

Miscellaneous Topic Dictations

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Abortion

Abortion is considered as one of the most controversial issues. It is an argument between life and death. This is the challenging issue. Abortions are one of the most common methods to end a pregnancy. Unsafe abortion can lead to maternal death. Hence, it is always safe to go for clinical procedures. Indian society is a changing society day by day. The younger generation takes quick actions and act in a responsible way. On the other hand, there is another side of the same coin. There are certain norms of the society which are prevalent since long time and they cannot be changed. Transformation takes a long time to come over in the society. In older days, women were part of the thinking where they had minimal independence to exercise their rights or decision within large families. Primarily, one of the most important advantages was the value system built in children of the next generation and the qualities that they imbibed by looking at the elders of the house. Women gave birth to a lot of babies in their lifetime and these uncontrolled birth norms were accepted as part of raising the family. In nuclear families of the present generation, the family size has come down to a mere three or four family members consisting of the parents and their children. Due to the population control measures, people are more aware of the benefits of a small family. Since both parents are working in today's scenario, people find it hard to take care of their babies on a personal level and hence, they think twice before going beyond a single child. As society is more developed and advanced in many ways, the work culture of people has its own advantages and disadvantages too. Economic freedom and financial stability give opportunities to both parents to get into areas of work of their choice. Today, parents find it difficult to think beyond a single child in many cases in cities. Since children lack personal attention from their parents, they are often sent to daycare centres to provide the care and affection supposed to be given to them by their parents. In many cases, parents may not be

able to afford more than a single child due to economic problems. In other cases, the development of the child may not have taken place properly inside the mother's womb. This calls for a termination of the pregnancy. In some other cases, an undesired pregnancy may also lead to a situation where the pregnancy has to be terminated. In worst cases, the termination of the pregnancy could take place owing to the determination of sex of the baby in the mother's womb. In all these possible cases, the termination leads to abortion and it is not taken under any medical conditions. Such an act of aborting the fetus during its journey in the womb is termed as abortion. The process of abortion is carried out under medical supervision and in many cases, the doctor themselves suggest termination of the pregnancy due to unfavourable growth conditions of the fetus. Previously, many years ago, sex determination of the fetus was common and people were easily able to determine the sex of their unborn baby. This led to many illegal abortions being performed in the desire of giving birth to only a male child. The next question arises as to why this kind of a desire prevailed in the families. Society, by and large, is dominated by male persons and looks at males of the house to be of a superior rank compared to that of their female counterparts. A boy becomes the obvious caretaker of his parents during their old age, whereas a female child is brought up to be married to another family and she is said to belong to the family that she later settles with. This brought about a lot of discrimination in the way girls and boys were treated within the same family. Within families, boys are usually given more independence and are left to be more outgoing in their nature. They are looked at as the people who carry the name of the family generation after generation. When it comes to girls, the restriction on their movements is imposed and they are expected to be raised in a certain way. This is happening in the modern society too. This discrimination in the society leads to gender gaps. Girls are raised with an intention of being able to marry them to some other good

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family so that they settle their lives there and build a nest of their own. This makes society think that girls are a kind of responsibility on their shoulders from the time they are born into this world. Such thinking makes way for the desire to like male children more as compared to female children at home. This made abortion the next possible choice when the sex determination revealed a female baby inside the mother's womb. When a woman conceives and turns to her doctor for medical advice, the doctor prescribes many related tests to be carried out on a pregnant woman. Then, the doctor informs the parents about it and gives his medical suggestions to them. It is up to the parents to act upon the situation and whether they want to continue the pregnancy or to terminate it. The termination or abortion has its own mental implications on the mind of mother if the mother was actually expecting the baby's delivery. A mother gets connected to her baby in the womb in all ways and the persons involved should actually give a lot of support at such time. There have been laws that have allowed it as well as banned it during different periods. It has been calculated that 88.6 per cent of abortions are done in the first time of pregnancy. There are different positions based on the issue of abortion. The first extreme position belongs to the supporters who believe in preserving life and would ban abortion in all circumstances. (1005)

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Acid Rain

When we leave for office in the morning and return in the evening, we can see the dullness on the face like never before. It is the direct effect of pollution. When we travel in buses or cars, the emissions from automobiles get collected in the atmosphere and engage in a chain reaction. We can see thick and black fumes coming out of vehicles that create dirt around the place and one finds it difficult to even breathe in such a hazardous environment. We cut down trees to make way for new building constructions and take away the greenery in our place. Pollution is everywhere, especially in big cities. Pollution levels in cities are so high that people carry the risk of infections, skin problems, eye disorders and other common allergies. Deadly diseases occur due to the damaging effects of pollutants in the sky. The water that we drink is polluted, the food that we eat consists of chemicals and the air that we breathe is highly polluted. So, there is no place where we can breathe fresh air. Early morning walks are known to be the best because the pollution levels at that time are relatively less compared to when the day passes. Children are taught about acid rain, pollution and the need for conservation of nature at a very young age. That indicates the alarming rise of pollution over the years and there is definitely a need to curb practices of spreading pollution in our area. The world that we live in is changing fast, but selfish needs of human beings have shown a very bad impact on the environment. It is sure that the country is developing rapidly, but development comes at a very heavy price. Industrialization and urbanization have created bad effects on the environment and the changes are totally irreversible. Fossil fuels are non-renewable resources, therefore, they should be utilized with care. Precautions must be taken to reduce pollution so that hazards like acid rain do not occur in nature. We should save our trees and reduce pollution for a greener tomorrow. When rainfall becomes acidic in nature, it is called acid rain. It is harmful to nature and the

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environment and can have disastrous effects on the atmosphere. Let us first look into the importance of rainfall. Rainfall is essential to nature as water is essential to human beings and animals. Without rains, rivers and lakes would cease to exist. When there are no rivers around us or having very poor water storage in them, we will face shortage of electricity. When rivers dry up on account of little or no rainfall, there will be no agriculture. When there is no irrigation for the fields, the crops dry up and lands turn barren without water. Drinking water would become a scarcity if we do not have rains. Production of electricity would become a major issue at due to shortage of water. As indicated, every action in nature is linked with another reaction. Rainfall is definitely a required treasury for nature because without rainfall, life does not seem to exist. Rainfall is the main source of water for rivers, lakes and oceans. Rainfall reduces when forests are burnt or cut down. Rainfall is essential for all forms of life. Thus, we know the importance of rainfall. There are issues with this rainfall as well. When the pollutants mix with rainfall, it becomes acidic. The normal rain water itself is said to be quite acidic. Burning of fossil fuels, namely, coal, oil and natural gas lead to the release of several compounds that create acid rain. There is no curb on the use of petroleum products such as petrol and diesel and the unplanned use and wastage of these resources has led to a situation where all the emissions are getting accumulated in the sky. The pollutants released from the various vehicle emissions, industrial effluents, industrial emissions, etc. create enough pollution and all these pollutants get accumulated in the atmosphere. Chain reactions between various pollutants happen and these create a harmful mixture of chemicals in the sky. They react with rain water and result in an acid rain. Acid rain has very damaging effects on the environment. It is known to cause skin diseases and infections. One cannot be aware of the bad effects of the rain because it seems perfectly normal at sight, but in reality, it is combination of deadly

mixtures. Acid rain creates destruction to crops. Farm lands turn into waste lands and not fit for cultivation when acid rain happens. Seasons are affected and the resulting effects can be seen on the changes in the ecosystem. Man suffers from plenty of health problems. These factors create further problems in the environment and it becomes even more difficult to protect ourselves from various infections. We can control the side effects of acid rain by taking measures to stop acid rain. We can burn less fossil fuels and control emissions to the atmosphere. Industrial emissions should be controlled to reduce air pollution and control harmful radiations and emissions from reaching the layers of the sky. Smog is a combination of smoke and fog. It is known to create lung diseases in human beings and is a direct side effect of acid rain. When we travel very early in the morning, we can see that the visibility is very poor. That happens because of a thick layer of fog at open areas. Eyes turn red due to smog. They are harmful in nature. They are known to cause skin diseases. The Ministries of Central Government are working on reducing the effects of acid rain and taking appropriate measures to curb acid rain. It is every person's duty to curb the use of fossil fuels, especially petroleum to save a greener future for the next generation. What used to be green has now turned into a big concrete jungle. Forests are cut down to make way for cities and it is bringing down the balance in the ecosystem. (1002)

