

B. Com Sem - 3

(June 2019 to)

SOFT-SKILL

NATIONAL SERVICE SCHEME

Citizenship Health and Yoga

1 Give the meaning of citizenship and discuss the preamble (Features) of the Indian Constitution.

Ans Meaning of Citizenship

Citizenship is acquired based on geographic area. Resident in India, who intends to stay permanently and is born in India is considered a citizen of India.

* Features of the Indian Constitution

(1) Preamble: Reflecting the Higher Goals and Institutions of the state:

In the spirit of the Constitution ethical principles are included in the micro form some of them are as under.

- + Freedom of speech, belief, religion, worship, business
- + status opportunity and legal equality
- + personal pride and brotherhood
- + The unity and integrity of the nation

(2) Fundamental Rights for the Development of Citizens:

Fundamental rights protect civil liberties and the government stops

being arbitrary. Fundamental rights are the foundation of democracy. In the Constitution of India, to protect the liberty of the citizens, equality, liberty, religious freedom, education, culture property rights are given.

(3) principles that guide states in policy making:

One of the features of the constitution is that it gives some principles to guide the state in the economic, political and international matters that the state should keep in mind while formulating its policy. These principles motivate the state to move in the direction of socialism to transform our only political types of democracy into a socio-economic democracy.

(4) Sovereign democracy, republican state:

The fact that India is an independent sovereign country for the first time in centuries means that there is no interm or external power to interfere in the occupation of policy or power.

"People's sovereignty is the foundation of democracy as well as is the base of democracy". In that sense, the government is formed by the people and the people are given the power of the head of the country. It represents the voice of the people and runs the administration for the people.

(5) Specification of the federal system :

The federal system of special Propaganda has been devised to suit the diverse needs of India's multilingual citizens and to suit their future needs. Many of its features, such as the supremacy of the Constitution, the union, the government, the clear distribution of power among the states, the independent justice system etc., are known and, however they also have the characteristics of a unitary state system.

(6) Authoritarian Central Government

Base on the fact that our country is a country with many different languages, systems, customs, it is imperative to have a strong

and stable government at the centre. Considering the communal riots at the time of independence and the difficulties of the democratic states more power has been allotted to the central government at the time of the existence of the constitution.

(7) Government of the parliamentary democratic system:

It is known that, the organization is enjoying dominance after its own sovereignty of the constitution of India, are the 'samsad' or ministers of cabinet in the state or parliamentary government. These cabinet ministers are responsible to the parliament's House of Representatives for their policy and administration.

(8) president with limited powers:

As the president of India as the supreme head of India, his cabinet is constantly used by the prime minister as per the will of parliament and hence, we have a parliamentary government.

(9) Sovereignty of the Constitution

The central government and the state Government should act in their own right in their respective fields and implement the constitution's order, ideals and provisions. The court of justice acts as the protector of the spirit of the Constitution.

(10) Secular state:

The country of India is secular, it is sectarian. In the words of Mr. Venkataswami, "It is neither neutral, nor religious nor anti-religious. It is neutral secular territory in religious matters."

(11) State language and constitution:

In, India, it is necessary to have a national language as well as a state language in order to unite people with different language, caste and custom, which can be a common medium of exchange for people living in different corners of the country. Hindi language recognized as a national language and accordingly.

2

Discuss the Basic Rights and Duties

Ans

According to renowned Sociologist, Mr. Harold Laskey, the laws that are fundamental to the highest development of one's personality are accepted as fundamental rights.

(1) Right to Equality:

In terms of the Constitution, India cannot discriminate that all citizens of the country are equal. These rights can be divided into five parts.

- (a) Legal equality.
- (b) Equitable use of public places.
- (c) Social equality
- (d) Elimination of Untouchability.

(2) The Right to Freedom and Freedom:

By giving the following sub-rights of independence to the citizens of India, the Constitution covers the entire sphere of individual liberty.

- (a) Freedom of speech and thought.

(b) Freedom to assemble peacefully and without weapons.

(c) Right to permanent residence anywhere in areas of India.

(d) Freedom to acquire, hold and dispose of property.

(3) Right against Exploitation:

For the slave, the poor or the exploited flesh, the right of freedom against slavery is important, so that the right of the individual to be respected as a human being is important. Labor welfare officers are appointed to enforce and enforce the law in the interests of the workers.

(4) Right to Freedom of religions:

India, which has long been known as a secular country for its religious tolerance and homogeneity, has declared itself a secular country. So any citizens of the country, according to religious freedom.

