



Kuldeep Dubey
C.D. Agashe

Health related fitness of ethnic tribal students of Chhattisgarh

Health related fitness in children of Gond, Halba,
Kamar, Oraon tribes

CONTENTS

Chapters	Title	Page No.
1.	INTRODUCTION	1-18
2.	REVIEW OF RELATED LITERATURE	19-42
3.	METHODOLOGY	43-51
4.	ANALYSIS AND INTERPRETATION	52-144
5.	SUMMARY, RESULTS, CONCLUSION, EDUCATIONAL AND SOCIAL IMPLICATIONS, SUGGESTIONS AND RECOMMENDATIONS	145-152
	References	153-168

St. Vincent Pallotti College, College in Raipur, C.G. Nov 24-25, 2018

National Seminar on A Pathway To Sustainable Development Of The Society - 2018

CONTENTS

Name of Paper	Page No.
Developing Rural Sector through ICT <i>Aayesha Hendricks</i>	01-02
Rural Empowerment Through Enterpreneurship <i>Mr. Akash Goenka</i>	03-03
E-Banking in Rural India: Challenges and Opportunities <i>Ruchi Gupta, Dr. Bhagabat Barik</i>	04-06
Women in Rural Development through Entrepreneurship <i>Piyali Ghosh Hore</i>	07-07
Implementation of Gandhiji's Sidll Development Policy is Key to Employment crisis <i>Dr.Kuldeep Dubey, Dr.Nisha Dubey</i>	08-11
Impact of IEC Campaign on Mental Health Awareness and Health Seeking Behavior of Rural Citizens of India <i>Dr. Gunjan Mishra</i>	12-14
Role of ICT to Make Rural Development <i>Ankita Chakraborty, Dr. Swati Srivastava, Mrs. Garima Tahiliani</i>	15-19
A study on Women Empowerment through Governmental Policies and Schemes in Chhattisgarh <i>Dr. Gazala Yasmin Ashraf</i>	20-22
Education for Sustainable Development of Indian Society : Issues and Challenges <i>Dr. Inran Nadeem Siddiqui</i>	23-28
Sports Performance Enhancement Through Psychological Preparation <i>Mr. Jay kumar shankh</i>	29-33
The Academic Problems Of Rural Primary School Teachers <i>Ms. Padma Bohre, Ms. Riya Tiwari</i>	34-42
Building Bridges Across Cultures <i>Dr. Roopal Shrivastava, Dr. Umesh Gupta</i>	43-48
Strategies to Incorporate Elements of NAITALIM Into Existing Education System <i>Sarita Sharma</i>	49-52
Health and hygiene practices in context of " Nai -Talim" in urban slum areas of Raipur district <i>Dr. Swati Srivastava</i>	53-55
Innovation, Education, Empowerment (IEE): An Approach towards Development of Rural Women <i>Dr. Pallavi Kushwaha</i>	56-59
ग्रामीण विकास के लिए आई.सी.टी. की भूमिका <i>श्रीमती रीना नायक</i>	60-64



Implementation of Gandhiji's Skill Development Policy is Key to Employment crisis

Dr. Kuldeep Dubey, Principal, St. Vincent Pallotti College, Raipur, C.G. India.

kuldeep.dubey05@gmail.com

Dr. Nisha Dubey, Asst. Prof. (English), Rajeev Gandhi Govt. College, Simga, Balodabazar-Bhatapara, C.G., India. nisha21.06dubey@gmail.com

Abstract - India adds 12 million people to its work force every year. By 2030 a third of the World's working age population will be supplied by India. There are as many as 711 million people in India in the working age group of 15-59 years with a majority requiring additional or new skills. With this whooping increase in population the demand for better living conditions for all is the prime challenge before us. India needs more employment but the present scenario is entirely vice-versa. Either the working population is not skilled or there are fewer opportunities available. The paper presents an overview on this problem of unemployment and a possible solution for it using Gandhiji's Skill Development policy.

Keywords : Education, Employment, Gandhian Education Policy, Government, Skill development.

I. INTRODUCTION

During a talk with teachers and students in Birla House, Delhi on 10th December 1947 Gandhi stressed that "only through imparting education through crafts can India stand before the world". During his entire life he kept on reminding all the stakeholders regarding the importance of craft training in education. Presently we in the twenty first century, are now talking about the gap between what industry demands and produce of our education systems provide and on the top most the need for skills training. Never before was such ardent need to incorporate the revolutionary and futuristic vision of Mahatma. If we take his words with the right spirit and acted timely and properly, the future story will be entirely different. This vision of the 'walking *fakir*' who led the strongest nonviolent struggle for independence in the world is uniformly applicable to almost all countries in the world. Even if we replace the name 'India' with any other country name, the result will be equally relevant.

