reference to skill development programmes in India which will give an understanding about the research conducted in the field and research gaps to be filled by further research. A review of imported studies is presented below:

- (a) **Singh & Kaur (2018)**, conducted a study entitled “A Study on Skill Development of Paint and Coating Industry”. This study aims to identify the reasons for shortage of skills in paint industry and to determine how to deal with skill gap among painters. Primary data sources were used for the study. A self –administered questionnaire was used to collect data from 130 painters working in Kurukshetra district. The findings of the study indicated that lack of formal training and inadequate provisions for the training of painters are the main reasons behind the shortage of skills in paint industry.
- (b) **Ansari and Khan (2018)**, conducted a study on “Role of Education and Skill Development to Promote Employment in India”. The objectives of the study were to analyze and highlight the status of contemporary education with respect to skill development and to provide some suggestions based on the observations and analysis of the study.
- (c) **Shrivastav and Jatav (2017)**, conducted a study entitled “An Analysis of Benefits and Challenges of Skilling India” The main aim of this paper was to study the prospects and challenges for skilling in India. The specific objectives of the study were to study and analyze the Indian experience of skill development in India and analyze the challenges faced for skill development in India in terms of financial resources.
- (d) **Prasad and Purohit (2017)**, conducted a study on “Skill Development, Employability and Entrepreneurship through Make in India: A Study”. The objectives of the study were to understand through the review of literature and the effect of Make in India initiative on employability, understand the present status of skill development in India.
- (e) **Singh and Sanjeev (2016)**, conducted a study on “Need for Re-Skill training towards Make in India Initiative” The purpose of the present study was to identify the factors affecting the employee’s attitude in an organization towards skill training.
- (f) **Hazarika (2016)**, conducted a study on “Skill Development for Rural Entrepreneurship: A study on State Institute of Rural Development (SIRD), Assam” The objectives of the study were to examine different skill development facilities provided by State Institute of Rural Development for rural entrepreneurship, to study the motivational role of training and its effect on starting an enterprises in rural areas and to suggest measures to improve entrepreneurship development through institutional support in rural areas.
- (g) **Deka and Batra (2016)**, conducted a study entitled “The Scope of Skill Development, Employability of Indian Workforce in Context of Make in India: A Study” To understand through the review of literature the effect of “Make in India” initiative on employability, to analyze through the review of literature if the Skill Development measures will help to bridge the gap of existing skills and required skills of workforce and Labour force in India. The study is based on review of Secondary Data.
- (h) **Agarwal S. (2016)** has written paper which attempts to illustrate the importance on “Central Pillar of Employability: Skill Development”. This research paper is an effort to understand the present skill capacity and the challenges faced by skill development system in India along with their solutions. To assessed the level of skill capacity of the Indian workforce with the help of education and vocational training. The present study also found that both the government and its partner agencies have launched various measures/initiatives for the effective implementation of the skill development system in the economy.
- (i) **Pandey (2016)**, conducted a study on “Improvising Skill Development & Employability Potential through Higher Education, Research & Innovations in India” the objectives of the paper were to study policies framed for skill development and identifying the gap between the government and private programmes, discuss on the current scenario on skill development programme, vocational education and women, private and public sources of skill development, initiatives under ministry of skill development and entrepreneurship.
- (j) **Yadav. R. (2016)** studied on the topic “skill development initiatives in India: challenges and strategies with reference to vocational training initiatives in Maharashtra” that the various issues like unplanned rural urban migration causing

urban poverty, population growth, high school dropout rates, India is likely to witness a deficit of 5.25 million employable graduates and vocationally trained workforce in next few years.

- (k) **Chavda and Trivedi (2015)**, conducted a study on “Impact of Age on Skills Development in Different Groups of Students The objectives of the study were to study the impact of age on skills development in different groups of students, to study the effect of gender on the development of skills, to make aware the students about their skills, to aware the students about the key role of life skills in personality development.
- (l) **Amandeep (2015)**, conducted a study on “Skill Development in Higher Education: Trends and Issue” studied the present scenario of India on skill and education, examine opportunities available to learners, and suggested the future prospects of skill development.
- (m) **Okada A. (2012)** has provided on the topic “Skills Development for Youth in India: Challenges and Opportunities”. The paper has identified that recent initiative to facilitate young people’s transition to the world of work. India facing very complicated and tremendous challenges in bringing up the skills development for youths, for several reasons. This paper has explained an existing skills gap in India between what industries demand based on recent rapid economic growth and the skills that young people acquire through vocational training. It also suggested that India must raise its investment in education and training for youth, which help to promote industrial development and achieve sustainable growth.

From the above literature it is very clear that there is an urgent need to focus on youth development skills to make them work. It is a good time to benefit from the quotient of our people, a great time to invest in training and development opportunities in all sectors and levels. Performance is one problem except that employment and productivity are another problem. According to the 2015 India Skill report alone, 37.22% of the people interviewed were found to be employed. India is ranked last in 60 countries for labor productivity (World Competitiveness Yearbook, 2012). CII (2009) has stated that Employment Growth Requirements by 2022 out of 201 million. Currently about 26 million people join the working group every year and about 65% of them are looking for jobs. Age is a major factor affecting skills development. No significant differences are found between boys and girls considering all ages together. Age and maturity are the only factors in developing skills. To make the "Make in India" project a success, the nation's youth must be empowered through formal education, technical training and vocational training to meet the needs of the industry on a global scale.

IV SKILLS DEVELOPMENT CHALLENGES IN INDIA

Through a review of the literature, it is clear that the skills development challenges in India are widespread and some need to be addressed urgently. Skills development programs recognize that if young people have the right skills they can contribute to economic growth. However, there are many challenges in achieving India's goals, some of which are:

- (a) Encouraging students to be trained has been a major concern due to traditional ideas, low immigration goals, low incomes at the entry level. The employer does not discriminate against whether the employer has acquired skills in the workplace or received formal training.
- (b) Consideration should be given to promoting aspirations for current roles and finding the right type of training partners and effective stakeholder management.
- (c) Wages are associated with the segregation of skilled, low-skilled or unskilled people, but this must be in line with the skill levels set in terms of the National Skills Training Guide. (NSQF)

V CONCLUSION

There is a growing need for government interventions and policies to promote this type of education in various fields and to increase employment through short, long-term and skills courses. Although the need for a skills development program is understandable and met by many sectors there are still a few areas where awareness needs to be done. Also, the Department of Skills Development and Entrepreneurship, the National Skills Development Council and the Skills Councils in the sector have been established and much work remains to be done to identify employment, design and transformation courses to meet the needs of the sector. The age group found in the Indian economy is strongly influenced by the traditional notion of learning, if the skilled can contribute to making the economy stronger instead of debt. Skills development will increase staffing levels and increase employment for young people, who feel uncomfortable after school but cannot find work. Skills development will also help the country to increase the Gross Enrollment Ratio (GER) at various levels of education from primary to tertiary institutions because parents and their children will receive a meaningful education through employment. According to the Indian tradition, if a child lives in a house without a job despite having a formal education, the parents see no education. As a result of skills development parents will decide that they want their wards in educational institutions because ultimately what is important for the parent is to earn a living and live a dignified and dignified life.

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An Analysis of the Various Problems of New Young Generation in the Works of Chetan Bhagat

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ABSTRACT

Novelists and writers express human sentiments and aspects of life or convey a particular perspective what is in their hearts. The novels of Chetan Bhagat do both. In his novels, Bhagat describes a genuine narrative, mixed with real occasions and a serious, dull base. His language resonates with the youth and gains him immense popularity. His work centers around the youth and their issues. He has shown his profound concern over today's youth in every book, namely, the challenges, aspirations and objectives. He normally talks about methods for his composition about young people's fears and apprehensions, and all things that distract them. In socially moderate India, his compositional subjects include parental scholarly weight, along with premarital sex, drinking and various other tabooed subjects. The author has painted the picture of the young generation of India and the malpractices in the society in his all novels. Five Points someone (2004) criticizes the Indian education system which is based on the bookish knowledge only. His second novel One Night @ the Call Center (2005) depicts the Indian youth fighting against some odds for career in commercial sector. The third novel The 3 Mistakes of My Life (2008) throws light on the sport, commerce and communal carnage on the name of religion. Bhagat's fourth novel 2 States: The Story of My Marriage (2009) discusses the issue of cultural conflict. His fifth novel Revolution 2020: Love, Corruption, Ambition (2011) delineates the hot topic of corruption in education. Recently, Chetan Bhagat has published his sixth novel Half Girlfriend (2015) cantering the youth. Thus, almost all of his novels are overloaded with social realism and the youth shading light on their ambitions, struggle, love affairs, marriage institutes, corrupt politics and media culture.

Keyword-Communalism, Young generation, parental scholarly burden, Characters, Indian Youth, Chetan Bhagat.

I INTRODUCTION

Literature means an expression of culture and society. Researchers observe in the novels that literary forms represent the actual events in the lives of the writers, the individuals and the entire community at times. The object of literature is to reflect the society in its present state. In this connection, it is observed that the poet, Chetan Bhagat, is a novelist of the contemporary age, the chosen five novels give a true picture of life.

Born on 22nd April 1974, Chetan Bhagat is a prominent and distinguished author of Indian origins. His top five novels are The Three Mistakes of My Life (2008), 2 States (2009), and Revolution 2020 (2011). Five Point somebody (2004) and one night @ The call centre (2005). Negative Donald Greenless remarks, "There might be no Vikram Seth, Salman Rushdie or Arundhati Roy as Chetan Bhagat, but he is honestly pretending as one of the voices of a middle-class youth who have the option and discontent of growing wealth." The middle-class youth confronting choices and grievances is found in all five novels by Chetan Bhagat. Echoes of the issues of the young generation in our times are these five novels.

The novel Five Point Someone provides a remarkable presentation of the truths of IIT. This novel is full of sensation because of its exceptional combination of humour and pleasure. His critique of the Titians' useless ranking systems and false vanity in the nation's most prestigious institutes is of total genuineness. Simultaneously with remarkable

precision and frankness, the tales of Hari, Ryan, Alok and Neha. It's a fascinating book dealing with Hari, Alok and Ryan hopes and dreams. Traditional individuals, as well as powerful people who have different goals, are also representing the large community of the country's prestigious institutes. In this novel 'Fünf Point,' therefore, the author introduced the IITians' darker faces and aims to demonstrate the unjust means of the present. Chetan Bhagat has shown IITian students the real picture and how they attempt to overcome problems and difficulties.

The fact that one of the day's popular authors – Chetan Bhagat – tried to handle contemporary work and then reigned in the hearts of millions wasn't that easy. Very few writers have met a broad audience like Chetan Bhagat. In his writings, there are original contents and people feel as if it's their tale when he writes. He is an entirely affected phenomenon, influencing everyone's life. Indian publishing is now split into the Chetan Bhagat pre and post. These types of landmarks have been developed. In his essays, Chetan Bhagat projects the point of view of his readers. According to him, "The first work of a writer is to strike a chord and not to please elitist circles." He does so by careful and listening to his readers, "because it can only be a language because it is a people's normal language. It's all about what is said and said, which hits a chord. "Chetan believes strongly that a colloquial language is important. A popular fiction must be a conversation with the people on the streets.