(5) Cultural and educational rights:

Everyone has the right to perform education, literature, art and ritual activities that seem appropriate to develop his personality. Now with this right every citizen can develop a scholar, artist, or a writer who is in his or her own right.

(6) Property Rights:

After independence for the development of the individual needs property and it has given it most priority. Without property, man cannot develop his physical development. At present property is essential for the necessities of life, for stability in society, for comfortable facilities, for higher education and for the enjoyment of other facilities.

(7) Right to Constitutional Defence

Roman theology states that "where rights are granted, there must be protection for them".

3 Right to Information — Short-notes.

The Right to Information can be enjoyed by all citizens of India. For this reason any citizen may seek information related to that matter from the public authority, departments of government or any organization run by the government with financial assistance. To get such information a person has to apply in a certified form to the department or institution with a fee of Rs 20. Such an application can be made by postal, registered AD, email or in person. In addition a copy of a page of information has to be paid Rs-2. It is the responsibility of the public information officer of the government department or organization to give refuse or transfer this information. Such information is to be given within the limit of 7 days of application work and within 48 hours of receipt of application, if there is information relating to the life or liberty of the person.

Under the Right to Information Citizens ~~can~~ can ask for government-bureaucratic records documents emails opinions suggestions, press releases, circulars, orders, logbooks, reports, letters, models, soft copies of any information, video copy and information stored in the computer.

If the information officer is unable to respond to the information requested within the stipulated time a civil appeal may be appealed to the officer within 30 days. The appeal officer is required to dispose of this appeal within 30 days. If the appeal cannot be disposed of in 30 days, it has to be settled within 45 days along with its reasons. It is important to note here that a person can make another appeal within 90 days, if needed.

Q Describe what the national health programs are and their purposes.

Ans

The Ministry of Health and Family Welfare Government of India, concerned about the health care of the citizens of India and allowed the national urban Health Mission to be launched as a sub mission of the National Health Mission as per the decision taken by the Union cabinet on 1st May 2013 and the other one is National Rural Health Mission.

* The objectives of the National Health Mission:

- + Reduce maternal mortality rate by 1/1000 live births.
- + Reduce child mortality rate by 25/1000 live births
- + reduce the total fertility rate to 2.1
- + Reduce blood anaemia in women aged 15-49

* Awareness about key areas of the National Health Mission

1) Awareness about mother and child health:

The Government of India is committed to reducing maternal mortality and increasing

the availability of reproductive health service everywhere. Awareness on mother and child health is an important responsibility and a basic need, thereby ensuring the success of various programs implemented by the government.

2) Local medicine system :

people are in dire need of information about the use of local drugs. It collects sources of information related to Ayurveda, yoga, Naturopathy etc.

3) Psychological Health :

According to the world Health organization, depression will become the world's second largest disorder by 2020. Awareness is needed for psychological health and its treatment.

4) Women's Health :

women's health is very important throughout life. The health pregnancy and reproductive organs of adolescents are very important to take care of. Greater attention is paid to reducing maternal mortality and infant mortality.

5) Child Health :

children and new-borns

play an important role in the health of the child, developing and growing achieving critical stages, vaccinating caring for illness, nutrition etc.

children are at great risk of malnutrition and infectious diseases, healthy development should be supported with proper care and protection against infection and malnutrition.

6) Mental Health :

The World Health Organization recognizes mental health as a mental state in which a person is aware of his or her ability and is able to recover from normal life stress, work productively and contribute to his or her community. ~~Positively~~ positively, mental health is the foundation of human well-being and the proper functioning of the community.

5 What is Addiction? Discuss the Drugs - property abuse - Addiction.

Ans Addiction :

Excessive attachment or habit towards anything is addictive. without consuming a substance that a person does not have a chain of and cannot lead a normal daily life, it can be said to be a substance or thing that is addictive to that person.

* Drugs - Property Abuse - Addiction :

An estimated 1500 million young people in the world live with smoking and addiction. Due to the use of various sources of addiction, the death rate is increasing year by year and is estimated to be around 490 lakh. If the current state of addiction continues, in 2020, the deaths will be more than 100 lakhs 70% of them will be from developing countries. While governments and lawmakers have a role to prevent this, various measures have to be taken. It is not enough to understand addiction but have to play an active role. And for that the responsibility of education and the teacher becomes ^{crucial}.

* Addiction A problem:

Smoking in public places is prohibited in the country but we export about two lakh tonnes in tobacco production. This year's vision is almost two and a half times in many values. About five million people die every year because of addiction.