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Adult Education

There is no such thing as old age when it comes to studying and acquiring knowledge. Anyone can learn. It is a method by which adults can obtain an education when working for a living and taking care of their families. In addition to youths, adults make up the majority of the population in this country. The majority of India's people lack access to even primary education. India is a democratic country. No democracy can function successfully if its masses are illiterate. In a democracy, people elect their own rulers. The illiterate masses are generally exploited by clever politicians through empty slogans, false promises and high arguments. An educated and alert electorate is, therefore, the basic requirement of a true democracy. Unfortunately, India continues to be a very backward country in respect of literacy. Schools have been opened even in the far-flung villages of the country. Efforts are being made to force the children to come to schools. It is really a commendable effort. Along with the education of the children, efforts are also being made to provide knowledge of reading, writing and calculation to the illiterate adult population in the country. The problem of educating the old parrots is a huge one. There are about 450 million illiterate adults in the country. First, they have to be persuaded and motivated to receive education. Secondly, resources, personnel, equipment, teaching aids, buildings and other related materials have to be provided on a large scale. Thirdly, huge amount of expenditure involved has to be arranged for. In addition, there are several other related problems also. But, in spite of all this, the Government is proceeding ahead with the seriousness. This task has been handed over to more than 150 universities in the country. Suitable incentives are being paid to the adult learners so that more and more can join. The problem of adult education is really a grave problem but there is no need to be pessimistic about it. Let the teachers and the concerned officials rise to the occasion and put themselves heart and soul into the noble task.

No Government can succeed unless it is backed by the people. We must give up the practice of sitting at the fence and throwing missiles at the Government. Let us join the heroic effort and make this ambitious plan a grand success so that Gurudev Tagore's dreams are converted into a reality. He dreamt of an India where the mind is without fear and the head is held high. Illiterate population has to be made literate as quickly as possible because without it, the democracy in India cannot work. They do not understand even the mechanism of voting. Most of our people just cannot afford education. They have to earn their living to live their life. They are daily wage earners. They can pick up adult education through night classes organized by the social welfare organizations in many parts of India. A country cannot make progress if the majority of its people are uneducated. On October 2nd, 1978, a nationwide National Adult Education Programme was launched on the birthday of Mahatma Gandhi. It is a non-political and non-controversial subject. It combines learning with earning activities of the illiterate people. The timings of teaching are so arranged that these do not conflict with the working hours. As the population is going up, so is the illiteracy. Consequently, there are more illiterates today than those were at the time of independence in 1947. Adult education produces good workers in offices and factories. It makes a good citizen of India. Its aim is to bring about general awakening and political consciousness in the country. It helps raise standard of living of the farm and factory workers. It is a mean for the poor people and the weaker sections of the society. The Government offers necessary help to all social organizations willing to undertake the work of making the illiterate literate so that they can read and write. People of all ages are benefitted greatly from education. It helps to propel the country's economic situation to new heights. In India, a significant portion of the population is illiterate and it makes the country extremely poor. Adult education is critical in India because it is a powerful tool for

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the country's growth. Since an uneducated adult would never realize the importance of education in his life, his future generation will be illiterate as well because he will believe that having just two meals a day is appropriate. He will never be aware of his responsibilities to his family, society or country. Large proportion of the population is illiterate and they require mandatory and successful education initiatives as well as the active participation and cooperation of the Government and other trained members of society. Social education is required to direct them for routine health activities and to help them raise more money in order to improve their financial situation. Ignoring education is a greater sin than being illiterate and it makes people a greater burden on society. There is hope for change in the country if more people are conscious of the importance of adult education. The goal of education is to improve a person's actions and help him understand to know about life and how it can benefit him. There are numerous factors that influence the education of India's poor people. Some people feel embarrassed when they are studying in their later years, but they should realize that learning is a lifelong process. Everyone must continue to learn throughout their lives to keep up with the latest information. It is important that the country's adults are trained in order for future generations to be able to support the country's future. They might not have been educated before due to lack of educational opportunities, but now, they have a golden opportunity to learn. So, they should take advantage of golden opportunity. Adult illiteracy is a major threat to society. Some people like to sit and chat about their friends rather than learning.(1004)

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Computer

The computer is a great discovery of modern technology. It is a common machine that has the ability to preserve a lot of data in its memory. It works using inputs and outputs. Printer is an output device. It is very easy to use, therefore, even young children can use it very easily. It is very reliable that we can keep with us and can use it anywhere and at any point of time. Being the latest technology, computer systems are used in every field nowadays. This reduces the labour of the person at the workplace, that is, less time and less labour force provides the result of a higher level. In modern times, life cannot be imagined without a computer. We can use the internet in a computer which provides the necessary information in a very short time. It has a big contribution to a person's life because its use is now in every field and it is present as our assistant every moment. Earlier, computers were less effective and work was limited, whereas modern computers are highly efficient, easy to handle and they can edit more and more tasks and due to this, it is becoming so popular among people. Future generation computers will be more effective as well as functional capacity will also increase. It has significantly made our life much easier. Also, we can learn anything easily by just sitting in the room connected with internet. Each and every piece of information is just under a couple of clicks away with internet and computer technology. We can buy anything through the internet connected to the computer so that we can get free delivery sitting at home. It also helps with our school project. There are hundreds of benefits of computers for human beings and at the same time, it contains several disadvantages. However, keeping in the mind the negative effects and measures to avoid the same, we can utilize this great machine to the fullest. It can do work of any nature. It is easy to handle by anyone and takes very little time to learn. Due to its ease and efficiency, it is widely used such as offices, banks, hotels, educational institutions, schools, colleges, shops, industries,

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etc. Many people buy laptops and desktops for their children so that they can enjoy work related to their studies and modern video games. A computer is a big dictionary and a large storage device to protect any kind of data like any information, study related material, projects, photos, videos, songs, games, etc. The computer is capable of solving complex problems in a couple of minutes. Moreover, it helps us boost our knowledge. It is a machine based on data. It provides us with many tools such as text tools, paint tools, etc. It is very beneficial for kids and students in their school and project work. The computer is very important in the field of work, education and personal use. In olden times, we used to do all our work manually, but today, computers are used to fulfil various purposes like managing accounts, creating databases, storing necessary information, etc. Nowadays, everyone considers it easy to work on the computer through the internet. In fact, today, the computer has become an important part of our life. We can use it accurately for large and small mathematical calculations. It can be widely used to gather weather information, the printing of newspapers, books and curing disease, etc. Also, one can use this machine for reservation and ticket booking, ordering food from hotels or restaurants. It is also widely used in large offices for H.R., accounts management, etc. In the modern world of technological advancement, a computer is a wonderful gift for the human beings. No one can even imagine their life without a computer. Computer is a mechanical machine which can perform many types of mathematics work based on formulas and facts. Computer is capable of solving a difficult problem in a very short time. The computer is one of the most important inventions of the modern era. This era is also called the age of the computer. A computer is addition and coordination. It can do maximum tasks in minimal time at a fast speed. Computer is mainly used to perform day to day task in a very efficient manner. It can also perform complex tasks without any problem. It performs various tasks faster