II CHETAN BHAGAT'S WRITING STYLE AND CHARACTERS

The key to the success of Chetan Bhagat is that he writes in English-and young people are convinced that they know what they are doing. In other words, with linear narrative and vibrant storytelling, Bhagat's writing style is always simple and clear. His characters appear to have names like Hari, Shyam, Govind or Krishna after Avatars of the Hindu deity Vishnu.

All of his books have a number name in the title or (e.g. five, one, third, two and 202) when asked about this, Bhagat responded that he is a banker and that he cannot get numbers off his mind. Their names were given by Bhagat. Bhagat, 35, was the first to confess that he was not Arundhati Roy, the winning author for the Indian Booker Prize. However, he has the ultimate response, "I sell my books." Bhagat says he writes for "ordinary young people," who feel embarrassed by the wish that their parents make them doctors, lawyers or engineers. He has generated huge revenue and is shown in figure 1. He also writes that they are "nationals who are so famous with their readers, who are 13 to 30 years of age. The young Indians live under pressure-cooker conditions.

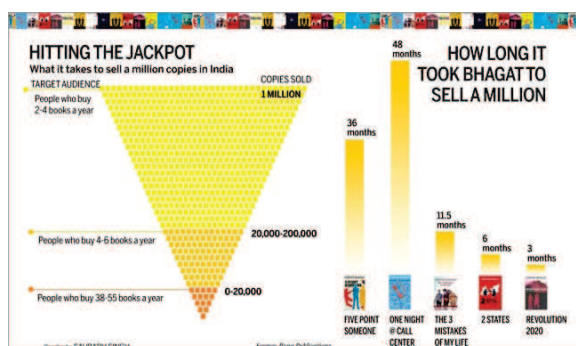


Fig. 1 ChetanBhagat Book Sales

In the prestigious universities of India, young people are forced to score high from the elementary to high schools. Admission to top universities also entails 90% more averages, and most children receive post-school education to achieve this. Another paragon of this theory can be seen in his novel "One Night @ The Calling Centre," where every cousin becomes a doctor or engineer, ... you might say that I am the Black Sheep of my family, "a hero who answered the telephone calls of ignorant Americans about their cooking apparatus."

Bhagat claims that India tends to undergo an intellectual and social change to prevent young people from literally replenishing without worrying about what they read. He wants this message to the Indian youth — although they don't have stratospheric characteristics, they still have the right to be happy, and if they struggle, it's not the end of the world. He typically discusses in his writings about the problems of young people, their anxieties and all those things that worry them. He writes subjects in socially conservative India,, premarital gender, drinking and other taboos subjects.

III SOCIAL ISSUES COVERED BY THE NOVELIST

Chetan Bhagat is a well-known Indian author, a creative writer, an influential journalist, a well-known screenwriter, a powerful speaker, who has been perceived to be dramatic books about young urban Indians in his English dialect. Chetan Bhagat is

light in Indian post-modern literature, which rotates around hopes and gives up, shrieks, fears and joys, happiness and pain, desire, tribulation and love of the youth of New India.

Five points Someone: What can't IIT do! ChetanBhagat's debut book. The whole premise of the novel is about Hari Kumar, Ryan Oberoi, and Alok Gupta, three mechanical engineering companies that can't adjust to the ranking system that follows the IITs that can be inferred by the heart process. The tone of the novel is funny but sometimes it takes dark turns, particularly about the protagonists' groups. The book aims to illuminate the parts of post-modernist thought, in which the design of young people aims to form the habitual example of advanced training and conventional approach for assessing the subjective skills of a student based on the average grade level. Each student is being offered talent and the key parameter for quantifying their expertise should not be GPA.

One night @ the call centre, published in 2005, rotates around a group of six workers working in a call centre, Connections. in Gurgaon, Haryana, India. This novel focuses on insecurities and concerns of the rising middle-class Indians, including inquiries about occupation, deficiency, marriage, postmodern Indian family confrontations. Chetan Bhagat's One Night @ The Call Center represents consumerism's society, which is about the modern world's trends and practices. The novel is inspected to handle consumerism, which reveals that it attracts consumers and promotes their goods. The profound

intervention in the novel is inspired by the incredible call of God to lecture the leading characters on the

high soul and to change their life.

Table 1.1
Youth Population in India- 2001 (in thousands)

Age Group	Total	Males	Females
All ages	1028610	532157	496453
13-19	142701	75972	66729
20-24	89764	46321	43443
25-29	83422	41558	41865
30-35	106450	55116	51333
Total Youth	422337	218967	203370

Source: Census of India 2001–C- Series Tables

Youth comprises above 41% of the total Indian population, as shown in table 1. Their population is also predicted and is tabulated in table 2. Joy, greed and ambition are Bhagat's latest novel of 2011. The story has a triangle of lust, defilement and a self-disclosure adventure. The epic based on how the aspiring engineering students manipulate private instructing foundations for courses like IIT JEE. The book unveils the differentiation of tricks, defilements and a wide variety of criminal exercises that are

thriving in this industry. This book shows the storey of two compañeros, who have little interest or ambitions but have no love for the same child. The creative spirit of Chetan Bhagat is the Revolution 2020. Chetan Bhagat uses figurative dialect to inspire solid certainty, genuine tirelessness, honesty, bravery and fervent duty to anchor achievement in daily life.

TABLE 1.2 Youth Population in India: 2001-2026 (numbers in millions and%)

Age	2001			2011			2021			2026		
	T	M	F	T	M	F	T	M	F	T	M	F
15-34 yrs (no.)	354	182	172	431	226	205	465	244	221	459	241	218
Percent of youth population	34.4	34.3	34.6	36.1	36.6	35.6	34.7	35.1	34.3	32.8	33.2	32.3

Source: RGI, 2006 Population Projections

Chetan Bhagat, through his tales, focuses upon what is unpleasant to Indian legislature concerns, culture, and economics by infiltrating and observing analysis and by advocating what can be done to remedy the condition. The advice of Bhagat to the country about the security of youth intensity is commendable. Any country's youth is its precious vitality; they have infinite power and storage facilities. Moreover, Bhagat emphasises women's strengthening. His wives have faith in a true opportunity, independence and personality. Unadulterated.

IV BHAGAT BOOK EVALUATIONS ON YOUNG GENERATION

(a) The Three Mistakes Of My Life

It is the third book of Bhagat, about cricket, religiosity communalism and revolting passion. What three friends get caught and how they work it out to win some money and fame? In May 2008 the book was released and was first printed, with 200,000 copies. The novel follows the story of three friends and sits in the city of Ahmadabad in West India, where the author started his independent life. The

movie Kai Po Che was based on the novel and became a major block buster.

The book contains fiction, -feeling, romance, social message, company, life, relationships, religion and naturally cricket. It is the storey of Omi, Govind and Ish, three friends who struggle to decide for themselves. Govind's eye presents the story; he is a brilliant mathematics student. He has a business talent and inclination and his three life mistakes are presented. Govind is a real Gujarati who wishes to be self-employed in business life. Ishaan or Ish-a research fault but a major (offensively brilliant in the local school team) cricket player, teacher and watcher. Omi comes from a family of priests who does not want to be a priest and travel with two colleagues.

Chetan Bhagat depicts in a simple but powerful way the journey of these simple people throughout their lives, how they are impacted by the greatest disasters in Gujarat's history. This book also shows you how random events crash your dreams but how you get back on track, work on and restore your dreams with the help of the people around.

Sister Ishaan Vidya, a teenager with her eyes on Govind, usually portrays homely Indian girls trying to lose their virginity and so-called boys, after sex with them, feeling timid and guilty As in this novel Neha in 'Five Point Someone' and here Vidya. Ali, a talented batsman with a Muslim local politician's son, plays a significant part in the plot. The storey is how Govind, Ishaan and Omi are building a sports centre in their area and how they succeed with math tuitions and cricket coaching courses by clubbing it. The writer has thrown into the angle of Ali a talented batsman who needs to be coached and because Ishaan is an enthusiastic cricket player with a deep passion for cricket play, teaching and watching, he is Ali's saviour because he doesn't want to waste brilliant talents. Then there's an angle of love between Vidya and Govind. And all of ChetanBhagat put the novel in addition to it in the age of an earthquake and riots in which Ahmadabad suffered. The book traces the lives and struggles of these characters.

(b) Two States: The Story of My Marriage

This book explores how love marriages in India work and again in the first person is typical of him. It's like the first book of his 'Five Point Someone,' where his own life is supposed to inspire. Bhagat's book is humorous and different from his previous novels; he does not want to write about his friends this time. '2 States' means Krish and Ananya, from two separate Indian states. They are desperately in love and want to marry. However, their parents are not in agreement. The pair has a tough battle ahead of them to turn a love story into a marriage.

It's maybe not secret that the Chetan, the Punjabi, and the Tamil girl Anusha had to work hard to get their ties and then their marriages approved by both sets of parents. Chetan agreed, after leaving the banking job and having decided to be a full-time writer for his personal story, to take up this novel. Though Anusha stressed that Chetan had heavily relied on her life story for the first time, she was also a little timid. In reality, Anusha also stresses that Chetan and her parents spoke with them before she wrote the book to ensure they weren't worried.

Although Chetan acknowledges the insistence of his wife that a lot of the novel has been dramatised, he accredits his supporters for conceptualising this novel. Anusha liked the women who are modern, freed, and educated when she read the novel. India is opening and, amid caste biases, parents learn to embrace love marriages. It will be for the first time any Indian writer has dedicated a book to his in-laws. Bhagat dedicates this book to his lawyers. ChetanBhagat admits that one of the major challenges will be to ensure that after reading this book, his lawyers still want to speak with him. He shocks us by hoping that the parents of his wife are his in-laws. However, the parents of Anusha had flown down from Kolkata to the book '2 States' launch, interestingly enough.

V CONCLUSION

"Five Point Someone...." was his first book which adopted a breezy, ironic tone to explore the lives of exam-oppressed students who cram to get into the Indian Institute of Technology, Delhi and then rebel against the stultifying atmosphere of academic competition. It features soft-drugs, binge- drinking, and an affair between a student and his professor's daughter. The author has shown the social stratification through the central characters. The novel narrates the ambitions of youth, their struggle, the problem of un-employability, the scenario of private coaching classes and job fairs, etc. The author has painted the picture of the young generation of India and the malpractices in the society in his all novels. Five Point Someone (2004) criticizes the Indian education system which is based on the bookish knowledge only. His second novel One Night @ the Call Center (2005) depicts the Indian youth fighting against some odds for career in commercial sector. The third novel The 3 Mistakes of My Life (2008) throws light on the sport, commerce and communal carnage on the name of religion. Bhagat's fourth novel 2 States: The Story of My Marriage (2009) discusses the issue of cultural conflict. His fifth novel Revolution 2020: Love, Corruption, Ambition (2011) delineates the hot topic of corruption in education. Chetan Bhagat has discussed numerous new generation angles. In almost all of *his novels, he researched very well the angle of passion*. Revolution 2020 looks at the prevalent corruption in the education sector.

