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EFFECT OF CHANGING LIFE STYLE ON MENTAL HEALTH IN INDIA: TWENTY FIRST CENTURY

Mr. Manindra Pratap Singh, Bhuvan Malti Teachers" Assistant professor, Training College, Motihari, Bihar

Abstract:

This paper is based on Social dimensions mental health and changing life style significantly impact on human life behavior. Mental health and changing life style transpire in a psychosocial context. The twenty first century has seen dramatic urbanization, globalization, rapid advances in technology and communications. These among several other changing life style, such as nature and shift in family systems, newer patterns of relationships, migration and social mobility will bring about novel challenges for diagnosing and managing mental health problems; nevertheless this may at the same time throw newer means and opportunities to intervene, particularly with the advancements in technology. There is likely to be greater awareness about mental health problems. The rights based and recovery oriented approaches will change the way of human life. Many of these changes will positively impact policies of the government and access to care. This article focuses on the changing life style in the twenty first century and the impact this has had and will have on mental health, especially in India.


Key Words: Twenty first century, Changing life style, globalization, mental health, life style.

INTRODUCTION

The role of social factors in the causation or maintenance of emotional disorders has been identified since time immemorial. Social factors play a significant role in the development, evaluation, and management of mental illnesses. Even in an era of biological symptoms it is not possible to imagine mental health that is not influenced by social dimensions. Therefore, changing life style will undoubtedly influence the social determinants, imagination, and responses to mental disorders.

Twenty first century has seen a flurry of changes globally in the social sphere and very visibly so, such as urbanization, globalization, and rapid technological advances. The global demographics and distribution of population is also constantly changing as a consequence of universal phenomena such as migration and advances in transport and communication. India is not immune to all these changes in the background of the radical economic policy changes initiated since early 2000s. The effect of this changing life style on the mental health scene in India will be reviewed in the current article with focus on the various social determinants that will likely influence mental health.


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शहरी एवं ग्रामीण महिलाओं की व्यवहारिकता से पोषण पर आश्रित बच्चों का तुलनात्मक अध्ययन

श्रीमति गीता रानी जैन, सहायक अध्यापक, भुवन मालती शिक्षक प्रशिक्षण महाविद्यालय, मोतिहारी, बिहार

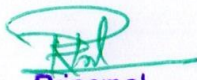
सारांश

सामाजिक विज्ञानों के अनुसंधानों में शोध अध्ययन के कुछ प्रमुख सोपान हुआ करते हैं उन्हीं सोपानों के अन्तर्गत एक सह- सोपान अध्ययन समस्या से सम्बन्धित शब्दावली / अवधारणाओं से सुपरिभाषित कर उनका स्पष्टीकरण करना अनुसंधान का अत्यन्त महत्वपूर्ण चरण होता है। सामान्यतः बच्चे के अच्छे स्वास्थ्य की दृष्टि से गर्भवती माता को भोजन में पौष्टिक एवं संतुलित आहार न मिल पाने के कारण गर्भ में पल रहे शिशु अथवा जन्म ले चुके बच्चों को पौष्टिक व सन्तुलित आहार न मिल पाना ही कुपोषण है। पोषण स्तर की समस्या आज अन्तर्राष्ट्रीय स्तर की समस्या बन गयी है। भारत के नगरीय परिवेश के धनी वस्तियों, झुग्गी झोपड़ियों के निम्न आय वर्ग के बच्चों में पोषण स्तर की यह समस्या और भी विकराल है उक्त तथ्य को 2- दृष्टिपथ में रखकर अनुसंधित्सु ने मध्य प्रदेश के मोतिहारी जिले को अध्ययन के लिए चुना है।

परिचय:

यह शोध अध्ययन प्राथमिक एवं द्वितीयक दोनों ही प्रकार के आँकड़े एवं सूचनाओं को आधार बनाया है। आधारभूत आँकड़े भारतीय जनगणना- जिला जनगणना पुस्तिका 1991, 2001 से संकलित किये गये हैं। प्राथमिक आँकड़ों के लिए सम्पूर्ण अध्ययन क्षेत्र का विशद सर्वेक्षण किया है। जिसके अन्तर्गत न्याय पंचायत, ग्राम सरपंच, परिवारों के मुखियों, ग्राम विकास अधिकारियों स्कूलीय अध्यापकों एवं प्राथमिक स्वा० केन्द्रों से तैयार की गई व्यक्तिगत प्रश्नावली एवं अनुसूची के माध्यम से शोध अध्ययन के उद्देश्यों की पूर्ति हेतु सूचनाएं संग्रहीत की गयी हैं। इसके अलावा जनगणना सीरीज जैसे आर्थिक तालिका, सामाजिक एवं सांस्कृतिक तालिकाएं, मोतिहारी जनपद की सांख्यिकीय पत्रिका, जनपदीय औद्योगिक निर्देशिका, जिला चिकित्साधिकारी कार्यालय अभिलेख ग्राम पंचायतों, न्याय पंचायतों, विकासखण्ड, तहसील तथा जिला विकास कार्यालय के विभिन्न इकाईयों से संकलित किये हैं।