Our Education policies have always discussed on the Gandhi's views. Kothari Commission Report (1964 - 66) was considerably inspired by Gandhian philosophy while recommending reforms in schooling and technical training which was applicable till today. However, somewhere down the line, we seem to have lost a balanced approach to promote, pursue and reward vocational aspects of learning by doing, dignity of labour and other values to be inculcated at an early age. These were the main doctrines of Gandhiji's concept of craft-centric education that seems to find an echo in present initiatives at skill development and vocationalisation of school education in India.

Today, we are at a dangerous point of time when we ought to get interested in reviving interest in skills and vocational training and making learning outcome-based and industry-relevant. Gandhi was initial promoter of technical education and linking curriculum with industry needs. May be the needs may be different today, but the core of making education work-integrated is of prime value. "I would revolutionize college education and relate it to national necessities. There would be degrees for mechanical and other engineers. They would be attached to the different industries which should pay for the training of the graduates they need". M.K. Gandhi. The Gandhian model of development can provide solutions to our rural problems which are linked to the basic needs of the people, such as 'Anna' (livelihood), 'Akshar' (literacy), 'Arogya' (health) and 'Acharan' (moral values).

II. WARDHA MODEL

As per the Gandhi's scheme of Basic Education or Wardha Scheme of Education "taken as a whole, a vocation or vocations are the best medium for the all-round development of a boy or a girl and, therefore, the syllabus should be woven round vocational training, primary education thus conceived as a whole is bound to be self-supporting..." Our Endeavour to correct the imbalance through empowering potential of skilling is deeply connected to Craft-centered education of Gandhi. We are striving for - learning by doing, work integrated learning, respect for manual skills, self-reliance through sustainable livelihoods, and all these bloom from only integration of education with productive skills. Mahatma Gandhi had emphasized that handicrafts should be taught "not merely for production work but for developing intellect of the



Developing Rural Sector through ICT

Aayesha Hendricks,

Assistant Professor, St.Vincent Pallotti College,Raipur,India. aayeshasahni@gmail.com

ABSTRACT - ICT is an acronym for Information and communication technology. It is the opportunity to enhance the existing activities through creating information rich societies and supporting livelihoods. Agriculture is an important sector in rural area with more than 50% of population engaged in the same, It is the means of income for people, The growing demand of agricultural products offers the farmers to improve their livelihood.ICT plays an important role in the upliftment of poor people in rural sector by enhancing their production, and providing them an opportunity to improve their livelihood. Rural development includes economic betterment of people and greater social transformation for elimination of poverty, ignorance and inequality of opportunities. In developing countries like India a huge part of the population are resident of rural area, thus rural development program is a necessary aspect and needs to be addressed.ICT can be a great tool for helping the rural sector in enhancing their present production If ICT will be properly implemented, it can be a powerful tool for social, political and economic development of the country. This paper mainly focuses on rural education, agriculture and healthcare to eliminate poverty from the rural sector and upgrade the living standard of the people living in rural areas.

Keywords – ICT, Rural Sector, agriculture.

I. INTRODUCTION

Information and communication technology refers to the way information is used and communicated it is important to a nation,to connect the rural area to the world of digitalization. The agricultural sector in the rural India faces a major challenge of increasing production to meet the need of the growing population,the natural resources are depleting and proper utilization of the present resources are necessary to ensure a development which sustains.Although this growing demand gives an opportunity to the rural sector to improve their earning and to do so technical innovations must be deployed to ensure efficient use of resources and increase in production.ICT includes technology such as mobile phones,computers,tv,radio etc,and these technological tools can help the agricultural sector to flourish as it will allow the people to indulge in technology to know more about the latest techniques of production and thus helping the people to develop and eliminate poverty and ultimately allowing the rural sector to develop.The rural areas also do not have access to proper education and healthcare facilities which is highly vital in the process of development all these problems can be sorted out through ICT.Use of ICT in these sectors can help people develop in the best possible manner.

II. PROBLEMS FACED BY RURAL AREAS

The real and glorious India can be seen in the rural area .The real India exists in the unity and strength of the

villagers across the country.This part of the nation covering the maximum population needs to be developed.If the nation wants to develop then the rural India must be developed.There are several challenges faced by the rural India :

- Low levels of service provision
- Lack of health care facilities
- Poor Infrastructure
- Non availability of credit
- Illiteracy
- Lack of proper sanitation and hygiene
- Poverty

Rural Development is the process of improving the quality of life and well being of people,economically as well as socially.ICT can have an impact on reduction of poverty and improving the overall situation of the rural India by making the government processes more transparent and by encouraging communication and sharing of information among rural people.