and more accurately. It makes maximum work possible by taking less time. This reduces a person's labour at the workplace, that is, providing a higher level of results in less time and less labour force. We can connect with our friends, family and relatives by using e-mail, video chat, etc. By using internet on computer, we can search or get information about any subject which is helpful for our project or education related work. Nowadays, money transaction is also very safe through computer. Due to the convenience of data storage, there is a saving of paper in all places. Along with this, one can do things like paying bills, recharging mobiles and shopping from home which saves both our time and energy. It gives us a feeling that we can complete those tasks faster by a computer which is not impossible, but it is not too much easy. Computer has been made compulsory by the Government of India and various State Governments in schools, colleges and other educational institutions to help students in their professional lives as well as to develop their skills. Knowledge of computers has become almost mandatory for today's modern jobs. Network administration, hardware maintenance, software installation, etc. are very popular in higher education to be proficient in this. Generally, it is a device which is used for many purposes such as keeping information secure, messaging, software programming, computation, data processing, etc. A keyboard, monitor, C.P.U. and mouse are required to work on a desktop computer, whereas everything already exists in a laptop. It is an electronic device capable of storing and securing a large amount of data. (1005)

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AIIMS

Technological advancements in medicine have created a challenge for imparting training to the medical graduates by empowering them with the skills for lifelong learning. Today, the rapid development in medicine will make the knowledge obsolete in the coming decades. New A.I.I.M.S. have been established with the aim of providing world-class healthcare in the country and attaining self-sufficiency in training in underserved areas of the country. As a premier institute, A.I.I.M.S. not only needs to be leader in health services, but also to be a centre of excellence in Western India. It includes a broad range of activities to renew and assist faculty in their multiple academic roles. These activities are designed to improve the knowledge and skills essential to their performance as educators and to assist faculty members in gaining a better understanding of academic career development, mentoring and leadership. Apart from this, learners are provided an opportunity which provides a range to the refinement of their knowledge through further learning which is mainly based on self-learning. This is being done without altering the course duration or deviation. Global leaders in medical educators are looking keenly on development of medical education scenario in India. There is no doubt that doctors trained in India are doing quite well in countries abroad and they have succeeded in proving that traditional system of teaching does have its own value. Our sincere efforts in keeping pace with the worldwide counterparts and enhancing our learning environment for the physician of tomorrow will definitely reap rich dividend in the form of our healthy society. Every teacher needs herself or himself keep updating with the new and advanced technology. A medical teacher is required to know in order to facilitate the learning of his or her students. Hence, there is a need for medical faculty to be trained in these technologies through various programmes. A.I.I.M.S. is determined to be a leader in medical education. Many innovations are being discussed during various sessions. Passionate faculty members are using the innovations in their daily teaching practices. A.I.I.M.S., Jodhpur is also making an effort to

further develop reforms in medical education through various activities. New teaching methods have also been introduced at A.I.I.M.S., Jodhpur. Each faculty is being trained in basic teaching technology. Our curriculum is being same as A.I.I.M.S., Delhi. We introduced concept of student centered, problem based, integrated, community oriented and practical learning for our students. Feedbacks from students have been encouraging. Feedback has been considered to be an important part of curriculum and is unique at A.I.I.M.S., Jodhpur. All suggestions given by students were evaluated by Academic Committee and efforts were made to incorporate positive suggestions in our teaching, training and learning. There are three dining areas for all the students of M.B.B.S. and Nursing. Residents are also availing the facility of the mess. Faculty of the Mess Committee gets regular feedback from the student representatives and takes proper action to make the changes in the functioning of the mess. One canteen has been started in one of the dining areas. Students can get refreshments from the canteen. In order to promote overall growth of the students, we have built badminton, basketball and tennis courts along with a football cum cricket ground. The salient features of our I.T. services are online patient registration, admissions, discharge, O.P.D., I.P.D., investigation, treatment, referral of patients, personnel management, store distribution, equipment management, blood bank, health statistics, maternal and child health activities, etc. Software includes a real time monitoring of patient movement. The country already has the advantage of a strong I.T. backbone and communication technology with trained human resources. With enhanced efforts, telemedicine could help bring specialized healthcare to the remotest corners of the country. Telemedicine is likely to provide the advantages of diagnosis, especially in the areas of cardiology, pathology, dermatology, etc. Telemedicine can be defined as the use of electronic communication technology to exchange patient information and provision of healthcare services at remote locations of the country. If we see the global scenario, then we will find that telemedicine has gone far beyond

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providing healthcare services alone. It is now being used also for education, research and management of data. The vision of Digital India is included in our endeavours to achieve a paperless hospital management and system for the storage of data. It has made easy for online procurement, online auction and online distribution of drugs and pharmacy without the need to maintain registers. Biomedical waste generation, its transport and disposal are tracked from each collection site to the dumping site. Warning is also issued if any bag is found missing. The total amount of waste generated in any hospital is recorded as per the safety guidelines for monitoring purpose. Management of blood bank is completely online from blood donation, its storage and the issue of blood bank and all steps are monitored. Hospital kitchen as well as prescriptions for diet and tracking is done online. Diets can be prescribed only to bona fide patients. Therefore, any kind of misuse is avoided. All works and records related to maternal and child health services can be done online and all records can be stored successfully. This enables students, researchers and staff from participating institutions to obtain internet connectivity across campus. I.D. and password are required to use it for free internet access of the software. The reminder for the patients is sent automatically through S.M.S. to those patients 48 hours prior to their scheduled visit at A.I.I.M.S., Jodhpur for follow up. This service was started in order to facilitate the patients and their family members and we have already sent lakhs of messages to the patients concerned. The Women's Committee strives to redress the grievances, if any, of the female students, faculty and staff of A.I.I.M.S., Jodhpur. It is committed to make provisions for safe and best working conditions where women can work with dignity. Various complaints were forwarded to the Women's Committee. The matters were investigated and efficiently resolved. We are also having an Anti-Sexual Harassment Committee. This Committee also works on the effective redressal of grievances. (1009)

Arms Licence

A fire arm licence cannot be denied only on conjectures and surmises and without appreciating the objective of statute under which the power is being exercised. The security and safety of a person is necessary. It is a Fundamental Right of every person. Keeping a fire arm for the purpose of personal safety and security is a mode and manner of protection of oneself and enjoyment of Fundamental Right under Article 21 of the Constitution of India. In the interest of maintenance of law and order, certain reasonable restrictions have been imposed, but that would not make it to be dependent on the authorities. It is not a kind of privilege being granted by Government to individual, but only to the extent where grant of fire arm licence to an individual would prejudice or adversely affect the maintenance of law and order including peace and tranquillity in the society. Ordinarily, the grant of fire arm licence shall not be denied. It is in these circumstances that this Court has observed that grant of fire arm licence should be an action and denial on exception. Strong reservations were expressed by the rationale of the judgments passed by Hon'ble the Apex Court and consequently, their reconsideration was sought by a larger Bench. A reading of the relevant statutory provisions of the Arms Act would show that no time limit has been prescribed for the consideration of an application for the grant of arms licence. There is no provision to the effect that if the application is not finally decided within a particular time, the licensing authority shall be bound to grant the licence or that the licence shall be deemed to have been granted. We, therefore, cannot concur with the view of Hon'ble Mr. Justice Vijay Bahuguna. On the face of it, the provisions of the Arms Act cannot be so construed as to provide for a deeming provisions for the grant of a licence merely on the expiry of a particular period of time. Unsustainable is the view that the right to carry non-prohibited fired arms comes within the purview. No doubt, a citizen may apply for grant of a licence of fire arms mostly