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Challenges and Opportunities of Indian Agriculture during Covid-19 : A Review

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ABSTRACT

The risk of global recession due to COVID19 in 2020-2021 will be very high. Not only India, the whole world facing this pandemic situation. Government is also dealing with this dangerous situation. Some important rules gave by the Ministry of home affairs like social distancing, wearing mask, continuing wash your hands etc. After lockdown 1 when government announced unlock 1 and 2 process they excluded agri business, workers can go to work and permission to open agri input shops. But still lack of labour, transportation, unavailability of resources, less demand and poor supply these major difficulties faced by Indian economy. The agriculture sector also not untouched by these difficulties. But the government of India announced 20 lakh crore Remedial plans for this sector to face this pandemic situation. Finally researcher resulted that this pandemic situation will also give great experience and opportunities for Indian economy.

Keywords:- Global, Agriculture, Covid -19

I INTRODUCTION

Today whole world facing pandemic situation. Due to corona virus every sector badly affected. This is an unexpected shocked for all over the world. The Indian economy has been loaded with lockdown approximately six months. As according to the IMF, per capita income basis, India ranked 139th by GDP(Nominal) and 118th by GDP in 2018, but it has reduced by 1.9% in March 2020 and some rating agencies expects Covid-19 management to improve, allowing for normalization of economic activity. The GDP forecast for the country for 2021 is 8.6% projected earlier. This is very crucial time for India, when we calculated contribution of GDP by sector than we analysed agriculture have 15.4%, industry 23% and service sector give 61.5%.The World Bank and rating agencies stated that downgraded India's growth for fiscal year 2021, it has seen in three decades since 1990.

Due to covid-19 pandemic induced market instability and lockdown Indian economy facing unemployment, stress on supply chain, low government income, totally major fall down in tourism industry, reduced consumer activity and so on.

But in this crucial period how does Indian agriculture sector respond?

The government of India is implementing several guidelines to overcome the negative impact. The farm economy faced harvesting problem, the produce crops could not reach mandis, thus disrupting the supply chain. Apart from these problems Indian agriculture sector to grow at 3% in 2020-2021 and during lockdown period the central finance minister was announced, an INR 1.7 trillion package (including farmers) for safe from any adverse impacts of the Corona pandemic. The Reserve Bank of India has also announced relief package for 'burden of

debt. Servicing' due to pandemic COVID19. Agricultural term and crop loans have been granted for three months (till May 31st) by banking institutions with 30% concession on interest rate. The situation would not have been the same in the absence of timely and appropriate government support. The government both central and state has taken many initiatives to run smooth Agricultural activities during the lockdown

II REVIEW OF LITERATURE

Covid-19 is highlighted as the most difficult challenge for the country. Many studies conducted on this pandemic situation. Ajaz Ahmed wani stated that agriculture sector is in complex situation, lack of transportation, slumping the harvest and produced crops not supply in mandis. Researcher felt that supply chain totally destroyed and disturbed. Christian ellebyet.al. resulted that decrease in international meat prices by 7-18% in 2020 and dairy products by 4% compared to a business with normal situation due to that the sharp decline in economic growth happened. Raul Siche examined that the Covid-19 badly affected on food supply chain, food demand and food safety and population also.

III OBJECTIVES OF THE STUDY

In covid-19 situations all sectors are badly affected. In this study researcher focused agriculture sector. This sector is backbone of Indian economy. With following objectives study carried out-

- (a) To explore the influence of COVID19 on agriculture in India.
- (b) To know government immediate relief plans for agriculture sector.
- (c) To identify opportunities and challenges during covid-19.

IV RESEARCH METHODOLOGY

This research is descriptive and analytical in nature. Secondary data have been used for this study. Secondary data collected from different sources like published articles, journals, books, newspapers and websites.

V RESULTS AND DISCUSSIONS

After study of secondary data researcher highlighted that-

- (a) **Remedial plans announced by government –**
- (i) Finance Minister Ms. Nirmala Sitaraman announced 20 lakh crore economic Remedial plans for improving farmer's income. Needed such long term investments and changes, rather than of focus on Short term crops loans.
 - (ii) For enable better price realisation for farmers Central Government amend essential commodities act, due to this fluctuations of prices for cereals, oils, oil seeds, pulses, onions and potatoes. This amendment will help in promoting investment and making agriculture sector more competitive.
 - (iii) According to a central law farmers will free to sell products on their choices and it will also design for trading of Agricultural produce.
 - (iv) Government will provide rupees 1 lakh crore for aggregators , farmers, producers, organizations, primary agric operative societies, agri entrepreneurs and start-up's under this fund.
 - (v) The government will also announced Rs.20,000 crore for fisherman through the Pradhan Mantri Matsya Sampada Yojana for the development of marine and inland fisheries.
 - (vi) Government provide to farmers 30,000cr. For additional emergency working capital through National Bank for agriculture and Rural development as well as the Rs.2 lakh crore it plans to put into Kisan credit cards for 25 million farmers.
 - (vii) Prime Minister Shri Narendra Modi announced Aatma Nirbhar Bharat Plan which has been focused on Agricultural activities. A host of related sectors are animal husbandry, fisheries, herbal cultivation, infrastructure related to marketing agriculture products.
 - (viii) During lockdown period a total of Rs.74,300 crore of minimum support price purchased have been taken place. The PM Kisan fund transfers amounted to Rs. 18700 crore during this period.

Above mentioned declarations are the assistance given by government of India to the farmers in the hour of this pandemic situation. Now the need is that all these announcements should be completed on time so that farmers don't have to face trouble.

VI CHALLENGES DURING COVID-19 FOR AGRICULTURE SECTOR

- (a) **Migrant labour-** lack of labour is a major challenge for agriculture due to shortage of Migrant labour harvesting problem arises. Migrant labours have returned home from urban areas and this has led to a sharp decline in Agricultural wages.
- (b) **Barriers in transportation-** In a number of interstate transportations are stopped during lockdown period. So in this case crops like onions, mango, cotton, flowers and vegetables are totally destroyed by farmers. This rise in labour costs and farmers are starting at huge losses.
- (c) **Struggle to sell crops-** when the lockdown was announced some crops and vegetables were ready to sell but unfortunately there were no buyers. Big hotels, restaurants and hotels are closed down and household demand for vegetables dipped drastically because fear of corona virus but after some days go out Indian government announced that farming is an essential service and agriculture markets are exempted from lock down.
- (d) **Harvesting challenge-** The Indian council of Agricultural research (ICAR) has advised to farmers to postpone their harvest due to COVID19. March and April is peak time for Harvesting in India, when crops like wheat, chickpea, flax seed, pea, potato, mustard plant, cotton are reaped and sold. But the current pandemic time this cannot happen. A healthier and growing agriculture could not have happened at a better time.

Apart of these supply chain has been badly affected, busses, trains services have been suspended. Even trucks were faced strict check in morning crossing the state. Some more challenges are labour unavailability, inability to access market for produced goods and transportation etc.

VII OPPORTUNITIES DURING COVID-19

Indian agriculture sectors for 15% of India gross domestic product and it a source of livelihood for more than half of the country's 1.3 billion population. Government of India announced post pandemic agenda and a new set of agriculture reforms to cut down on archaic regulations, raise farm gate prices, unify domestic markets as well as integrated the farm economy into global value chains, now these reforms are creates opportunities for farmers, they take

positively and will perform better as compared to now a days. Agriculture sector cannot only be leveraged in the process of recovery but it could not gain from this opportunity by jumping into a new area of growth, development and enhanced farmer welfare.

VIII CONCLUSION

We are blessed with huge buffer stock of wheat and rice and its granaries are overflowing with nearly 60 million tons of food grain. A time when most of the countries are racing to save and protect food stock or protect food stock, we have sufficient food grains and enough supply to give to those who need it in the country. The agriculture sector is functioning smoothly as there has been no shortage of food grains, vegetables and dairy products.

The forecast of good Southwest monsoon, sufficient water level, in reservoirs, increase in kharif sown areas, rise in off take of fertilizers and seeds all these factors are in favour of farm sector growth...

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Effects of Yoga Technique/ Routine Care on Back Pain in Pregnancy

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ABSTRACT

LBP is normal during pregnancy and affects about 50% of pregnant women. Yoga is a common method of exercising the mind to relieve unidentified low back pain. This paper is intended to analyse the impact of yoga / routine treatment on back pain through an experimental study with the structured questionnaire using Likert scale. The study was performed on 50 pregnant women as per the inclusion criteria which revealed that the reduction in back pain in pregnant women was substantially influenced in yoga (p-value <0.005). The study showed that the impact of yoga was important in minimising lower back pain and enhancing lower back functionality.

Keywords: Low back pain, Yoga therapy, Pregnancy

I INTRODUCTION

Pregnancy is a word used for a foetus' tenure inside the womb or uterus of a woman.

Pregnancy literally implies that biomechanical and physiological improvements arise quickly as the body adapts to accommodate the growing foetus. Woman has multiple pregnancies and a number of physical and emotional signs will correlate with them. Help, equipment, services and acceptable forms of exercise and exercise quantities during pregnancy should be given for expectant mothers to minimise the likelihood of accidents and boost prospects of successful pregnancies and childbirth.

The time between the last menstrial periods of delivery is typically about 40 weeks, or sometimes only 9 months. Three segments of pregnancy, or trimesters, are referred to as health care professionals. The key events are listed below in each quarter (Office on Women's Health, 2010).

(a) First Trimester (Week 1 to Week 12)

The pregnancy activities begin with the conception in which a sperm penetrates an embryo. The fertilised egg (referred to as zygote) then enters the fallopian tube of women into the womb and inserts into the uterine wall. Zygote is a community of cells comprising the embryo and the placenta later. The placenta binds the mother with the foetus and fills the foetus with oxygen and nutrients (ACOG, 2015).

(b) Second Trimester (Week 13 to Week 28)

- (i) The standard ultrasound plan for searching for birth defects between 18 and 20 weeks will also diagnose a baby's sex.
- (ii) A woman will start to experience activity at 20 weeks.
- (iii) Footprints and fingerprints formed at 24 weeks, foetuses sleeping and waking periodically.

(c) Third Trimester (Week 29 to Week 40)

- (i) The bones are fragile and still almost total at 32 weeks and the eyes will open and shut.
- (ii) Infants born before 37 weeks are known as early childhood children. These kids are increasingly at risk for disorders such as defects in puberty, vision and hearing and

cerebral paralysis. Children born in the time of pregnancy between 34 and 36 weeks are known as late premature (Spong et al., 2013).

- (iii) Children who have been born between 37 and 38 week spans of birth, historically known as "early term," are also more likely to pose health threats than children who were born at age 39 or older, which is currently deemed complete (CDC, 2015).
- (iv) The complete term is known for infants born 39 and 40 weeks in pregnancy. Full-term babies had greater health effects than younger or later infants delivered in some instances. Thus, it is better to allow the lungs, brain and liver time of the child to completely mature at or after 39 weeks as there is no earlier medical justification to have delivery (CDC; ACOG, 2015; NICHD, 2013).
- (v) The late word shall be considered for infants born 41 weeks to 41 weeks and 6 days.
- (vi) Infants born 42 weeks later are declared to be after term (NICHD, 2013).