शोध अध्ययन में अवधारणात्मक दृष्टि से 4 वर्ष से कम आयु के बालकों को पूर्वशालेय बालक माना गया है। पोषण स्तरों का अध्ययन तीन आधारों (1) जातियों के सामाजिक आधार (सवर्ण, पिछड़ी, अनुसूचित) के आधार पर (2) परिवारों के आर्थिक स्तरों के आधार पर (3) बालक को एन्थ्रोपोमीट्रिक मापन के आधार पर किया गया है। साथ ही माताओं के द्वारा गर्भधारण करने का पूर्व इतिहास, जन्मे बच्चे, जीवित बच्चे मर गये बच्चे, गर्भपातों की संख्या, गर्भधारण में उत्पन्न समस्यायें डिलीवरी का प्रकार (सामान्य,



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ISSUES AND CHALLENGES OF INTEGRATION IN BIHAR: A STUDY

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Abstract:

The present research paper will be emphasizing the value of national integration and solidarity, which is must to teach our future generations. Education has to play a major role in inculcating the values of solidarity, integrity, knowledge about literature and culture through moral science, spiritual or secular education and value education. In this article the era of liberalization, globalization of information and communication technology, the curriculum framers of our nation mostly emphasizing on these dimensions but hardly any effort is being made for the provision of moral, spiritual and on national building education. As there is a dire requirement to take up these dimensions of education on which premise the whole of our student's growth and development rests. In the competitive world of Twenty one Century, because all are energies our motivated towards more and more economic gains and the centuries old traditional joint family system is dying its own death; as it was the responsibility of the parents and grandparents to inculcate the values of morality, truthfulness, respect, solidarity, spirituality, cohesiveness, nationalism via the medium of the stories, folklores and folktales to its younger generation has no relevance in today's competitive world. Because the students are lacking in these values that's why they are resorting to petty conflicts in outside the school or college premises and sometimes these quarrels take a violent form by harming one another. In order to teach the students about the practices which we were following since times immemorial we need to teach the related subjects to our rising future generations by taking moral, spiritual and concept of nationalism in view.

INTRODUCTION:

In our Constituent Assembly this twenty-sixth day of November, 1949, do hereby adopt, enact and give to ourselves this Constitution. With the inclusion of the word 'integrity' in the Preamble of the Constitution by 42nd Amendment Act, 1976, Indian nation stressed upon the dire need of the integration of the masses. In addition to this certain fundamental duties had been incorporated in Part IVA Article-51A. The Preamble of the Constitution of Indian states: We, the people of India, having solemnly resolved to constitute India into a Sovereign, Socialist, Secular, Democratic, Republic and to secure to all its citizens: Justice- social, economic and political; Liberty of thought, expression, belief, faith and worship;



COVID-19 Impact on Import-Export and World Economy

Dr. Navdeep Ranjan, Bhuvan Malti Teachers' Training College, Motihari, Bihar

Abstract:

The global impact of the new corona virus outbreak will be greater than the impact of the SARs epidemic in 2003. The corona virus will have a limited impact on India but the global GDP and trade will get affected due to the large size of the Chinese economy. Several Indian industries have direct dependence on supplies from China. The corona virus problem is aggregating day by day with several countries of the World getting affected due to this outbreak. A large number of people are getting severely affected by this deadly corona virus. Some of these products such as antibiotics activated pharmaceutical ingredients (APIs) and critical commodities and any disruption in the supply over the long-term period could have far-reaching economic consequences for India. The pneumonia-like virus outbreak, which was once first stated in the Chinese city of Wuhan in December 2019, has hastily spread throughout the United States and to more than 20 countries of the World.

Keywords: Export, Import, Global Economy, Corona virus.