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with the object of protecting his person or property, but it is mainly the function of the State. This cannot be comprehended within the ambit of Article 21 of the Constitution which postulates the Fundamental Right. This represents a glaring instance of a Learned Single Judge. The licensing authorities have granted licences virtually to everyone who applies to them to possess the fire arm. The peaceful existence of the citizens in the society is threatened by such reckless actions of the State. A person may need a licence for his self-defence or for the defence of his property. The nature of the job of the person may also require him to possess the fire arm. In all such cases, the facts are to be examined by the licensing authority. These circumstances need not be put to any objective test. (503)

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Art of Flattery

Man is a strange creature. Every man has his own likes and dislikes. One man's meat may be another man's poison. Some like things hot while others like things cold. Tastes, temperaments, attitudes, aptitudes, strengths and weaknesses differ from person to person. I have my own likes and dislikes. There are some common human habits that I dislike the most. The first amongst these is flattery. Flattery is a device used by people to win over others and befool them. The art of flattery is considered by some as the most useful art. They believe that flattery is the lubricant that makes the machine of social life running smoothly. Such flatterers are found everywhere. They know how to get their work done. They would flatter a person in several ways and bring them round to a desired course of action. They never mean what they say, but they have no principles or worries of conscience. Truth has no value for them. They know how to play their cards and befool others. I hate this tribe of flatterers and their tricks. The moment I find a person flattering another, I get worked up and feel like giving a bit of my mind to the flatterer as well as the person being flattered. I believe that flattery is a misuse of human intelligence and exploitation of the weakness of others. One must learn to be straight forward and truthful in life. Flatterers, I am sure, have caused more harm than good to society. Another thing that I positively dislike is the habit of backbiting. There are people who sit in groups for hours every day and kill a large number of characters through backbiting. Most of these scandals are polluted imagination or only mountains created out of their thinking. They create misunderstandings and quarrels that poison the stream of social life in a big way. Many a times, these gossips create permanent enmities to several generations. I hate backbiters and do not hesitate from exposing one whenever I catch hold of such a person. My actions have saved several families from disaster and several friendships from being broken. I have successfully persuaded a large

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number of people to discontinue from this evil practice. There is yet another thing that I dislike. By nature, many people are negative in their outlook and attitude. One must not give up hope whatever the circumstances are. A negative attitude never pays. Every failure should be considered as a stepping stone to success. Those who are always depressed, they never go up in life. They dishearten others also. One should always spread hope and joy in life. A cheerful person makes everybody happy and cheerful. I believe, man was made in the image of God. Let him not spoil his divine face by indulging in things like flattery, gossips, depression or backbiting. In word and deed, honesty and cheerfulness always pay in the long run. These may give a person a temporary loss, but victory finally belongs to those who are simple, straightforward and honest. Man thinks too much of himself and his ideas because a common man is self-centered. That is why, flatterers have always been a success in this world. There used to be flatterers in the ancient kingdoms and there are flatterers even in our day to day life. One can win the favor of others by praising the qualities which the other man possesses or pleasing the beauty of the lady. If a person is able to play around the weaknesses of the other man, it is very easy for him to win his favour. Flatterer needs a complete control over the one's ambitions. One cannot praise others till he has won his personal opinions and he is able to talk by killing one's conscience. A man who considers himself as less important can think of the greatness of others. On the other hand, a person who has sincere appreciations for the qualities will express them in a sincere manner. Flattery is an art because till a person has a sweet tongue, he or she cannot flatter others. For flattery, a man must talk with sugar-coated words. He must agree what the other says and he must laugh if he cracks a joke. Similarly, one can jump into affections of others only if one talks what the other expects him to talk. The moment a person opposes, the other man feels angry and so, in this way, flattery is an art because one has to

use the most ironical language to praise the other person. If a person does not try to behave in the manner as others expect him to, he cannot feel flattered. One feels happy when someone praises his qualities. It is human weakness that the person likes his praise. Someone would flatter the other by criticizing his opponent, whereas another would praise his choice and another would recommend his idea. In political life, this type of flattery pays a lot. Art of flattery needs a good knowledge of the working of the mind of the other person. If one cannot think what the other has in his mind, then it is difficult for one to praise or to flatter him. So, a flatterer must always be a good psychologist. Very few people can resist flattery because when they find their qualities praised, they start thinking that they are superior to others. This superiority complex satisfies their ego. They feel that no other person can come up to them. As a result of it, they do whatever one asks them to do. Flattery is a difficult art to practice. If it crosses the limit, it becomes dangerous because the other person will not accept it. If it falls short, then the purpose of it will not be served. So, it needs a very balanced approach towards the other person. Praise of one's intellect or ideology has become the common method of flattering others. So, flattery is an art which gives a lot of power to a person over others. (1009)

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Aspects of Life

One important aspect of life is that it keeps going forward. This means that nothing is permanent. Hence, there should be a reason to stay in dejection. A happy occasion will come to pass just like a sad one. Above all, one must be optimistic and he or she should not worry about the bad things. This is because nothing will stay forever. Every situation, occasion and event shall pass. This is certainly a beauty of life. Many people become very sad because of failures. However, these people certainly fail to see the brighter side of the picture. The bright side is that there is a reason for every failure. Therefore, every failure teaches us a valuable lesson. This means that every failure builds experience. This experience improves the skills and efficiency of humans. Probably, a huge number of individuals complain that life is a pain. Many people believe that the word pain is a synonym for life. However, it is pain that makes us stronger. Pain is certainly an excellent way of increasing mental resilience. Above all, pain enriches the mind. The uncertainty of death is what makes life so precious. No one knows the hour of one's death. This probably is the most important reason to live life to the fullest. Staying in depression or being addicted to work all the time is an utter wastage of life. One must certainly enjoy the beautiful blessings of life before death overtakes. Most noteworthy, optimism is the ultimate way of enriching life. Optimism increases job performance, self-confidence, creativity and skills. An optimistic person certainly can overcome huge hurdles. Meditation is another useful way of improving life quality. Meditation probably allows a person to dwell upon his past. This way one can avoid past mistakes. It also gives peace of mind to an individual. Furthermore, meditation reduces stress and tension. Pursuing a hobby is a perfect way to bring meaning to life. Without a passion or interest, an individual's life would probably be dull. A hobby certainly brings new energy to life. It provides new hope to live and experience life. Life is not

something that one should take for granted. It is certainly a shame to see individuals waste away their lives. We should be very thankful for experiencing our lives. Above all, everyone should try to make their life more meaningful. The school life is the wonderful period of our life. Apart from getting education, the students learn a lot of things from the school environment including patience, sincerity, loyalty, friendship, discipline, etc. The school is really an unforgettable account of our experiences. School life is the best period of human life. People learn from their childhood in the school and a school builds the character of the man. It is the formative period for everyone. Every student should try to make his better life and best use of school life because it never comes again after the school session. Firstly, every student should learn great knowledge from school life. They should have great discipline and punctuality about school life. They must do that all work at the right moment. He must remember that if a student becomes successful in his student career and his character is built on a sound basis, he will be able to shine in any sphere of life and serve his society and countries. Most of the people who have spent life in school are the happiest and happy days of our life. There are so many memories of school life which we remind every time. School days fill our minds with happiness and nostalgic memories of happy days. Some of the students tend to avoid doing home assignments and never try to dive into hard work. The only period they take seriously is the examination. When the announcement of the exams comes, the student feels like he has got an electric shock. Right after the exams, he passes his time and waits for the result. But, he does not know that he is not killing the time, he is killing his future by wasting the time. In fact, killing of future leads to the murder of life. Most of the students have excellent knowledge in both, that is, study and extracurricular activity. They attend all types of activities such as sports, dance, song, speech, fashion competition, etc. Every school