III. ROLE OF ICT IN RURAL DEVELOPMENT IN INDIA

ICT must form an integral part in the rural economy for various development strategies.It is highly useful in agriculture,service education ,health and other sectors to promote the idea of development.ICT can be helpful in combating the problems of rural India,the following points would make it more clear :

Women in Rural Development through Entrepreneurship

Piyali Ghosh Hore

Asst. Professor, St. Vincent Pallotti College Kapa Raipur (C.G.), India.

I. INTRODUCTION

Women are key agents for development. They play a catalytic role towards achievement of transformational economic, environmental & social changes, registered for sustainable development. But limited access to credit, health care and education are among the many challenges they faces.

Empowering them is essential, not only for well being of individuals, families & rural communities, but also for overall economic productivity.

HOW TO MOTIVATE WOMEN FOR ENTREPRENEURSHIP

- Create a safe space, for planning & executing the programme.
- Support independence & mobility.
- Motivate women for literacy.
- Encourage them. for saving & income.
- Make them understand about the needs of job skills & speed up business.
- Build self Esteem & confidence.
- Impact on Health.
- By building social network.
- Boost decision making power.
- Motivate them to lead leadership roles.

HOW TO EMPOWER WOMEN IDEAS

- Freedom of thoughts & choices.
- Appreciate women & respect regardless their age.
- Role model for little girls.
- Worksheet on affirmation.
- Need to work on self confidence.
- Develop leadership quality.
- Recognizing strength & talent.

HOW TO FORM A GROUP

- Decide how regularly you want to meet.
- Determine what the mission of the group.
- Be picky about who you invite to the group.
- Keep the group intimate.
- Keep everyone motivated.

CHALLENGES FACED BY WOMEN ENTREPRENEURS

- Conflict between work & domestic commitment

- Generation gaps in education.
- Lack of confidence
- Heavy household responsibilities.
- Lack of family support.
- Lack of capital.
- Lack of finance

TYPE OF ENTREPRENEURSHIP FOR WOMEN IN RURAL AREAS

- Forest based
- Mineral based
- Agro based
- Textile based
- Food production based
- Chemical based
- Cottage & handicrafts based
- Service Industry

REAL LIFE EXAMPLE

- Shri Mahila Griha Udyog Lijjat Papad
- Pickle preparation industry

II. CONCLUSION

Women are the Pillars of nation. They represent half of population of nation. So its our prime duty to motivate women empowerment. Rural women empowerment plays a key role to strengthen the economy of the country so, for the sustainable development & progress rural women empowerment should be focused.

REFERENCE

- [https:// www.scribd.com/entrepreneur >article> 202918](https://www.scribd.com/entrepreneur/article/202918)
- www.unwomen.org.in
- <https://milaap.org>
- www.readglobal.com



Sports Performance Enhancement Through Psychological Preparation

Mr. Jay kumar shankh

Sports Officer St. Vincent Pallotti College Kapa, Raipur(C.G.)

ABSTRACT - This paper attempt to make an overview of various techniques, sport psychologist adopt in psychological preparation of athletes for peak performance. To attain peak performance in sports competitions, coaches and athletes should not base their prospect on physical training on sport skills alone rather should integrate both the mental and physical aspects of performance. During sport competitions athlete should enter the competition with the proper mindset so as to achieve optimum performance. The importance of a sport psychologist to athletes or sports team in this respect cannot be over emphasized; therefore the sport psychologist is in a position to provide the needed therapy to athletes who have been psyched-out by personal, motivational and environmental factors. The paper therefore recommended among others that athletes should be advised for practice mental and psychological skill training and, faster rehabilitation of an injured athlete should be done as this would help to achieve success in peak performance.

I. INTRODUCTION

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives in mind: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization.

MENTAL SKILLS TRAINING AND THE FLOW EXPERIANCE

Mental skills training are a useful product to reach the flow experience and optimal performance in sport. The author defined mental skills training as a collective noun for all activities aiming at learning mental skills to improve sport performance. A compact overview over mental training is given by Gabler, Jansen & Nitsch (1990). They mention the intention, the subject and the methods of mental training. The intention of mental training is reaching a goal like enhancing sport performance, health or quality of life. Subject of mental training can be an individual or a team.

The method of mental training is the development of mental training program to reach formulated goals.

PSYCHOLOGICAL VARIABLES

Physical discipline has always been the major focus of training in the exercise and sport world, but more recently, research has turned its eye to the mind as a tool that may facilitate the ability to overcome physical limitations and help performance. Coaches and others both within and outside of the exercise arena have often acknowledged the importance of the mental discipline of imagery or visualization as a major factor in improving performance, whether it is in sport and exercise, business or physical rehabilitation.