(d) Back pain during pregnancy:

During pregnancy a woman will have a few irritating concerns, which are not harmful but may need some attention to cope with pregnancy problems. These involve back pain, cramps, urinary frequency and incontinence, sickle and heartburn, varicose veins, constipation, bloating and thrush. May include where back pain is too common among pregnant woman which affects their movements and routine activities (Cunningham et al., 2014)

In addition, discomfort arises on the sacroiliac spine where the pelvis crosses the spine. There are several potential explanations for this. Commonly known causes of Back Pain in Pregnant Women are:

- (i) **Weight gain:** Women usually gain between 10 and 15 kg during a stable pregnancy. This weight must be supported by the neck. This can add to lower back discomfort. The growing weight of the baby and womb often places strain on the blood vessels and nerves in the pelvis and back.

- (ii) **Posture changes:** The centre of gravity changes conception. This means that the pregnant woman starts to change her stance and her manner of moves – sometimes without knowing it. Back pain or strain may result.
- (iii) **Hormone changes:** Her body produces hormones called relaxation during pregnancy which causes ligaments to relax in the pelvic region and the articulations to lose in preparation for the birth process. The same hormone can affect ligaments, which loosen the spine and cause instability and discomfort.
- (iv) **Muscle separation:** When the uterus extends, the middle of the seam may be divided by two parallel muscle sheets (the rectal abdominal muscles), extending from the rib cage through the pubic bone. This breakup can aggravate back pain.
- (v) **Stress:** Emotional discomfort in the back, which may sound like back pain or back spasms, may trigger muscles strain. Pregnant women can notice that back pain improves during stressful pregnancy.

II LITERATURE REVIEW

In Yogic terms this vital life force or energy is called 'prana'. And many other terms are used like the Chinese name it as 'chi' or the Japanese term it as 'ki'.

Yoga as a system of thought and Sadhana has a primary reference to the philosophical system that flows from the teachings of the ancient India yoga philosopher, Patanjali Maharshi Patanjali is believed to have completed his Yoga sutra around the 3rd or 4th century BC but archaeological evidences and the study of ancient scriptures suggest that yoga was sadhana in ancient India as early as 3000 BC.

The word Yoga derives from the root "Yuj" which means 'to yoke', 'to master', 'to control'. Yoga is the fact of yoking; of placing under the yoke, of mastering. For this reason, the following 'Sutra'; "YOGAS CITTAVRTTI NIRODHAH", defines yoga as the restraint of the mental processes (Tola Fernando et al., 1991). The way to realize and experience it (the union of Atman and the self-hood), is to make the mind absolutely pure. Yoga has also been defined as wisdom or awareness of functioning, harmony and moderation between practices (Lyenkar et al., 2006). Out of that yoga practice that the perfection in knowledge-of-the diffusion comes about. And so, it is said by the teacher(s); "Yogas tattva-jnane-rtha" means, 'Yoga is for the purpose of knowledge of truth'. The goal of yogic life is truly infinite with vistas of achievement which are so vast that we can't even comprehend them.

This mechanism calms muscle stress and align the body's essential strengths. Yoga manages the respiration when maintaining the corpse in those places. The critical energy sources are moving routes.

Yoga postures, however, naturally push and stretch certain nerves, muscles and pathways so that the energy may flow easily and relieve the stress in the points. This mechanism balances the whole body and helps it to repair itself.

The great sages of the east were masters of preventive health care. They were able to determine imbalances through traditional diagnostic methods, and thus avoid sickness. They knew Postures, certain breathing exercises, and natural diets to balance out specific conditions.

There is a great deal more to yoga than relaxing and versatility — while these two are the key explanations that an individual should just imagine pursuing yoga. There are some other advantages that might not be well known: better balance and strength, Ease of menopause effects, Energy boost, Metabolism improve and weight loss, cardiovascular health improved.

Walking and cycling, stretching, water, Qi, and yoga have both been documented to be healthy through breastfeeding. Aerobics have been documented as healthy (Kim et al., 2012; Vallim et al., 2011).

The incidence of back pain has been examined in 855 pregnant women who have obtained birth follow-up every 2nd week, from the 12th week of pregnancy. The prevailing 9-month duration was 49%, with a prevailing 22-28% between 12th week and delivery. Due to 22% of women experiencing discomfort at weeks 12 of birth, the rate of 6 months was 27%. The pain was categorised into three categories on the basis of pain drawings; pain was concentrated in the sacroiliac areas in one category and intensified through pregnancy; pain either diminished in the other categories, or did not shift. Just 10 women (1 percent) experienced real dermatomal sciatica. Back concerns before birth, such as young age, multiplicity and multiple physical and psychological causes, raised the likelihood of back pain.

According to the prior evidences, the results of research suggest yoga to be a promising as preventive therapy in high-risk pregnancy. In the background of the above this research was designed to explore the effects of yoga on back pain during pregnancy.

III OBJECTIVE AND METHODOLOGY

- (a) **Objective** - Investigate the impact on back pain during pregnancy from yoga techniques / routine treatment.

(b) **Methodology** - This was a basic experimental design for testing the efficacy of yoga during pregnancy. Study was carried out at the Rawal fertility clinic and at the SBPASS complete holistic therapy centre.

(i) **Research Subjects** - In this analysis, all women pregnant in quarter III were the focus demographic. 50 pregnant people were chosen by random selection in quarter III of this study. The conditions of inclusion were: pregnant women who had lower back pain and functional skills over the three-month span, were not provided a negative background of breastfeeding, were able to relate well, comply and were ready to respond.

(ii) **Intervention** - Yoga has been granted twice a week for three weeks to the yoga community. Yoga was performed at the SBPASS complete holistic therapy centre for 60 minutes every morning session. Yoga was a collection of warm-up, breathing (pranayama), and core motions such as Tadasana, Baddakosana, Parsvakonasana, Dandasana, Supthabaddakosana and Shavasana. Yoga has been performed by a maternity yoga specialist.

(iii) **Instrument** - Pressure in the back with a VAS was assessed. During the pre- and post-test pain and functional capacity were tested with a pre-structured questionnaire to gather knowledge sufficient to explore the

impact of yoga on back pain during pregnancy.

(iv) **Ethical Consideration** - The Ethical Committee has received ethical consideration for this study. Per respondent was signed with written informed consent in prior to data collection.

(v) **Data Analysis** - For statistical analysis of data, various methods such as percentage (%) analysis, Mean (M), Standard Deviation (SD) was used. ANOVA and t-test were used in computing significance of difference in mean values. (.05) level is used as cut-off for the testing of significance of difference used. All the statistical work has been done on computer using SPSS software under expert guidance and supervision.

IV FINDINGS AND ANALYSIS

The present study was aimed to explore the effects of yoga technique/routine care on back pain in pregnancy. The study was performed on 50 pregnant women as per the inclusion criteria. The mean age of the study respondents was 28.24 ± 4.04 years. The study respondents were similar with respect to socio-demographic and medical characteristics.

The results have signified that the majority of the study subjects have a good education qualification while there were only two respondents who're not graduated.

Table 1
Parity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Multiparous	17	34.0	34.0	34.0
	Null	33	66.0	66.0	100.0
	Total	50	100.0	100.0	

The results shown in above table has signified that 34% of the study respondents were multiparous, while 66% were null.

Table 2
Low Back pain?Pre-pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	no pain	50	100.0	100.0	100.0

The results shown in above table has signified that the study respondents (100%) said that they had no low back pain before the pregnancy.

Table 3
Yoga:Pre-Pregnancy

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	no	50	100.0	100.0	100.0

From the above table, the study signified that none of the study subjects were practicing yoga in the past/before the pregnancy.

Descriptive information for the subjects participating in the study is presented in the table below (Table 4).

Table 4
Descriptive Statistics

	N	Range	Minimum	Maximum	Mean	Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
Age	50	16.00	20.00	36.00	28.2400	4.04848
Height (M)	50	0.35	1.40	1.75	1.6070	0.07503
weight (KG)	50	35.00	50.00	85.00	65.3200	8.49115
BMI m2	50	15.10	19.50	34.60	25.1100	2.69612
Pre-session Back Pain intensity	50	8.00	1.00	9.00	5.0800	1.91493
Pre-session Roland Morris Disability (RMQ)	50	5.00	18.00	23.00	22.5400	1.03431
Pre-session Pregnancy Mobility Index	50	24.00	48.00	72.00	63.3600	7.98662
Post-session Back pain intensity	50	1.00	0.00	1.00	0.2200	0.41845
Post-session Roland Morris Disability (RMQ)	50	2.00	0.00	2.00	0.0600	0.31364
Post-session Pregnancy Mobility Index	50	3.00	0.00	3.00	0.2000	0.67006
Valid N (listwise)	50					

Table 5
Related Samples Wilcoxon Signed Rank test

Pre-session Back Pain intensity			Post-session Back pain intensity			p value
Mean	Standard Deviation	Median	Mean	Standard Deviation	Median	
5.08	1.91	5.00	0.22	0.42	0.00	<0.005

The above table has signified that there was a significant difference in pre-session and post-session back pain intensity (p-value <0.005).

Table 6
Related Samples Wilcoxon Signed Rank test

Pre-session Roland Morris Disability (RMQ)			Post-session Roland Morris Disability (RMQ)			p value
Mean	Standard Deviation	Median	Mean	Standard Deviation	Median	
22.54	1.03	23.00	0.06	0.31	0.00	<0.005

The above table has signified that there was a significant difference in pre-session and post-session Roland Morris disability score (p-value <0.005).

Table 7
Related Samples Wilcoxon Signed Rank test

Pre-session Pregnancy Mobility Index			Post-session Pregnancy Mobility Index			p value
Mean	Standard Deviation	Median	Mean	Standard Deviation	Median	
63.36	7.99	66.00	0.20	0.67	0.00	<0.005

The above table has signified that there was a significant difference in pre-session and post-session pregnancy mobility index (p-value <0.005).

V DISCUSSION

The study was performed with an aim to explore the effects of yoga technique/routine care on back pain in pregnancy. The study was performed on 50 pregnant women as per the inclusion criteria. The mean age of the study respondents was 28.24 ± 4.04 years. The study respondents were similar with respect to socio-demographic and medical characteristics.

The findings revealed that the impact of yoga on lower back pain (p-value < 0.005) was important. Pregnancy back pain is the lumbosacral region pain. Alternative interventions to minimise low back pain during pregnancy were yoga (40.6 per cent) was reported in line with previous study (Wang et al. 2005). Yoga is a type of meditation that pregnant people should perform Yoga. In addition to promoting blood pumping, back pain, waist, aches and swelling, yoga will make the body more relaxed

and relaxing (Kozier 2008). Yoga should be practised routinely to boost the standing, to walk longer, to move quicker and to do it without leaving any discomfort afterwards. The role and usefulness of yoga will resolve issues correlated with the body's anatomical functions (Brayshaw, 2007). This research also indicates that Yoga has a big impact on enhancing lower back mobility.

The results have signified that the majority of the study subjects have a good education qualification while there were only two respondents who're not graduated. The results also signified that majority of the study subjects are unemployed. The study was performed on pregnant women during pregnancy most of the women don't prefer to work; this may be a reason behind the observed results. However, there is almost equal number of employed and unemployed respondents.