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keeps its annual function of the year for students. Students take part in the activities and show their talent. We can never forget school life at any cost. There are matches, tournaments, cultural shows, competitions, picnics, etc. They make the school life exciting and enjoyable. Academic excellence has been the hallmark of the school. School is the nursery of life. Realizing this fundamental truth, the authorities of school try to instill in us the fundamental values of life such as discipline, honesty, punctuality, respect to elders, personal cleanliness, etc. A lot of emphasis is given to character formation, moral education and acquiring ethical principles of life. A lot of importance is given to the acquisition of personal discipline. School life is a better life and it was the high opportunity of our life which we had earned easily. After school life, we are missing so many memories in our minds. School life was a very joyful and happy experience for us. There was a lot of fun and education. This was followed in order to acquire the ethical principles of life. A student's life is a foundation for learning. A student has to face all types of situations and is trained for future. They learn to obey, respect and discipline themselves. They get to mingle with other students and teachers. A child's character is shaped during this period. School life is the best and happiest part of every student. They live with no worries and tensions about future. They play, make friends, learn skills and live life to the fullest. It is the school where discipline is formed. I strongly forbid you to kill the time. Invest in study and make your future bright. (1010)

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Author and Reader

There is a similarity between reading essays and eating candy. Once you open the package, you have to eat the whole thing. Sometimes, it is addictive. I tried to find some essays that were well-written and inspiring at the same time. I wanted them to have the power to change my thinking and change my life and they delivered in the same way. You can use real documents and quotes from your family and friends. It makes it so much more personal. What does it mean to be a father? This place of nature is filled with sunshine and childhood memories. The novel always reflects the inner world of the writer. That is why, we are fascinated with writers. Style comes from your unique personality and the perception of the world. It takes time to develop it. Never try to tell it at all. As a reader, you have responsibilities too. According to the critics, in every 30 years, there are some great novels. It is true. There is also an element of personal connection between the reader and the writer. That is why, for one person, a novel is a wonder and while for the other, it is nothing special at all. That is why, you have to search and find the author who will touch you. At the beginning, the atmosphere is happy. The life is in full force. Suddenly, it starts to fade away after some time. This can create confusion in the mind and cause mental issues. The way to overcome this is to take care of your physical as well as mental health. Similarly, as the lifestyle of people changes, people become more and more aware of their health and try to take care of it. Try to evaluate your life. Look at it from outside and decide the things that give you happiness. Learning to enjoy the life makes one happy. Balancing work and having fun also makes you happy and mentally stronger. Health and happiness will always be related in some way or the other. At some point or another, many of us dream about living in New York. There is no glamour, no light shows and no fancy restaurants. Instead, there is the sad reality of living in one of the most expensive cities in the world. You will get

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all the juicy details about credit cards for survival. In a way, it is a word of warning. You can paint a picture of your son. Memories of a special day are filled with emotions. It is also the great celebration of life. It is about not giving up and sticking to your principles until the very end. It makes your life extraordinary. I know that it is coming and I do not fear it because I believe that there is nothing on the other side of death to fear. If you have ever been to war, you will have a story to tell. Use simple words and admit the sad truth only you can perceive. A man is taken from his cage and in a few minutes, he is going to be hanged. The most horrible thing is the simplicity of it. It is a powerful story about the human nature. There is an extraordinary incident with the dog. Make your readers hear the sound that will stay with them forever. Research and overall knowledge are essential here. Use italics to put emphasis on a specific word or phrase. We live in a climate where every publisher and editor and politician has to remain active for the next task. There are a number of things that have not happened. Think about how to make it sound more original. Use humor, sarcasm and irony whenever you find it appropriate. You should provide the evidence for logic of your argument and without any solid evidence, you cannot make the readers believe on your logic. Perfect man is never happy because happiness is a category of slaves. Treat the essay like a group of thoughts on one theme. You can really change how people look at things if you express yourself enough. We seem to be producing a new kind of bad poetry. Reading a poem is hard work. Poets should compose the poems in such an easy language and in such a manner that a common man can understand the feelings behind the poem. In this way, he enjoyed the blue sea and the beauty of snow. This essay is all about the relationship between human and art. We should not like the art because we are supposed to attract towards beauty of the money. We should like it because it has an emotional effect on us. Do not be afraid of repetition if it feels good.

Some drugs let you appreciate things you never appreciated before. My friends had pity in their eyes. This beautiful essay will teach you a lot about the appreciation of life. It is a collection of personal thoughts that show us the rich interior of the author. You look at the thoughts of another person and then, start to recognize the same pattern within yourself. It sounds like a confession of a person who is about to take his life and it is very much original. Do not worry about what people might think. The more you expose, the more powerful the writing. Readers also take part in the great drama. They experience emotions that mostly stay inside. You can translate them into writing. Your mother tongue is not English, but you write in English. You come from a rich cultural heritage. You can share it with people who never heard about it and are not even looking for it, but it is of immense value to them when they discover it. Never forget about your identity. It is precious. It is a part of who you are. Even if you migrate, try to preserve it. Use it to your best advantage and become a voice of other people in the same situation. (1006)

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Battle against Bottle

Mahatma Gandhi was strongly opposed to the use of intoxicants in any form. He considered the habit of drinking to be suicidal not only for an individual, but also for the nation. He was quite right because drinking is a social evil. Too much of drinking disrupts family life. It impairs physical and mental faculties. It leads to quarrels, clashes and murders. It has been rightly said that more men have been drowned in a cup of wine than in all the oceans of the world. Everybody admits that when wine is in, the wit is out. A drunkard loses all sense of discrimination between the persons. He loses respect in society. He is a bad example to children. Various Committees have been appointed from time to time to study the various aspects of the problem of introducing prohibition in the country. A Prohibition Enquiry Committee was appointed by the Planning Commission in 1954 and it recommended total prohibition in India from 1958. Committee recommended that India should go dry as soon as possible. If it is necessary, then prohibition must come through influence. It could not be enforced by law. Some States relaxed controls and withdrew certain laws enforcing prohibition. There are many sections of our people which are opposed to the idea of prohibition. These people assert that prohibition by law is likely to give rise to corruption and underground sale of cheap quality drinks. Some people argue that drinking has become an indispensable part of life. The failure of the prohibition in Haryana has given confidence to all such people who feel that it is not possible to introduce prohibition in the country. The battle against the bottle is a difficult one. Prohibition will have to be introduced in a very cautious manner. The best way to discourage people from drinking is by propaganda, persuasion and education. If prohibition is introduced stage by stage, the battle can surely be won. Sometimes, the prohibition is condemned on the ground that it involves a big loss of revenue. But, one Committee was appointed to go into the question of prohibition a few years ago. This Committee proved the hollowness of this theory. The Committee proved that every bottle gives birth to various other problems of crime and disorder. The

findings of this Committee were confirmed by another Committee set up by the Haryana Government when it introduced prohibition in the state in 1996. In a poor country like India, no other option other than prohibition can save the masses from total ruin. No soft and easy going policy can cope with the tremendous evil of alcohol. All social, cultural and political organizations must join hands and send away the evil of drinking from this pure land. Alcohol is known to be harmful to health and we all know very well that the role of alcohol is to increase the risk of injury and violence to partner and can cause alcohol poisoning. At times of lockdown during the COVID-19 pandemic, alcohol consumption led to mental health issues and violence. World Health Organization reminded people that drinking alcohol does not protect them from COVID-19 and encouraged Governments to enforce measures which limit alcohol consumption. As part of its public health response to COVID-19, World Health Organization has worked with partners to develop some facts which address the myths and provided guidance during the COVID-19 pandemic. Fear and misinformation have generated a dangerous myth that consuming alcohol of high strength can kill the virus of COVID-19. But, in reality, it does not. Consuming any alcohol creates health risks, but consuming alcohol of high strength can result in severe health consequences and it can even cause death. Alcohol consumption is associated with a range of communicable and non-communicable diseases and mental health disorders and this can make a person more vulnerable to COVID-19. In particular, alcohol compromises the body's immune system and increases the risk of adverse health outcomes. Therefore, people should minimize their alcohol consumption at any time and particularly, during the COVID-19 pandemic. Alcohol is a substance which is associated with mental disorders. People consuming alcohol are at great risk and they can have several disorders. Medical and treatment services need to be alert and ready to respond to any person in need. Alcohol is responsible for three million deaths a year worldwide. Alcohol is consumed in excessive quantity in many countries