Introduction:

This paper describes the economic implications of the Corona virus outbreak that hit Indian economy as well as Global economy. The corona virus has hastily spread in components of Asia, Europe and the Middle East, whilst the wide variety of deaths and clean cases decline at the ailment epicentre in China. Mainland China had 406 new confirmed instances of corona virus infections on 25 February 2020. All the brand new deaths have been in Hubei region, the epicentre of the outbreak. The traumatic prospect that the Corona virus outbreak could turn out to be the first disruptive pandemic of the globalization technology is renewing doubts over the stableness of the worldwide economy. The country's National Health Commission (NHC) stated on 26 February 2020, down from 508 cases an afternoon earlier. That brings the entire quantity of confirmed cases in China a long way to 78,064. The dying toll from the outbreak in China had reached 2,715 as of the stop of 25 February 2020, up with the aid of fifty two from the preceding day, the commission stated.

History of Corona virus:

The history of corona viruses is a reflection of the discovery of the diseases caused by corona viruses and identification of the viruses. It starts with the first report of a new type of upper-respiratory tract disease among chickens in North Dakota, U.S., in 1931. The



IMPLEMENTATION OF TEACHING METHODS FOR NEW GENERATION INNOVATION

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Abstract:

Basically teaching must include two major components sending and receiving information. Ultimately, a teacher tries his best to impart knowledge as the way he understood it. So, any communication methods that serve this purpose without destroying the objective could be considered as innovative methods of teaching. The purpose of this paper is to evaluate the traditional methods of teaching as well as multimedia teaching and to suggest other useful teaching methods that can be attempted in imparting knowledge to the students. The use of innovative methods in educational institutions has the potential not only to improve education, but also to empower people, strengthen governance and galvanize the effort to achieve the human development goal for the country.

1. INTRODUCTION:

When there is a willingness to change, there is hope for progress in any field. Education is a light that shows the mankind the right direction to surge. The purpose of education is not just making a student literate but adds rationale thinking, knowledge ability and self sufficiency. Creativity can be developed and innovation benefits both students and teachers.

2. IMPORTANCE OF EDUCATION:

'Geta' attaches such great importance to knowledge and education. When the 'Geta' began to be point of every human activity. A scholar is accorded great respect in the Hinduism. According to Hinduism the ink of the pen of a scholar is more precious than the blood of a martyr. The reason being that martyr is engaged in defense work while an scholar builds individuals and nations along positive lines. In this way he bestows a real life to the world.

"Education is the manifestation of perfection already in man" –

(Swami Vivekananda)

Education is a light that shows the mankind the right direction to surge. If education fails to inculcate self-discipline and commitment to achieve in the minds of student, it is not their fault. We have to convert education into a sport and learning process has to generate interest in the students and motivate them to stay back in the institution than to run away



Globalization Changes and Universal Impact on human life and Environmental Impact

Satyendra Pratap Singh, Bhuvan Malti Teachers' Training College, Motihari, Bihar

Abstract:

The article Analysis the impact of the fourth information revolution on society, the formation of a certain social and economic system as a result of the influence of the latest information and communication technologies and changes in the human habitat. Globalization processes in the economy have become possible due to information technologies. The latter ensures the movement of economy to any continent, leveling state borders, sovereignty, the national identity of peoples. Business entities, due to the emergence of electronic media, have become able to introduce new forms and methods of economic activity that contribute to the optimization of sales of goods and services and the efficiency of production organization processes. Due to the transformation processes in the field of social and economic relations of the network society, the ability to respond quickly to changes in the world politics stances and markets of basic economic resources has been updated.

Key Words: Economic, Globlisation, Environment, Peoples, Various Spheres.

Introduction:

In the globalized communication space, computer technologies and Internet networks have an impact on various spheres of life of the society, become direct participants in the formation of both the individual and society as a whole, they are actively used in areas that bring commercial profits: cinema, television, music videos, advertising and PR agencies, trade, finance, etc. Due to the acceleration of information and communication flows, capital movement, trade circulation, production chains, technology transfer, mass tourism, labor migration, and scientific communication have begun to penetrate freely through the borders of nation states. With the advent of electronic media in the late 20th century, much of the traditional functions of oral and print communication are being replaced by new ones, which are carried out through multimedia interactive means, primarily the Internet. The Internet and cellular communications have become the types of mass media that have increased the speed of information, financial and economic flows, the availability of information on a global scale.

This study is dedicated to identifying general trends in transformation processes in the system of international economic relations under the influence of new information



CONTRACEPTION AMONG ADOLESCENTS FOR INCREASING EDUCATIONAL UNDERSTANDING

Ajeet Kumar, Bhuvan Malti Teachers' Training College, Motihari, Bihar

Abstract

This study adopted one group pre-test and post-test design. Self administered questionnaire was used to measure the research variables in pre-test and post-test. Adolescent students from class eleven were selected as sample by using systematic sampling technique. The objective of the study was to determine the effectiveness of an educational intervention in increasing knowledge of adolescents regarding emergency contraception. Adolescence is a period of transition from childhood to adulthood. It is during adolescence in which individual develops his/her sexuality, gender and sex role. These factors have profound influence on an individual's current and future health. The data were analyzed using descriptive and inferential statistics.