Tobacco addiction is more prevalent in rural areas, slums, economically weaker sections. The problem of not only protecting today's young generation from tobacco, but also avoiding alcohol, opium, cannabis, heroin etc. is complex.

Addiction causes a person to become physically, mentally, and financially deprived and causes his or her entire family to collapse.

* Damage due to drugs:

Tobacco consumption is one of the leading causes of diseases that can be prevented in the world.

As the World Health Organization (WHO) describes addiction, "drug addiction is a system of permanent or fixed periods of harm to the individual and society generated by the repeated use of natural or artificial drugs".

Other external symptoms of an addicted person may be!

- + Not interested in sports activities.
- + Avoid daily routine.
- + Walking unevenly.
- + Ambiguity in speech
- + Constant weight loss.
- + Mood changes constantly.

* Remedies for liberation:

With the slogans like 'My Bharat Mahan' we are trying to reach the country with a high level and therefore the primary requirement is that the youth of the country should be free of drug. 'Vyasana' has become the great pollution of society.

The following steps should be taken in the school-college to prevent addiction.

- + Youth should turn to positive and constructive activities.
- + Opportunity for young people to be in good company.
- + Awareness programs should be conducted.
- + Activities that condemn drug addiction should be done.

6 Give meaning of yoga? Explain the benefits of yogasana in detail.

Ans

Meaning (concept) of yoga:

The word 'yoga' comes from the sanskrit root 'yuj' which means 'join' or 'unite'. This can be taken as a combination of body, mind and soul, 'yoga' represents 'integration of personality' at the highest level. That is yoga includes a variety of methods and techniques to achieve the development of integration and to employ it, and in yoga literature, these techniques are also referred to collectively as 'yoga'. The good effect of yoga is the right of every human being. But this right depends on personal, social and environmental factors.

* Benefits of yoga:

1) Yoga is essential for a holistic healthy body:

With the help of yoga, a person can stay healthy by fully curing all the problems related to physical, mental, injury, detoxification and health.

2) Yoga brings new energy:

Yoga offers the same amount of exercise to all the organs of the body and has a good effect on the organs such as the heart, lungs, kidneys

intestines etc, and refreshes the body.

3) Yoga offers enhanced relaxation:

Yoga on a daily basis strengthens the muscles of the body and thus strengthens the body's body, thus improving the posture of the person's body. Yoga relaxes a person's body and mind so that he or she is always happy.

4) Yoga is very useful for relieving stress:

Stress is the cause of every illness and if we want to stay away from these deadly ailments, then yoga is a blessing.

5) Yoga is essential for a peaceful way of life:

Various physical activities during the day, such as walking, sitting, standing, sleeping etc. are all resolved by yoga. Peace is the medicine for a healthy mind and body.

6) Yoga is essential for Communicating consciousness:

Regular practice of yoga gives one a lot of self-confidence and happiness and therefore, develops the qualities of self-confidence and fearlessness and can achieve the pinnacle of success in his practical life.

Yoga is the cultural heritage of ancient India.

7 International Yoga Day — Short notes

Ans: Yoga is an ancient practice that has been prevalent in India for more than 5000 years for mental, spiritual and physical uplift. The 11th UN on Decem. 11, 2014, aimed to popularize the ancient practice of yoga in the present and to inform those who are unaware of the benefits of yoga. The general Assembly announces to celebrate June 21st every year as World Yoga Day. June 21st is the longest day of summer and was chosen because it has a significant impact on the bodies of people living in the Northern Hemisphere. The purpose of World Yoga Day is to bring different communities around the world together through the practice of yoga so that they can remove all negativity from their lives & take control of their emotions as well as health ailments. The following are some of the main objectives behind celebrating this day.

+ The purpose of International Yoga Day is to develop a habit of meditation in the youth so that they can enjoy peace of mind and

enjoy a stress free life.

+ yoga promotes oxygen and blood flow to the heart, lungs, kidneys & other vital organs in the body so that those organs function properly.

+ The purpose of world yoga Day is to educate people to overcome illnesses and stress naturally without resorting to any artificial drugs.

+ yoga practitioners believe that when a person connects nature with his mind and soul, he attains a higher level of consciousness which helps him to make peace with those around that will lead the world to peace and hence, more and more people yoga. It is desirable to start doing so.

+ studying yoga will reduce the barriers of different castes, religions or languages and strengthen the bonds between people.