In our study it was found that the majority of the respondents (66%) have null parity and only 34% of the study respondents were multiparous. In our study it was found that none of the respondent was an active smoker, the study was performed on female respondents and this may be the reason of the majority of the non-smoker study subjects. Studies have reported that maternal smoking during pregnancy have several adverse effects on the baby health and also may result in a problematic delivery (Wehby et al., 2012).

The results shown in above table have signified that the study respondents (100%) said that they had no low back pain before the pregnancy. The results have also signified that none of the study subjects were practicing yoga in the past/before the pregnancy.

In our study, Roland Morris's injury ratings and maternity independence index (p-value < 0.005) have been shown to be important in pre-session and post-session variations. Results have showed an important disparity in the severity of the back pain (p-value < 0.005) before and during session. The results indicate that the enhancement in lower back functional capacity has a major impact in Yoga.

Pregnancy Yoga is one of the pregnancy treatment exercises to enhance pregnancy or childbirth in contrast with pregnant people who do not perform pregnancy workouts (Thompson, 2004). This is aligned with recent a study that has demonstrated that pregnancy yoga helps to alleviate back pain in pregnant women (Resmi et al., 2017).

VI CONCLUSION

It is concluded that the impact of yoga was important in minimising lower back discomfort and enhancing lower back functionality. It is also necessary for pregnant women to use this treatment to relieve back pain during pregnancy.

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प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं के क्रियान्वयन का अध्ययन : झारखण्ड राज्य के पश्चिमी सिंहभूम जिला के विशेष संदर्भ में

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सारांश

आर्थिक राजनीतिक और सामाजिक परिवर्तन के लिए शिक्षा बहुत ही महत्वपूर्ण है। इक्कीसवीं सदी में समाज के समग्र विकास के लिए ऐसी आबादी की आवश्यकता है जो अच्छी तरह से शिक्षित और कौशल, दृष्टिकोण और ज्ञान से सुसज्जित हो। न्यायपूर्ण और समतावादी समाज बनाने में, शिक्षा की प्रमुख भूमिका होती है। प्रारंभिक शिक्षा को हर जगह पहुँचाने के लक्ष्य को प्राप्त करने के लिए सरकार ने कई परियोजनाएँ और कार्यक्रम शुरू किए हैं। राष्ट्रीय शिक्षा नीति के सिद्धांतों को ध्यान में रखते हुए सरकार ने विभिन्न योजनाएँ संचालित कर रही हैं जो सभी के लिए समान शिक्षा सुनिश्चित करती हैं। झारखण्ड राज्य के पश्चिमी सिंहभूम जिला अंतर्गत भी प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं में मुख्य रूप से सर्व शिक्षा अभियान, मध्याह्न भोजन योजना, छात्रवृत्ति योजना, निशुल्क पुस्तक वितरण, बुनियाद एवं बुनियाद प्लस इत्यादि योजनाएँ चलाई जा रही हैं। शोधकर्ता के द्वारा सरकारी योजनाओं के क्रियान्वयन का अध्ययन हेतु पश्चिमी सिंहभूम जिला अंतर्गत 50 प्रारंभिक विद्यालयों के प्रधानाध्यापक, शिक्षक, ग्राम समिति के सदस्यों को न्यादर्श के रूप में चयन किया है।

मुख्य बिन्दु :- सर्व शिक्षा अभियान, मध्याह्न भोजन योजना, छात्रवृत्ति योजना, निशुल्क पुस्तक वितरण, बुनियाद, बुनियाद प्लस, निदानात्मक शिक्षण।

I प्रस्तावना

प्रत्येक राष्ट्र के जीवन में प्रारंभिक शिक्षा प्रथम प्राथमिकता है। यह पहली सीढ़ी है, जिसे सफलतापूर्वक पार करके ही कोई राष्ट्र अपने अभीष्ट लक्ष्य तक पहुँचता है। राष्ट्रीय जीवन के साथ जितना घनिष्ठ संबंध प्रारंभिक शिक्षा का है उतना माध्यमिक या उच्च शिक्षा का नहीं है। प्रारंभिक शिक्षा के सार्वभौमिकरण हेतु सरकार के द्वारा अनेक योजनाएँ संचालित की गई हैं। संचालित योजनाएँ एवं उनका क्रियान्वयन इस प्रकार है –

प्रारंभिक शिक्षा के प्रसार की आवश्यकता हेतु तथा गुणवत्ता पूर्ण शिक्षा के लिए शिक्षा का अधिकार अधिनियम 2010 से लागू किया गया है। इसके तहत 6–14 वर्ष के बालकों के लिए निशुल्क और अनिवार्य शिक्षा की व्यवस्था है। वर्तमान में यह सर्व शिक्षा अभियान के साथ मिलकर कार्य कर रहा है। ज्ञान सेतु योजना पश्चिमी सिंहभूम जिला में संचालित है। इसके तहत हर छात्र को अधिगम स्तर के अनुसार शिक्षा मिलेगी। वर्ष 2020 तक 75% छात्रों को अपने कक्षा स्तर तक लाना इसका उद्देश्य है। इस योजना के अंतर्गत सालभर प्रतिदिन 1.5 घंटे कक्षा लेकर उनके अधिगम स्तर तक लाना है। मध्याह्न भोजन योजना के द्वारा बच्चों के नामांकन में वृद्धि तथा बच्चों को स्कूल में बनाए रखना है और उनकी उपस्थिति को बढ़ाकर प्राथमिक शिक्षा के सर्वसुलभिकरण को अनुकूल पोषाहार प्रदान करना है। परन्तु जिले में अव्यवस्था के कारण ग्रामीण क्षेत्र में इस उद्देश्य को पूरा नहीं कर पा रही है तथा पूरी शिक्षा प्रणाली प्रभावित हो रही है। अनुसूचित जाति, जनजाति तथा पिछड़े वर्ग के बच्चों को छात्रवृत्ति प्रदान कर शिक्षा के लिए प्रोत्साहित किया जाता है। निशुल्क पुस्तक वितरण योजना के तहत कक्षा एक से आठ को निशुल्क पुस्तक उपलब्ध कराया जाता है। ग्रामीण क्षेत्रों में पुस्तक वितरण में विलम्ब हो जाती है। पुस्तक के साथ पोशाक वितरण की भी व्यवस्था है जिसमें कक्षा 2 से आठ तक के बच्चों को उपस्थिति के आधार पर पोशाक वितरण कराया जाता है। लगभग एक साल से प्रयास कार्यक्रम चलाया जा रहा है। यह कार्यक्रम छात्रों की उपस्थिति को नियमित करने की दिशा में एक प्रयास

है, जिसमें लाल, पीला, हरा तथा नीला रंग का प्रयोग कर छात्रों को नियमित रूप से उपस्थित होने के लिए प्रोत्साहित किया जाता है। शिक्षा के साथ-साथ पाठ्यक्रम सहगामी क्रियाओं का भी महत्वपूर्ण स्थान होता है। इस बात को ध्यान में रखकर बाल समागम की शुरुआत की गई है। इस कार्यक्रम के विद्यालय स्तर संकुल स्तर पर विभिन्न विद्यालयों के छात्रों के बीच खेलकूद का आयोजन किया जाता है। विद्यालयों में समावेशी शिक्षा की व्यवस्था भी की गई है। बुनियाद एवं बुनियाद प्लस कार्यक्रम के द्वारा यह पता लगाया जाता है कि बच्चे कितना सीख रहे हैं। इन्सपायर अवार्ड योजना के द्वारा बच्चों के वैज्ञानिक अभिवृत्ति का विकास करना है। इस के तहत जो इस स्कीम में भाग लेना चाहता है उसे 5000रु० दिए जाते हैं ताकि वह प्रोजेक्ट से संबंधित खर्च कर सके और उसमें वैज्ञानिक अभिवृत्ति का विकास हो सके। निदानात्मक शिक्षण की व्यवस्था कक्षा 2 से 8 तक के बच्चों के लिए है जिसे विशेष प्रशिक्षक के द्वारा पढ़ाया जाता है। शिक्षा के अधिकार अधिनियम के अंतर्गत शिक्षक छात्र अनुपात 1:30 को मानक के रूप में माना गया है। ग्रामीण क्षेत्रों में यह मानक पूरा नहीं है। शिक्षकों को बहुश्रेणी कक्षा शिक्षण करना पड़ता है।

II संबंधित साहित्य की समीक्षा

यादव, सुनील कुमार (2012) जौनपुर जिला के उच्चतर प्राथमिक विद्यालयों में नामांकन में वृद्धि तथा शैक्षिक उपलब्धि में वृद्धि मध्याह्न भोजन का प्रभाव के अंतर्गत अध्ययन में यह पाया गया कि शिक्षा विभाग द्वारा उच्च प्राथमिक विद्यालयों में मध्याह्न भोजन योजना के कार्यक्रम के कार्यों को संतोषजनक रूप में क्रियान्वित किए जा रहे हैं। ग्राम प्रधानों द्वारा उच्च प्राथमिक विद्यालयों में मध्याह्न भोजन योजना के कार्यों को सक्रिय रूप से किया जा रहा है। छात्रों, अध्यापकों, महिलाओं, महिला कार्यकर्ताओं एवं अभिभावकों पर सकारात्मक प्रभाव पड़ रहे हैं। तथा छात्रों के पोषण स्तर में सुधार उपस्थिति, नामांकन एवं अपव्यय व अवरोधन को रोकने में सहायता मिल रहे हैं।

देवराज, एमैधी (2005) “चामूराज नगर जिले में गुणवत्ता शिक्षा” जिला गुणवत्ता शिक्षा परियोजना विधान बुरा बंगलौर नेशनल इंस्टीट्यूट ऑफ एडवांस स्टडीज से यह पाया गया कि नामांकन वृद्धि से विद्यालयों में पर्याप्त विद्यार्थियों की संख्या न्यून आधारभूत सुविधाओं में जीवन जीने को मजबूर है। बहुकक्षा प्रणाली लागू है इसी प्रकार विद्यालयी अध्ययन अध्यापन दशाओं पर भी अनेक निष्कर्ष प्रतिपादित किए गए।

III समस्या कथन

“प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं के क्रियान्वयन का अध्ययन : झारखण्ड राज्य के पश्चिमी सिंहभूम जिला के विशेष संदर्भ में।”

IV अध्ययन के उद्देश्य

प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं के क्रियान्वयन का अध्ययन करना प्रस्तुत शोध कार्य का उद्देश्य

है। प्रारंभिक सरकारी विद्यालयों में सरकार की ओर से संचालित अनेक योजनाएँ जैसे— सर्व शिक्षा अभियान, मध्याह्न भोजन योजना, छात्रवृत्ति योजना, निशुल्क पुस्तक वितरण योजना, बुनियाद, बुनियाद प्लस, निदानात्मक शिक्षण इत्यादि हैं। इन योजनाओं को लागू कर दिया गया है परन्तु इनका क्रियान्वयन सुचारु रूप से हो रहा है या नहीं इसको ज्ञात करना अति आवश्यक है। अगर योजनाओं का क्रियान्वयन सुचारु रूप से नहीं हो पा रहा है तो कौन-कौन सी समस्याएँ हैं इसका पता लगाना भी इस शोध अध्ययन का उद्देश्य है।