Introduction

It is during adolescence in which individual develops his/ her sexuality, gender and sex role. These factors have profound influence on an individual's current and future health. Adolescence is a phase rather than a fixed time period in an individual's life. Adolescence is a period of transition from childhood to adulthood. It has been described as the period in life when an individual is "no longer a child, but not yet an adult". This period can be divided into early, middle and late periods, which are 10 to 14, 15 to 17 and 18 to 19 years group.

Emergency contraception (EC) is use of oestrogen and/ or progesterone containing pills that are taken after unprotected intercourse to prevent pregnancy. Intrauterine devices (IUDs) are also used as EC. In India, emergency contraceptives (ECPs) were included in the National Medical Standards for contraceptive services and in the clinical protocol for the health providers in 2003 but with ECPs available only through social marketing in selected areas. In 2004, the family health division (FHD) collaborated with an NGO and introduced ECPs in India in a phased manner.

The burgeoning sexuality associated with puberty is often as a starting point. Studies on adolescents' sexual behavior in different parts of the world show that young peoples' pre-marital sexual encounters are generally unplanned, infrequent and sporadic. This could often lead to unwanted pregnancy with the possibility of resulting unsafe abortion. Despite improvements in the accessibility and range of contraceptive options available, adolescent pregnancies of the US had


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सूचना की स्वतंत्रता विधेयक 2020 की व्यवहारिकता पर क्षेत्रीय समाचार पत्रों का प्रभाव

श्री. अंजनी कुमार गुप्ता, सहायक अध्यापक, भुवन मालती शिक्षक प्रशिक्षण महाविद्यालय, मोतिहारी, बिहार

सार:

समाचार पत्रों को खबरों को सनसनीखेज बनाने से परहेज करना चाहिए तथा उन समाचारों को प्रोत्साहित करना चाहिए जिनसे सामाजिक सौहार्दी में वृद्धि हो तथा साम्प्रदायिकता न बढ़े। भारत में प्रेष के समक्ष आज तीन विकट चुनौतियां हैं, ये हैं – साम्प्रदायिक तनाव, राजनैतिक आन्दोलन तथा अलगाववादी आन्दोलन। लेकिन दुर्भाग्य से प्रेस इन दायित्वों का सही निर्वहन नहीं कर पा रहा है। जैसा कि डी0के0 दीक्षित ने अपने लेख में कहा है कि आज सम्पादक या पत्रकार भिन्न-भिन्न साधनों से धन प्राप्त करने वाले ब्लैक मेलर बन गए हैं।

समाचार पत्र एवं प्रशासन/शासन के मध्य अन्तर व्यवहार को पारदर्शी, प्रजातांत्रिक तथा समाचार पत्रों की स्वतंत्रता अक्षुण्ण बनाए रखने के लिए प्रेस काउन्सिल अधिनियम 1978 में कहा गया है कि प्रेस काउन्सिल उच्च स्तर व उत्तरदायित्व की भावना बनाए रखने के लिए समाचार पत्रों व समाचार अभिकरणों के लिए एक आचार संहिता बनाएगी। प्रेस काउन्सिल को यह भी शक्ति है कि वह किसी भी प्रशासन के अधीन का न्यायालय से कोई भी फाइल मंगा सकती है।

परिचय:

प्रत्येक नीति व निर्णय के लिए सरकार जनता के प्रति जवाबदेह है, यही प्रजातंत्र की सही परिभाषा है। जवाबदेही को चरितार्थ करने के लिए स्वतंत्र प्रेस अपरिहार्य है। यह एक ऐसा सेतु है जो जनता तथा सरकार को जोड़ना है। एक ओर यह सरकार की नीतियों व निर्णयों की सही जानकारी जनता को देता है तथा दूसरी ओर जनता की प्रतिक्रियाओं को सही रूप से सरकार के समक्ष प्रस्तुत करता है। प्रेस के इस द्विमुखी कार्य में जहाँ भी व्यवधान होगा वहीं प्रेस की भूमिका संदिग्ध हो जाएगी। अगर यह सरकार की नीतियों व निर्णयों का सही रूप जनता के समक्ष प्रस्तुत करने में असफल है तो ऐसी परिस्थिति में यह सिद्ध होगा कि यह तो सरकारी कार्यों में पारदर्शिता नहीं है तथा प्रेस की