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worldwide. During the COVID-19 pandemic, we should really ask ourselves that what risks we are taking in leaving people under lockdown in their homes with a substance which is harmful both in terms of their health and the effects of their behaviour on others and it also includes violence. Existing policies relating to protect health and reduce harm caused by alcohol should be upheld and even reinforced during the COVID-19 pandemic and during the emergency situations. There should not be any kind of relaxation in implementation of these. This needs to be complemented by communicating with the public about the risks of alcohol consumption and maintaining and strengthening alcohol and drug services. Alcohol abuse and alcoholism within a family is a problem that can destroy a marriage or drive a blockage between members. It means that people who drink can blow through the family budget, cause fights, ignore children and impair the health and happiness of the people they love. Alcohol affects people in different ways. Some people can enjoy a glass of wine with food and drink moderate amount of alcohol in social gatherings without any problem. Having one or fewer drinks per day for the women group and two or fewer drinks per day for the men group is considered moderate drinking. Drinking alcohol or too much alcohol consumption can be a sign of a larger problem. It can result into the fights and tensions in the families. There are many instances of divorces nowadays and one of the leading results is alcohol. However, alcohol is used in some medicines, but a thing used in the limited portion always works as a medicine. (1006)

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Be Aware

To act without prior thinking can lead us into endless trouble. Elderly people often say that haste always makes waste. Rushing into things without prior thinking will lead to wastage of time, resource and energy. Many a times, rash decisions lead to dangerous and unwanted consequences. It is as similar as jumping into a river without knowing its depth and flow. However, it does not mean that one should delay in making decisions or avoid taking a stand. Rather, one should think twice before taking a decision. One should think about things rationally and logically to reach a conclusion. Quick decisions are always welcome, but not rash decisions. Even if one has to act on impulse and has no time to think in time of an emergency, then also, one should use one's presence of mind and then only, he or she must do something. Quick decision-making should be coupled with prudence and justice. For instance, the great conqueror Napoleon Bonaparte took a rash decision of attacking Russia without realizing or taking into consideration the fierce and terrible winter conditions of that country. Resultantly, his armies were trapped in snow and his army got completely destroyed. Historians believe that due to this one rash and hasty decision, Napoleon lost the crowning glory of his army. It was a loss from which he could never recover. It is hard to believe that a man with an unshakable willpower and sound reasoning, made such a rash decision. Today, in many fields, we see the people doing things mindlessly. Students opt for a subject which they are not interested in. Professionals diverge from their core area of competence and regret later. Thus, it is always better to think twice before reaching any decision or jumping to conclusions. One should not rush into things. Foolish people rush into the things. Foolish people act on impulses without exercising their reason. They act impulsively being governed and guided by their emotions. Overpowering emotions cloud their power of reasoning and they end up without any pre-

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consideration and pre-thinking. It seems that they invite danger and trouble with their hasty nature. The fishy, temporary charms, the transient things of this world are like serpents under a rose. They attract the unwise and the foolish. They fail to assess their situation, circumstances and the environment around. They fail to see the full picture as they are blinded by their hasty nature. They even fail to analyze their abilities and also fail to channelize their abilities in the proper and right direction. On the contrary, those who are wise and intelligent, they plan every detail with careful consideration and think over it again and again by using reason, logic and brain before plunging into a task. They do not plunge heedlessly into doing things. They weigh all the pros and cons, the good and the bad, the positive and the negative before arriving at a solid and workable decision. Even if a problem arises, they do not jump to conclusions hastily. They try to get to the root of the problem in order to solve it. They devote a good amount as well as good quality of time and energy to take the right decision and even to mend mistakes or make things right. Looking before you leap does not actually mean to think and jump. But, it means that one must think of the consequences and then, he or she should act over it. At times, humans take hasty decisions without thinking about the consequences of the act. They come with disastrous results. Before jumping into the river, one must know how to swim. More importantly, one must know the depth and current of the water. It is always necessary to think deeply about every step in one's life. This avoids unnecessary problems. When one acts without thinking about his actions, several problems can haunt until death. One must understand that the greatest gift God has given is life. Life is a bottomless pit which comes with no second chances. During childhood, one must have heard their grandparents often telling them that haste is waste. They try to say that rushing into anything without proper planning is a sheer waste of one's time and energy. One is reminded of the story of a woman who killed her

pet dog assuming that it harmed the baby. The woman used to leave her pet dog with her baby when she went for work. One day, when she came back, her pet dog came running to her. She noticed that the dog had blood on the mouth. Frightened, she hurried inside to notice that her baby was not moving. She thought that the pet dog killed the baby. In a rage of anger, she took an iron rod and beat the dog mercilessly to death. Upon moving closer to the cradle, she noticed a huge snake lying motionless next to her baby. In her haste, she had killed the poor dog who had saved her baby from the poisonous snake. In life, humans take rash decisions like the woman in the story. Then, they end up filled with regret lifelong. All this can be avoided if one thinks before concluding. This never means that one must delay the actions and take their own time. But, think a few times, how the action can be done differently or avoided entirely. Decisions taken smartly and with intelligence help in the long run. Many foolish people act without exercising good reasons and let their emotions guide them. On the other hand, people who tread with reason, logic and understanding view the larger picture. They visualize the harms and dangers before embarking on the journey. Such individuals know how to differentiate between the good and the bad. Life is full of ups and downs. The end depends on the acts of a person. This makes it extremely necessary for one to walk carefully and know the consequences. This enables the person to avoid facing any problems later on. (1002)

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Be Safe Than Sorry

In our life, safety and danger are two factors of human life. Sometimes, safety brings more assurance, but not all danger is simply danger. Taking a risk means taking a chance. We should respect our life and risk may bring an end to the life. For instance, when driving on a crowded street, people always say that it is better to be safe than sorry because a moment of carelessness will result in a loss of life. On the other hand, risk is considered to be dangerous, but it is also a chance for anyone who would like to make a change of their own life. Safety and risk cannot be separated as one would like to have a risky life as well as a secure one. If we know to balance them, we can not only get success, but we can also enhance the preciousness of life. It is better to be safe than sorry. This phrase teaches us an important lesson and it becomes useful for various situations in our lives. Let us take the example of helmets and seatbelts. There are many advertisements, posters, warnings, etc. that urge us to put on our seatbelt or wear our helmet while driving cars and bikes. It is to protect ourselves. These are of no use unless an accident occurs. They might seem as a nuisance to people who do not like wearing them. Helmets and seatbelts protect us against a possible accident and even if they seem like a nuisance, they protect us from hurting ourselves or dying in a vehicular accident. This is why, the Government, NGOs, etc. urge the people to wear helmets and seatbelts. Wearing helmets and seatbelts alone could save many lives that are lost because of road accidents. Now, wearing such precautionary items does not seem like a nuisance. In fact, many crimes that are committed can be prevented if a person takes precautionary measures so that he or she does not have to suffer through any dangerous situations later on. A person needs to be careful to not trust strangers too much even if they seem really friendly. While travelling, we need to lock all our belongings properly. When we are hiring new people, we need to properly look into their backgrounds.