(क) परिकल्पना :-

- (i) प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं के क्रियान्वयन सुचारु रूप से होता है।

(ख) न्यादर्श :- प्रस्तुत शोध कार्य हेतु 200 न्यादर्श का चयन किया गया है।

प्रारंभिक सरकारी विद्यालय	शिक्षक	प्रधानाध्यापक	अन्य सदस्य
50	100	50	50

(ग) शोध विधि :- इस अध्ययन के लिए वर्णनात्मक अनुसंधान के अंतर्गत सर्वेक्षण विधि का प्रयोग किया गया है।

और सहमत, असहमत) तथा प्रश्नावली का प्रयोग किया गया है।

(घ) शोध कार्य में प्रयुक्त सांख्यिकी :- प्रस्तुत अध्ययन में आंकड़ों के संकलन के बाद निम्न सांख्यिकी विधि का प्रयोग किया गया है — मध्यमान तथा मानक विचलन

V परिकल्पना का विश्लेषण

(क) परिकल्पना क्रमांक — 1

प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं का क्रियान्वयन सुचारु रूप से होता है।

(च) शोध कार्य में प्रयुक्त उपकरण :- आंकड़ों के संकलन हेतु स्व निर्मित लिफ्ट स्केल (पूर्णतः सहमत, सहमत, अनिश्चित

सारणी क्रमांक — 1

(प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं का क्रियान्वयन)

न्यादर्श	कथन	मध्यमान	मानक विचलन	सीमा	मान	कुल मत	प्रतिशत
200	पूर्णतः सहमत	28.75	11.637	निम्न	17.113 से कम	41	26.3 %
				औसत	17.113 से 40.381 के बीच	146	37 %
				उच्च	40.381 से अधिक	13	6.5 %
	सहमत	20.18	8.38	निम्न	11.8 से कम	44	22 %
				औसत	11.8 से 28.56 के बीच	130	65 %
				उच्च	28.56 से अधिक	20	13 %

उपरोक्त सारणी से यह स्पष्ट है कि प्रारंभिक विद्यालयों में सरकार द्वारा चलाए जा रहे विभिन्न योजनाओं के क्रियान्वयन हेतु प्राप्त आंकड़ों के विश्लेषण से प्राप्त पूर्णतः सहमत का मध्यमान 28.75 तथा मानक विचलन 11.637 है तथा कुल मत का प्रतिशत क्रमशः 26.3%, 37% तथा 6.5% है। जबकि सहमत का मध्यमान 20.18 तथा मानक विचलन 8.38 है। साथ ही प्रतिशत क्रमशः 22%, 65% तथा 13% है। तथा अनिश्चित असहमत, पूर्णतः असहमत को कोई मत प्राप्त नहीं है।

जिससे यह स्पष्ट होता है कि सरकारी योजनाओं के क्रियान्वयन हेतु न्यादर्श का सर्वाधिक मत पूर्णतः सहमत तथा सहमत को प्राप्त हुआ है। अतः इससे परिकल्पना की पुष्टि होती है।

VI परिणाम

संदर्भ ग्रंथ सूची

प्रस्तुत अध्ययन से यह निश्कर्ष निकलता है कि प्रारंभिक सरकारी विद्यालयों में सरकारी योजनाओं का क्रियान्वयन सुचारु रूप से हो रहा है। योजनाओं के लागू करने की उद्देश्यों की प्राप्ति भी हो रही है। संचालित योजनाओं के कारण नामांकन दर में वृद्धि हो रही है, साथ ही गुणवत्ता को बनाये रखने का भी प्रयास किया जा रहा है। परन्तु पश्चिमी सिंहभूम जिला के सुदूर ग्रामीण क्षेत्रों के विद्यालयों में कुछ समस्याएँ पाई जा गई हैं, जैसे गरीबी और अशिक्षा के कारण ड्रॉपआउट की समस्या व्याप्त है। छात्र आर्थिक तंगी के कारण बीच में अपनी पढ़ाई छोड़ देते हैं। शिक्षा के प्रति जागरूकता का अभाव है। अभिभावक-शिक्षक बैठक होने का प्रवधान है परन्तु सुदूर ग्रामीण क्षेत्र के विद्यालयों में अभिभावक-शिक्षक नहीं होती है, तो कहीं-कहीं अभिभावक-शिक्षक बैठक में अभिभावक शामिल नहीं होते हैं। इसके लिए अभिभावकों को जागरूक करने की आवश्यकता है। ग्रामीणों के जीवकोपार्जन का मुख्य स्रोत कृषि है और वे जीवकोपार्जन के अन्य विकल्पों के बारे में नहीं जानते हैं। इस कारण शिक्षा के प्रति उदासीन होते हैं। सुदूर ग्रामीण क्षेत्र में नियुक्त शिक्षकों को अपने उत्तरदायित्व का निर्वाह अच्छी तरह करनी चाहिए। साथ ही ग्राम शिक्षा समिति को भी जागरूक होना चाहिए जिससे सरकार द्वारा चलाये जा रहे विभिन्न सरकारी योजनाओं का क्रियान्वयन सुदूर ग्रामीण क्षेत्रों में अच्छी तरह हो सके।

- [1] यादव, सुनील कुमार (2012) “ जौनपुर जिला के उच्चतर प्राथमिक विद्यालयों में नामांकन में वृद्धि तथा शैक्षिक उपलब्धि में वृद्धि में मध्याह्न भोजन का प्रभाव ” का अध्ययन
- [2] देवराज, एमैधी (2005) “ चामराज नगर जिले में गुणवत्ता शिक्षा ” का अध्ययन
- [3] सिंह प्रेमपाल (2013) प्राथमिक शिक्षा, ग्रीन लीफ पब्लिकेशन, वाराणसी, पृष्ठ संख्या-101
- [4] अरोरा, सरोज, मंगल अंशु (2013) वर्तमान भारतीय समाज और प्रारंभिक शिक्षा, राखी प्रकाशन, आगरा, पृष्ठ संख्या-234
- [5] गुप्ता, डॉ० एस० पी० (2005) आधुनिक मापन मूल्यांकन, शारदा पुस्तक 000000000भवन, इलाहाबाद, पृष्ठ संख्या-408-421

Unemployment in Jammu and Kashmir Valley among Educated Youth: A Special Reference with District Pulwama

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ABSTRACT

Unemployment occurs when people are without work or actively seeking work. The problem of unemployment is ruining the future of Kashmiri youth. Unemployment can be chronic underemployment and or disguised unemployment. Reports and ground realities tell us that menace of unemployment among the educated youth of Jammu and Kashmir has touched the new heights with lakhs of candidates applying for few advertised posts by recruiting agencies. There are many frustrating cases among the educated youth of Kashmir, who face the daily competition from the thousands of the people. In this paper attempt has been made to examine the rates and causes of unemployment among the educated youth of Jammu and Kashmir with special focus on Pulwama district. More than 1 billion are globally in the age group of 15 and 24. Eighty five percent of these young people are living in developing countries most of them are living in villages where there is more threat of extreme poverty. The International Labour Organization (ILO) estimates that approximately 74 million young women and men are unemployed throughout the world. In Kashmir more than 80 percent youth depend on public sector for employment, many young people are working for long hours for low pay, struggling to survive. The employment structure is biased towards the tertiary sector in Jammu and Kashmir

Keywords: Unemployment, Educated youth, Survive, Struggle, poverty, Pulwama.

I INTRODUCTION

Jammu and Kashmir, the land of unique and chequered history bounds in ancient literature, language, religion, arts and crafts, music and dance. Jammu and Kashmir lies on the northern fringes of Indian sub continent and exhibits a varied geography. On the map of India, the state of Jammu and Kashmir looks like a crown. It is like a jewel in the map of India. Jammu and Kashmir is known as paradise on earth. The state is bestowed with the beauty of snow- clad mountains, rich forests, fresh water springs, and rivers, besides the cultural ethos. The trend in the development of Jammu and Kashmir is encouraging. The slow growth rate of factors like poor industrial infrastructure, poor investment climate, misdirected economic policies, indo-Pak relations, political turmoil has remains as the main problem. The educated youth particularly from rural India is the worst victim of unemployment. The flawed educational system, lack of entrepreneurship culture in rural areas and the disparity in skills between those demanded by employers and those acquired in schools are the root causes of unemployment faced by the youth of rural India. Though several Rural Development schemes have been implemented for the overall development of backward areas, tribal and hilly regions, no special schemes were wholly proposed for the poorly educated youth in rural areas. Life is very tough for the rural unemployed. Whatever be the schemes or contract, the labour has to compromise on various fronts. He has to bribe in every step- be it grants, loan stipend or assistance for self-employment. Unemployed, underemployment and lack of measures coerce him to find short-cuts. He migrates to the cities and

sometimes tries his luck in petty or serious crime for quick money. Frustrated by joblessness, unemployed educated youth find a place in toxic substances to overcome stress and anxiety. Thus they are alienated both from the village and town. However, not much action has been initiated to implement the objective of erecting or even alleviating unemployment among the youth. While framing policies and solutions regarding unemployment the researchers, policymakers, professionals or economists mostly focus the issue at the national/state level. Taking the same matter at the District/Block level plays a remarkable role. This is the main reason why the need for the present study is felt which is undertaken to study the unemployment among rural educated youths at the block level. Moreover, the literature survey made by the researchers instructs that there is no comprehensive work done at the micro-level which can act as a policy guideline for the Government.

II REVIEW OF LITERATURE

Although work has been carried out related to unemployment problem, however little has been done so far state of Jammu and Kashmir is related especially district Pulwama. Some significant researches have been done about the problem. Sandaram K (2001), Special article, "Employment- Unemployment Situation in the Nineties". Journal of EPW, Issue: 36, No.11, March 17-23, 2001. Ghose Ajit K, (2004), Special Article, "The Employment Challenge in India". Journal of EPW, Vol.39, No. 48, Nov.27- Dec-03, 2004. Mitra Sona, 2006, "Pattern of Female Employment in Urban

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III METHODOLOGY

The present data has been collected from the primary as well as secondary sources like NSSO, Economic census government of India, government of Jammu and Kashmir digest of statistics, Economic survey of Jammu and Kashmir. Apart from that data has been collected from other reliable sources via articles. Journals, newspapers and different websites and government and other non-government organizations, apart from that the primary sources being used are Questionnaire, the oral direct investigation, and indirect oral investigation, The department of economics and statistics of university of Kashmir also helped me in data collection. Present study has been undertaken to study the unemployment among the educated youth of the areas of district Pulwama, the Pulwama district of Jammu and Kashmir has been selected and 50 respondents have been selected by purposive sampling method. A well designed questionnaire was prepared to collect the data from the educated unemployed youth. The whole data was collected within the period of 3 months and was analyzed, classified and tabulated and verified.