IMAGERY

Imagery is a mental discipline tool that is sometimes used to improve performance and technique, facilitate focus and motivation, to alter arousal and anxiety, to rehearse various situations and even to facilitate healing for the injured or infirmed. Imagery, visualization, mental rehearsal, etc. refer to "creating or recreating an experience in the mind" (Weinberg & Gould). Some see Imagery as nonsense, but it is widely known that many elite athletes have incorporated its use into their training with the hope that it will help them perform at their best. Perhaps less known, is the fact that imagery is now being adopted in physical therapy practice.

Key Elements to Consider Using Imagery:

1. **Use all of your senses:** The better and more detailed the image, the better your body can understand what it has to do. You need to make sure you are adding in not only what you see; but also what you hear, smell, taste, and what

Role of ICT to Make Rural Development

Ankita Chakraborty, MED 2nd Year Student of Pragati College, Raipur, CG, India.

chakraborty.ankita123@gmail.com

Dr. Swati Sriwastava, Asst. Professor of Education, Pragati College, Raipur, CG, India.

swatikhare2002@gmail.com

Mrs. Garima Tahiliani, Asst. Professor of Commerce & Management Department, St. Vincent

Palloti College, Raipur, CG, India.

Abstract - Due to the lack of knowledge and use of ICT in rural areas, development is at a very low rate. Some improvement and advancement in the technologies provided by the government but there is no more effect in the development of rural areas. Information and communication technologies are developing day by day but are less applicable in rural areas. Lack of communication and resources are the cause of undeveloped. Main problem are in rural areas are electricity, communication, transportation and lack of knowledge about new technology. ICT is not being completely implemented by the government and non-government organization for rural and urban areas. Electricity is the main hindrance in development. There may be different basic solution to solve the electricity problem by using solar energy, bio fuels, bio gas, wind energy etc. E-governance and non-government organization can develop rural areas with the help of technologies.

Keywords: ICT, Rural Development, Technologies, Communication.

I. INTRODUCTION

Information and Communication Technologies (ICT) is being used by the government and non-government organization for developing the rural and urban areas. In rural areas people are less aware. Due to this unawareness people can't easily communicate to the current market and each other. Government and non-government projects applications are developed as pilot projects and it's aimed to offering easy access to citizen services and improved processing of government-to-citizen transactions. Some of these have drawn international attention and have won prestigious awards for their innovative approaches. If citizens are aware about the technologies so they can easily utilize the services provided by government and non-government organization (NGO). The formers and owner of household industry of rural area can sail our product at market price. If there is proper communication and transportation available then peoples of that area can get the employment by small scale industry established by government and NGO. Electricity is the key factor for development. Some projects have experimented with the wireless technology to reach the remote locations. Information And Communication Technology (ICT) Includes Computers, the Internet, And Electronic Delivery Systems Such As Radios, Televisions, and And Projectors among Others, And Is Widely Used in Today's Education Field. Kent And Facer (2004) Indicated That School Is An Important Environment In Which Students Participate In A

Wide Range Of Computer Activities, While The Home Serves As A Complementary Site For Regular Engagement In A Narrower Set Of Computer Activities. Increasingly, ICT Is Being Applied Successfully In Instruction, Learning, And Assessment. ICT Is Considered A Powerful Tool For Educational Change And Reform. A Number Of Previous Studies Have Shown That An Appropriate Use Of ICT Can Raise Educational Quality And Connect Learning To Real-Life Situations (Lowther, Et Al. 2008; Weert And Tatnall 2005). As Weert And Tatnall (2005) Have Pointed Out, Learning Is An Ongoing Lifelong Activity Where Learners Change Their Expectations By Seeking Knowledge, Which Departs From Traditional Approaches. As Time

Goes By, They Will Have To Expect And Be Willing To Seek Out New Sources Of Knowledge. Skills In Using ICT Will Be An Indispensable Prerequisite For These Learners. ICT Tends To Expand Access To Education. Through ICT, Learning Can Occur Any Time And Anywhere. Online Course Materials, For Example, Can Be Accessible 24 Hours A Day, Seven Days A Week. Teleconferencing Classrooms Allow Both Learner And Teacher To Interact Simultaneously With Ease And Convenience. Based On ICT, Learning And Teaching No Longer Depend Exclusively On Printed Materials. Multiple Resources Are Abundant On The Internet, And Knowledge Can Be Acquired Through Video Clips, Audio Sounds, visual Presentation and so on. Current research has indicated that ICT assists in transforming a teaching environment Into A