When we see suspicious people or items, we need to report them immediately. We need to make sure that all people around our children are trustable. When we take all the safety measures, we will not be sorry later on. All major decisions in life need to be analyzed and researched properly before taking it. As a student, we need to carefully think about what we want to pursue as a career. We need to be cautious and think carefully about where our passion lies. We need to analyze all options available so that later on, we have no regrets. When making deals and deciding on merger or expanding the business, the entrepreneurs and firms look into such a contract or situation carefully. They do the analysis to ensure that the deal they are about to get into is beneficial to them and will result in fruitful outcomes. They properly analyze the deals that they are thinking upon and make sure that the risks are as minimum as possible. They do this so that they do not find themselves in an unfavourable position later on. Many people say that business cannot be conducted without taking any risks. But, it is not fully true. The risks taken are calculated risks and the amount of damage that can be caused if the risk becomes a reality, it should be as low as possible. If big companies and firms start taking decisions rashly, then these companies and firms are bound to fall. This is the reality. Rash decisions can never be fruitful. This proverb is the basis of vaccination. We inject ourselves with vaccination so that we are protected against diseases that could harm us if we did not take those vaccinations. It is better to take vaccination and be protected against diseases than regretting later when we find ourselves in a situation which we cannot get out. This proverb applies even when we are making plans such as plans for travelling or going for a holiday or plans to move from one place to another, etc. When we are deciding on a place to travel, we need to make sure that these places are not prone to crimes and that we will be safe from any harm. We need to take appropriate steps to ensure our protection. We need to make

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sure that we have all the things that are necessary so that we do not find ourselves in any difficult situation later on. It is better to be prepared than regret. This would also make sure that we have a fun and a travel which is free from troubles. Protecting ourselves against possible dangers does not make us coward. It actually proves that we are prudent and have enough foresight to see all the situations of danger. A regretful life is an unhappy one. A safe life is one that we do not hurt ourselves physically, emotionally or mentally. Which life is the one that you want to lead? Those who make rash decision, they lose later in life. All the situations mentioned above require us to take positive actions to ensure that we are safe. Every situation needs to be carefully examined. There is some assurance in safety. An assured life is a good life. It is time when we should give enough importance to our own safety and respect our future. Our life is not a joke. Our future deserves our protection. It teaches us a practical lesson. It is always advantageous to be careful and cautious. If we follow this, we will be safe from problems and lead a life free from regrets. This is a lesson that needs to be followed by everyone. Indeed, it is wiser to be safe than be sorry later on. (1006)

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Blood Donation

Blood donation refers to a practice where people donate their blood to people so that it can help them with their health problems. Blood is one of the most essential fluids of our body that helps in the smooth functioning of our body. If the body loses blood in excessive amount, people can suffer from deadly diseases and they can even die in some circumstances. Thus, we see that how blood donation is saving lives of lot of people. It is also a sign of humanity that unites people irrespective of caste, creed, religion and certain other factors which divide humanity. In order to raise awareness about this procedure for saving the lives, the world observes 14th June as Blood Donor Day. It promotes blood donation and urges people to save lives by donating blood. This day is quite an important day as it makes people aware about safe blood. People need to know the basics to be able to donate blood. For instance, there are certain criteria one must fulfil to donate blood. Not everyone knows that. Thus, this day helps in doing so. Most importantly, on this day, the W.H.O. organizes a campaign that invites people to donate blood. A person eligible to donate blood must fall in the age group of 17 to 66 years of age. On World Blood Donor Day, they also appreciate blood donors for their contribution to making the world a better place. As we all know, blood donation has a lot of benefits. The blood that we donate helps a person in need. In other words, blood donation does not simply help that specific person, but also contributes to a responsible act towards the society for the sake of humanity and sympathy towards our fellow beings. It also enhances the health of donor. It also strengthens our body for better health. The demand is still higher than the supply in blood banks. So, we must donate more and more of it to help people. Other than that, blood donation also helps us know about our bodies because a blood donation requires a preliminary health check-up and by doing so, we get a complete

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diagnosis. It makes us aware of the levels of iron, cholesterol and more. It is a great initiative that must be encouraged everywhere and in every corner of the world. Donating blood is very beneficial for the donor as well as the acceptor. It saves lives and helps people overcome their critical situation. The blood donor's body gets energized and generates new cells. If a person's blood level falls due to an accident or illness or if his or her blood is not functioning properly, there will not be enough oxygen to maintain their vital organs. A donation of platelets can help people who have issues related to clotting. It may also provide antibodies to help fight a disease. It became useful in the time of COVID-19. Giving blood can be a action that saves many lives, but it may also have benefits for the donor. Donating blood can help people with many health conditions. People who have recovered from COVID-19 may be able to help others with the disease by donating blood plasma. Their plasma can contain antibodies to the infection. If another person receives this plasma, it may help their body fight the virus. For many people, blood donation offers many health benefits with few risks. The strict regulation of blood banks means that a donor can give their blood or plasma safely in India. Donated blood can save the lives of people in need. However, according to some medical professionals, it may also benefit the donor. Each person who donates blood completes a simple physical examination and blood test before giving blood. These are not in-depth tests, but they may help identify unknown health concerns such as high or low blood pressure. The test will check a person's blood pressure, body temperature, heart rate, iron level, etc. If the test reveals a problem, the person will not be able to donate blood. However, the results could be a first step towards seeking the treatment. According to Indian Red Cross Society, donating one unit of blood may save the lives of up to three people. Blood donors provide a vital service to the community. Making a difference in the lives of others can boost a donor's sense

of well-being. There are claims that blood donation helps in the weight management. It is said that a single blood donation burns 650 calories. However, there does not appear to be any scientific evidence to prove this. Any benefits of this calorie loss will be for a short period and will not help a person to lose weight. The excess iron can deposit into different organs of the body such as the liver and heart and can affect the proper functioning of those organs. A research was done on the patients of high blood pressure. Overall, those with high blood pressure saw an improvement in their readings by donating the blood. The more often a person gave blood, the more significant the improvement. It is a good chance for people to become aware of their reading and if necessary, they can learn how to reduce it. Many authors have published this popular fact that blood donors enjoy better than average health. By annual donation, a person's risk of dying from any cause fell by 7.5 per cent. This may indicate that donating blood is good for a person's overall health, but the researchers could not confirm this. Donating blood is safe as long as the proper protocol is followed. New needles must be used for each donation. There should be professional staff to handle the cases of blood donation. Sometimes, a person can experience side effects after donating blood. However, severe adverse effects are rare, but temporary reaction such as weakness can occur for a short duration. These symptoms usually disappear within 24 hours. Spinach should be consumed for increasing the level of iron in body. (1006)