IV CONCLUSION

Unemployment is one of the major emerging problems of the world. Various countries are at the verge of civil conflict due to unemployment. India at the subcontinent level is facing this very serious problem. The state of Kerala in India is at the top of unemployment with 11.4% in 2017-2018. The union territory of Pondicherry recorded the highest number

of the unemployment rate at 75-8% in April 2020. While studying the unemployment in Jammu and Kashmir UT it presents the bitter picture of socio economic index of the state. The unemployment has shown an increasing trend in the state and becoming a devastating problem for the educated youth of the state. It has observed from the study that the unemployment rate in Jammu and Kashmir is accelerating rapidly, from the year 2008 we have seen employment rate increased from 5.36 to 5.40 to year 2020. The unemployed youth is at the apex level. It is the matter of concern that educated youth are suffering from the depression, anxiety and stress due to lack of UN availability of jobs. They are compelled to do a private at meager wages. It leads youth towards crime and other nefarious activities. Due to the lack of jobs in both public sector and private sector people are highly discouraged. The present scenario of Jammu and Kashmir in terms of unemployment reveals that unemployment ratio reached to an alarming rate of 16.2% which shows bad economic policies for the unemployed educated youth. Recently the unemployment devastated more educated youth due to coming of COVID-19 pandemic which halted the economy of the state. To overcome from this serious problem of unemployment government should took major initiatives in both public and private sector to reduce the unemployment rate in Jammu and Kashmir UT. More and more schemes should be introduced where employment can be created which will benefit the educated youth in Jammu and Kashmir UT. The government should partner with private companies to create more job opportunities for the people.

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भोपाल संभाग के विदिशा ज़िले के शासकीय उत्कृष्ट विद्यालय पुस्तकालयों की स्थिति का अध्ययन

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सारांश

यह पत्र म.प्र. के भोपाल संभाग के विदिशा ज़िले के शासकीय उत्कृष्ट विद्यालयों के पुस्तकालयों की वास्तविक स्थिति को बताता है। स्कूल के बच्चों के लिए पुस्तकालय एक ऐसा माध्यम है जिसके द्वारा बच्चों के शैक्षणिक स्तर में वृद्धि की जा सकती है।

मुख्य बिन्दु:- विद्यालय, पुस्तकालय, भोपाल

I प्रस्तावना

विद्यार्थियों में पढ़ने की आदत का विकास करना और उसकी विचार शक्ति को प्रबल बनाना परम आवश्यक है और इस कार्य को केवल विद्यालयी शिक्षा के द्वारा ही पूर्ण किया जा सकता है। इसलिए प्रत्येक विद्यालय में एक उन्नत और व्यवस्थित पुस्तकालय का होना नितांत आवश्यक है, जिससे इस कार्य को पूर्ण किया जा सके। पूर्व में विद्यालय पुस्तकालयों में मात्र उन पुस्तकों का समावेश किया जाता था जो छात्रों के पाठ्यक्रम से संबंधित होती थी या उन्हें पढ़ाई जाती थी। परन्तु सन् 1952-1953 में माध्यमिक शिक्षा आयोग ने माध्यमिक शिक्षा पर एक प्रतिवेदन प्रस्तुत किया। जिसमें सुझाव दिया गया है कि एक विद्यालय पुस्तकालय में पाठ्य क्रम से संबंधित पुस्तकों के अतिरिक्त कुछ मनोरंजनात्मक व अन्य ज्ञानवर्धक साहित्य को भी समावेशित करना चाहिए जिससे विद्यालयों के छात्र अपनी रुचियों को विकसित करने के साथ-साथ ज्ञान की भी वृद्धि कर सकें साथ ही पुस्तकालय कर्मचारियों को ऐसा होना चाहिए जो छात्रों में पढ़ने की रुचि का विकास करने में पूर्णरूप से सहायक हों।

विद्यालय पुस्तकालय निश्चित रूप से एक ऐसा केन्द्र है, जो विद्यालय के छात्रों में स्वाध्याय की प्रवृत्ति का विकास कर उनमें भविष्य के प्रति निर्णय लेने की क्षमता को विकसित कर सकता है। विद्यालय के पुस्तकालय के अंतर्गत विज्ञान, सामाजिक अध्ययन, गणित तथा भाषा एवं साहित्य आदि सभी विषयों के प्रथक विभाग हो सकते हैं। इन पुस्तकालयों में अध्ययन कक्ष, गोष्ठी तथा सम्मेलन कक्ष विशिष्ट प्रकार की सामग्री – चलचित्र, टेप रिकार्ड, कम्प्यूटर आदि के लिए भी अलग-अलग कक्ष हो सकते हैं।

II उद्देश्य

(क) पाठ्यक्रम से संबंधित अध्ययन सामग्री के उपयोग हेतु रुचि जागृत करने के साथ-साथ उनमें सामान्य ज्ञान एवं अन्य सूचनात्मक साहित्य के अध्ययन के प्रति भी रुचि जागृत करना,

(ख) छात्रों एवं शिक्षकों में ज्ञान एवं सूचना को प्राप्त करने हेतु रुचि का विकास करना, जिससे वे विभिन्न संदर्भ स्त्रोतों एवं सूचना सामग्री में से किसी भी संबंधित विषय पर स्वयं सूचना ढूँढ़ सकें और उसका उपयोग कर सकें,

(ग) विभिन्न प्रकार के अन्य पुस्तकालयों का भी अवलोकन कराना, जिससे वे उनके संबंध में भी ज्ञान प्राप्त कर सकें और आवश्यकता होने पर अपने अध्ययन हेतु उनका उपयोग करने में सक्षम बन सकें।

III साहित्य समीक्षा

(क) डॉ. एस. आर. रंगनाथन के अनुसार पुस्तकालय एक ऐसी संस्था या प्रतिष्ठान है जिसका दायित्व तथा कर्तव्य संग्रह की देखरेख करना तथा इसे उन व्यक्तियों को उपलब्ध कराना है जिन्हें इसकी आवश्यकता है।

(ख) पियर्स बटलर ने पुस्तकालय को एक सामाजिक संस्था माना है। उनके विचार में यह सामाजिक संरचना की अनिवार्य इकाई है जिसके द्वारा ग्रंथों, चित्रों तथा ध्वनिजनित सामग्रियों के माध्यम से समाज के संचित अनुभवों को समाज के जिज्ञासु सदस्यों तक सम्प्रेषित किया जाता है।

IV शोध प्रविधि

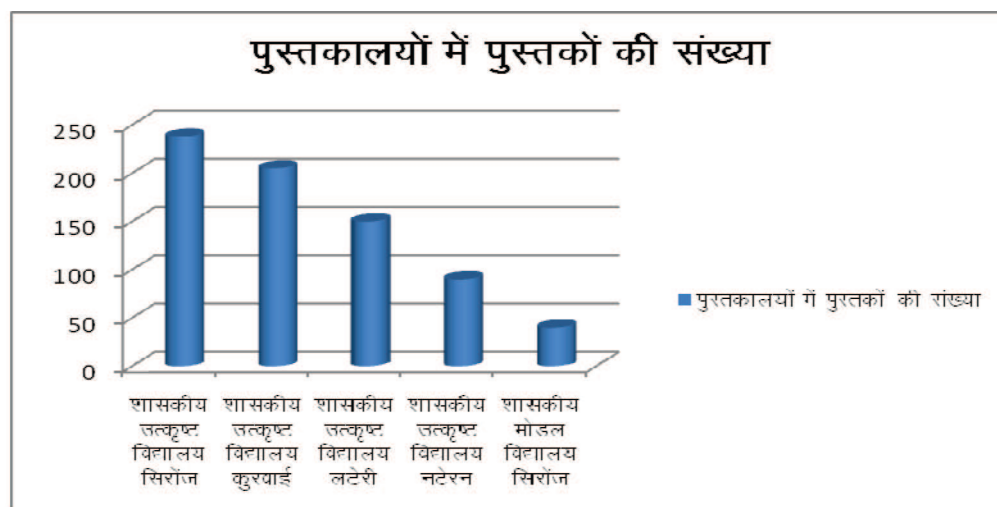
हम म.प्र. के भोपाल संभाग के विदिशा ज़िले के शासकीय उत्कृष्ट स्कूलों के पुस्तकालयों की वास्तविक स्थिति के अध्ययन के बारे में बात कर रहे हैं। इसमें हमने सर्वेक्षण विधि का चयन किया है क्योंकि शासकीय उत्कृष्ट स्कूलों के पुस्तकालयों की वास्तविक स्थिति को समझने के लिये यह विधि ही सर्वोत्तम होगी। वर्तमान में शासकीय उत्कृष्ट स्कूलों के पुस्तकालयों के द्वारा कौन कौन सी सेवाएं उपयोगकर्ता को दी जा रही हैं तथा पुस्तकालयों में कितनी पुस्तकें उपलब्ध हैं आदि की जानकारी प्राप्त करने के लिए प्रश्नावली द्वारा हमने डाटा को एकत्रित किया है। प्रश्नावली के द्वारा पूछे जाने वाले प्रश्न निम्न हैं—

- शासकीय उत्कृष्ट विद्यालय पुस्तकालयों में कितनी पुस्तकें हैं?
- विद्यालय पुस्तकालयों में नियमित लाइब्रेरियन है या नहीं?
- पुस्तकालय में कितने समाचार पत्र आते हैं?
- पुस्तकालय में आय के साधन क्या हैं?
- पुस्तकालय में कितने कम्प्यूटर हैं?
- कितने विद्यार्थी प्रतिदिन पुस्तकालय में आकर पढ़ते हैं?
- पुस्तकालय में पाठ्यक्रम के अतिरिक्त कितनी पुस्तकें हैं?

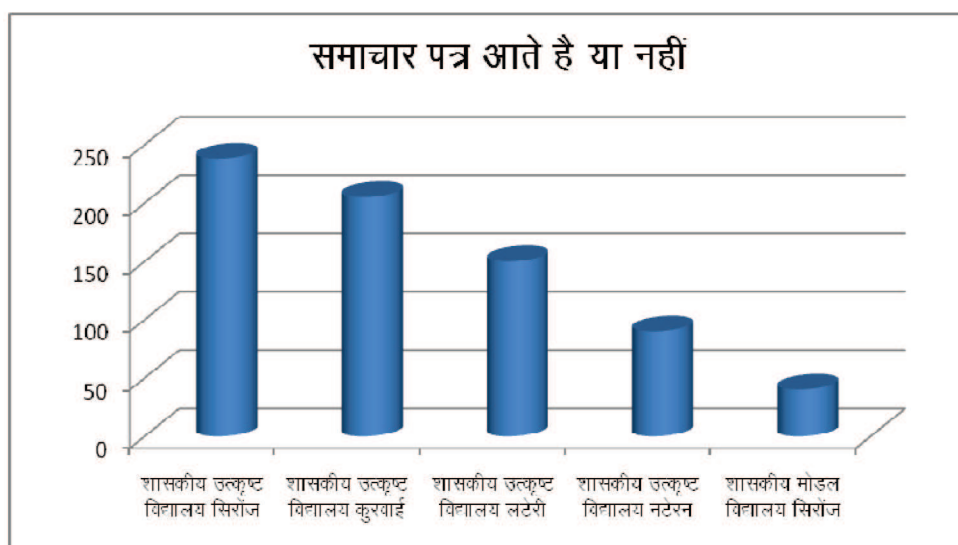
- पुस्तकालय में कितने कर्मचारी कार्यरत हैं?
- पुस्तकालय में क्या ई-लाइब्रेरी है यदि हां तो कितने सिस्टम है?
- पुस्तकालय में प्रतियोगिता परिक्षा से संबंधित कितनी पुस्तक और पत्रिका आती हैं?
- पुस्तकालय में शासन द्वारा वर्ष में कितना अनुदान मिलता है?

V परिणाम एवं विशलेषण

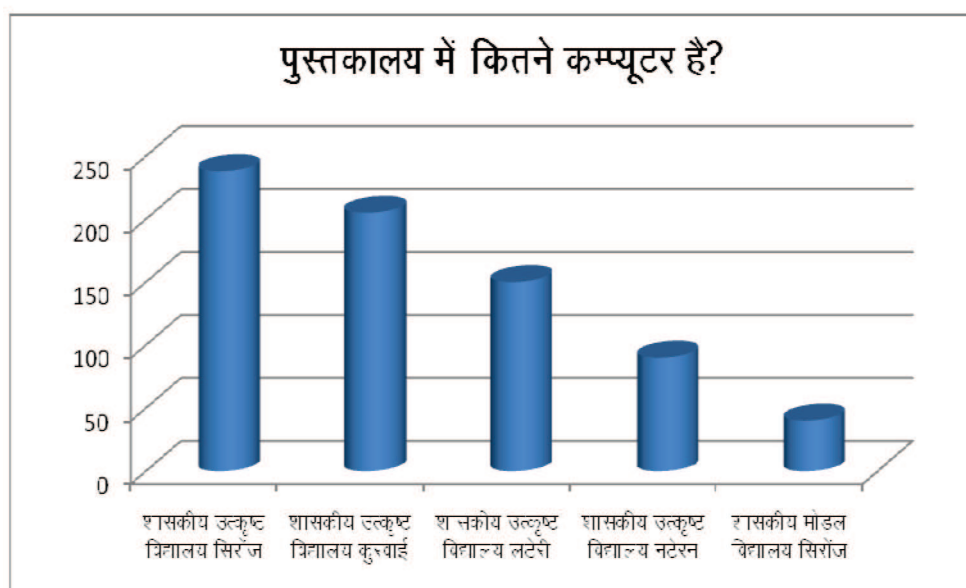
क्र .	पुस्तकालय से जुड़े प्रश्न	शासकीय उत्कृष्ट विद्यालय सिरोंज	शासकीय उत्कृष्ट विद्यालय कुरवाई	शासकीय उत्कृष्ट विद्यालय लटेरी	शासकीय उत्कृष्ट विद्यालय नटेरन	शासकीय मोडल विद्यालय सिरोंज
1	पुस्तकालयों में पुस्तकों की संख्या	238	205	150	90	40
2	लाइब्रेरियन है या नहीं	हाँ	नहीं	नहीं	नहीं	नहीं
3	पुस्तकालय द्वारा दी जाने वाली सेवाएं जैसे- प्रसार सेवा,आदान प्रदान,रीडिंग सेवा	हाँ	हां	नहीं	नहीं	नहीं
4	पुस्तकालय में कम्प्यूटर की उपलब्धता	हाँ	नहीं	नहीं	नहीं	नहीं
5	समाचार पत्र आते हैं या नहीं	5	2	1	3	2
6	पुस्तकालय में आय के साधन क्या हैं?	छात्रों द्वारा ली गई फीस के द्वारा	छात्रों द्वारा ली गई फीस के द्वारा	छात्रों द्वारा ली गई फीस के द्वारा	छात्रों द्वारा ली गई फीस के द्वारा	छात्रों द्वारा ली गई फीस के द्वारा
7	पुस्तकालय में कितने कम्प्यूटर हैं?	2	0	0	0	0
8	पुस्तकालय में क्या ई-लाइब्रेरी है यदि हां तो कितने सिस्टम है?	नहीं	नहीं	नहीं	नहीं	नहीं
9	पुस्तकालय में पाठ्यक्रम के अतिरिक्त कितनी पुस्तकें हैं?	130	नहीं	नहीं	नहीं	नहीं
10	पुस्तकालय में कितने कर्मचारी कार्यरत हैं?	2	1	1	1	1
11	पुस्तकालय में प्रतियोगिता परिक्षा से संबंधित कितनी पुस्तक और पत्रिका आती हैं?	3	2	2	0	0
12	पुस्तकालय में शासन के द्वारा वर्ष में कितना अनुदान प्राप्त होता है?	नहीं	नहीं	नहीं	नहीं	नहीं



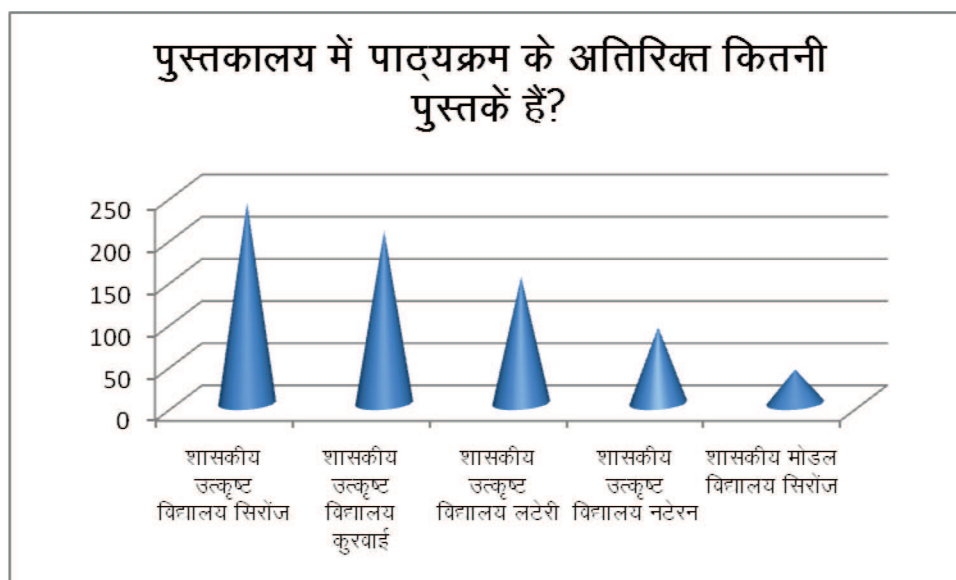
चार्ट.1.



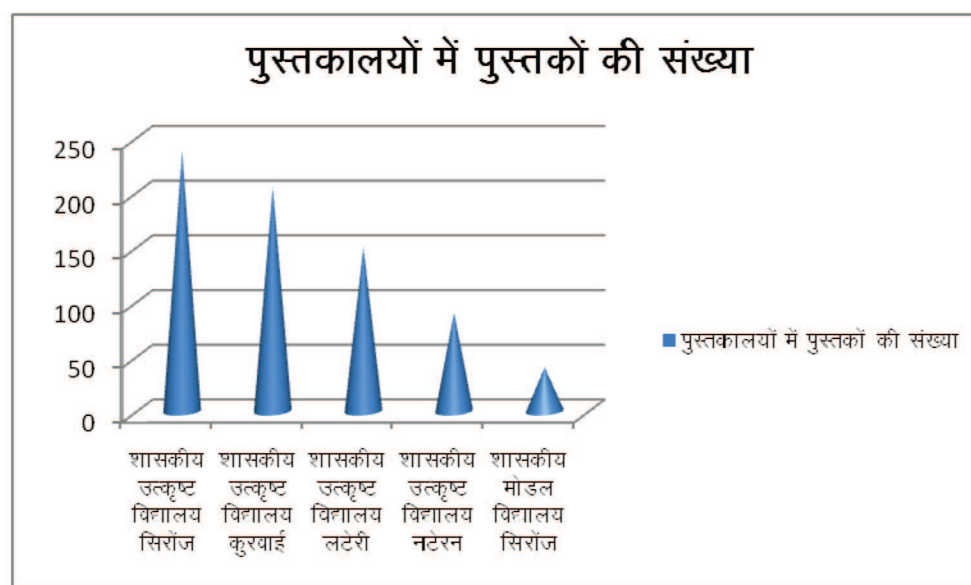
चार्ट.2.



चार्ट.3.



चार्ट.4.



चार्ट.5.

VI शोध विश्लेषण

उक्त शोध में हमने विभिन्न प्रश्नों के माध्यम से पाया कि शासकीय उत्कृष्ट विद्यालयों में, सिरोंज के पुस्तकालय में 238 पुस्तकें हैं। पुस्तकालय से जुड़ी कुछ सुविधा विद्यार्थियों तक पहुँच पा रही है क्योंकि पुस्तकालय में संग्रह व्यवस्था पाठ्य सामग्री में कमी है। शासकीय उत्कृष्ट विद्यालय सिरोंज में लाइब्रेरियन है। पुस्तकालय में लाइब्रेरियन जो छात्रों को उपयोगी सूचना सेवा उपलब्ध कराते हैं और मार्गदर्शित करते हैं। शासकीय उत्कृष्ट विद्यालय सिरोंज पुस्तकालय में कम्प्यूटर उपलब्ध है। शासकीय उत्कृष्ट विद्यालय सिरोंज के पुस्तकालय में कम्प्यूटरों की संख्या 2 हैं पाठ्यक्रम के अतिरिक्त पुस्तकें केवल एक विद्यालय में ही उपलब्ध हैं बाकि में कोई

पुस्तकें नहीं हैं। शासकीय उत्कृष्ट विद्यालय सिरोंज के पुस्तकालय में 2 कर्मचारि कार्यरत हैं जबकि अन्य विद्यालय के पुस्तकालयों में एक-एक कर्मचारि ही कार्यरत हैं। शासकीय उत्कृष्ट विद्यालय सिरोंज में पुस्तकालय में प्रतियोगिता परिक्षा संबंधित 3 पुस्तक और पत्रिका उपलब्ध है और शासकीय उत्कृष्ट विद्यालय कुरवाई, शासकीय उत्कृष्ट विद्यालय लटेरी में इनकी संख्या 2-2 है।

VII निष्कर्ष

संदर्भ

उक्त शोध के द्वारा यह निष्कर्ष निकलता है कि शासकीय उत्कृष्ट विद्यालयों के पुस्तकालय है। कुछ विद्यालय के पुस्तकालय में पुस्तकों का संग्रह है और कुछ विद्यालय के पुस्तकालय में कम है। वर्तमान में स्कूल शिक्षा के विद्यालय पुस्तकालय में पुस्तकों की संख्या के लिए कोई माप दंड नहीं है। पुस्तकालयों की इस स्थिति को देखते हुए अभी शासकीय उत्कृष्ट विद्यालयों के पुस्तकालयों सुधार की बहुत आवश्यकता है और पुस्तकों की संख्या में भी वृद्धि की आवश्यकता है। बच्चों के शैक्षणिक स्तर में वृद्धि के लिए पुस्तकालयों का होना बहुत आवश्यक है। शासकीय उत्कृष्ट विद्यालयों में लाइब्रेरियन भी केवल एक ही विद्यालय, शासकीय उत्कृष्ट विद्यालय सिरोंज में ही है बाकि विद्यालयों में लाइब्रेरियन नहीं है। शासकीय विद्यालयों में कम्प्यूटरों की भी कमी है। शासकीय उत्कृष्ट विद्यालय सिरोंज और शासकीय उत्कृष्ट विद्यालय कुरवाई में ही पुस्तकालय सेवाएं दी जा रही है।

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