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Bond for Good Behavior

When a Court of Sessions or Court of a Magistrate convicts a person of any of the offences specified or of abetting any such offence and is of opinion that it is necessary to take security from such person for keeping the peace, the Court may order him to execute a bond for keeping the peace for the period of three years at the time of passing sentence on such person. These offences are any offence punishable under Chapter VIII of the Indian Penal Code or any offence which consists of or includes assault or using criminal force or committing mischief or any offence of criminal intimidation or any other offence which caused or was intended or known to be likely to cause a breach of the peace. If the conviction is set aside on appeal or otherwise, the bond so executed shall become void. When an Executive Magistrate receives information that any person is likely to commit a breach of the peace or disturb the public tranquility or to do any wrongful act that may probably occasion a breach of the peace or disturb the public tranquility and is of opinion that there is sufficient ground for proceeding, he may require such person to show cause that why he should not be ordered to execute a bond for keeping the peace for a period of one year, as the Magistrate thinks fit. When an Executive Magistrate receives information that within his local jurisdiction, there is any person who either orally or in writing or in any other manner, disseminates or attempts to disseminate any matter whose publication is punishable under Indian Penal Code or any matter concerning a Judge acting in the discharge of his official duties which amount to criminal intimidation or defamation under the Indian Penal Code or makes, produces, publishes or keeps for sale, imports, exports, sells, hires, distributes or puts into circulation any obscene matter and the Executive Magistrate is of the opinion that there is sufficient ground for proceeding, the Magistrate may require such person to show cause that why he should not be ordered to

execute a bond for his good behavior for a period not exceeding one year. No proceedings shall be taken under this Section against the editor, proprietor, printer or publisher of any publication registered under and edited, printed and published in conformity with the Rules laid down in the Press and Registration of Books Act, 1867 or under the authority of the State Government or some Officer empowered by the State Government in this behalf. When an Executive Magistrate receives information that within his local jurisdiction, there is a person taking precaution to conceal his presence and that there is reason to believe that he is doing so with a view to committing a cognizable offence, the Magistrate may require such person to show cause that why he should not be ordered to execute a bond for his good behavior for such a period not exceeding one year. When an Executive Magistrate receives information that there is a person who is by habit a robber, house-breaker, thief or forger or a receiver of stolen property knowing the same to have been stolen or habitually commits or attempts to commit or abets the commission of the offence of kidnapping, abduction, extortion, cheating or mischief or any offence punishable under Chapter XII of the Indian Penal Code or the offence involving a breach of the peace, such Magistrate may require such person to show cause that why he should not be ordered to execute a bond for his good behavior for a period not exceeding three years. (606)

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Bull Fight

It is averred that people from the surrounding villages take part in the said event and for this purpose, they bring in more than 100 bulls from their respective villages. Such bulls are kept in the temple place in the petitioner's village 15 days before the said event. In the said event, a kind of sport or game is organized in which the bull is tied by its neck with nylon ropes from both sides and the participants hold the ropes. A big doll of mud is tied in a bamboo and it is shown in front of the bull. This is for the purpose of frightening the bull. As a result of such strategies being adopted by the villagers, the bull gets angry and attacks the doll. In this process, the bull tries to run here and there, but the people who hold the ropes on both sides, they prevent the bull from running further and in this manner, the bulls are being tortured. The bulls are brought to their village in a procession by firing of crackers and beating of drums and the bulls are not given any food or water, thereby subjecting them to cruelty. It is averred that this kind of a sport involves a risk to the lives of the participants and the spectators because they are tortured and suffer the pain. They may run into the spectators and injure them. Bulls are subjected to beating and twisting of their tails. As a result of such activities in the said sport, the bulls get injured in the head, eyes and legs. The bulls are also made to drink liquor and therefore, they become aggressive and furious. Chili powder is also thrown into their eyes. This provides amusement to the spectators. Therefore, this petition has been filed for directing the respondents to ban this kind of sport. It appears that the Government issued a notification which prohibited the owners of circus from subjecting animals to torture and cruelty while giving them training for performing in the circus. The said notification was challenged before a Division Bench in the case of Jumbo Circus versus Union of India. We hold that circus animals are being forced to perform unnatural tricks. They are

subjected to fear, hunger and pain. In some respects, animals are better than human beings. They kill to eat and eat to live and not live to eat as some of us do. They do not practise deception, fraud or malpractices as humans do. They care for their little ones expecting nothing in return. Many believe that the lives of humans and animals are equally valuable and that their interests should count equally. Their contribution to the health of humans is invaluable. Animals also provide models for the study of human diseases. New drugs are tested on animals. Therefore, it is not only our duty to show compassion to our animal friends, but also to recognize and protect their rights. It is clear that the enactment of law to prevent cruelty to the animals is not an end in itself. What is more important is the implementation of Act and to see that the prohibited activities do not take place and in case of infringement of the provisions of the said Act, strict action be taken against the offenders. Likewise, it is also obligatory upon the respondents to see to it. It cannot be disputed that all animals are born with an equal claim for life without any cruelty to them. If this right was given proper recognition by the human beings, there would have been no necessity to bring the said Act. (607)

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Calling Attention in Parliament

Rule 180 of the Rules of Procedure enables a Member to call the attention of a Minister to any matter of urgent public importance with the previous permission of the Chairman. The Minister may respond to it by making a brief statement or may ask for time to do so at a later date or time. No debate takes place on such a statement when it is made. As per the limit set by Rule 180, not more than one such matter is raised at the same sitting. In case of urgent public importance, it is noticed that if there are more than one matters scheduled for the same day, then the Chairman decides priority on the basis of the urgency and importance of the matter. Normally, Calling Attention is taken up after the completion of the Question Hour. Notices of Calling Attention for a particular day in a week are required to be kept alive for that week. Those notices are deemed to have lapsed which are received till 10.30 am on the last date of the week on which the House sits and not admitted by the Chairman. No intimation in this regard is sent to the Members concerned. However, a Member can revive a lapsed notice for a subsequent week by giving a fresh notice or submitting a Calling Attention. In such a case, the date and priority of notice will be the date and time at which the notice is received in the Secretariat. The validity of such notices lasts for the following week. With regard to the Calling Attention, the Chairman has issued directions from time to time and which state that Member may give a maximum number of two notices for Calling Attention for any one sitting. A Member who initiates a Calling Attention should avoid making long speeches. Not more than one hour should be spent on a Calling Attention and when there is Question Hour, the Calling Attention should conclude sharply at 1 pm. Where a Calling Attention stands in the name of a number of Members, the first principle will be party or group in choosing Members who desire to seek clarifications. The Chairman may call

Members belonging to various parties or groups not in the list. The Chairman alone decides the admission of Calling Attention and it is subject to the Rules of Secretariat as well as his judgment about whether the matter sought to be raised calls for an early statement from the Minister. Urgency and public importance of the subject matter are, therefore, two basic criteria for admission of notices of Calling Attention. The Chairman decides on merit depending on these two criteria and selects for admission one subject from amongst several notices given by Members for every sitting of the House. There is no requirement under the Rules to consult the Leader of the House or the Minister concerned in this regard. However, as per the prevailing practice, the Chairman may consult the Business Advisory Committee or the Minister of Parliamentary Affairs. It is quite possible that a matter for Calling Attention may not be taken up in the Rajya Sabha even if such a matter has been permitted in the Lok Sabha. After the Chairman has admitted a notice, it is published in Ministry of Parliamentary Affairs as well as the concerned Ministry is informed. In a number of rulings from the Chair, it has been made clear that to admit or reject a Calling Attention, it is the prerogative of the Chair. Admission or non-admission of a Calling Attention is not to be questioned and the Chairman is also not bound to give any reasons for his decision in the matter. If a notice of Calling Attention is disallowed, then Members cannot raise the question in the House, but can discuss it with the Chairman in his chamber. Priority is decided according to the time of receipt. However, at his discretion, the Chairman may admit any of the notices submitted by the Members. Normally, a Calling Attention is admitted two or three days before the day on which the attention of the concerned Minister is to be called so that the Minister may prepare himself for making a statement. As mentioned earlier, no Member is permitted to give more than two such notices for one sitting and not more than one such matter is raised at the same sitting.

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In the event of more than one matter being presented for the same day, priority is given to the matter which is more urgent and important in the opinion of the Chairman. Taking up of Calling Attention depends on the status of business in the House. Generally, not more than two or three notices are listed per week. If a Member is absent, then the Member listed below him is called. At this stage, he does not ask for any clarification. It may be mentioned that when Ministers make statements on matters of public importance suo motu and the Chairman admits a Calling Attention on the same subject, then the Minister does not have to make the statement again in response to the Calling Attention. The statement already made forms the basis of discussion on the Calling Attention. However, on certain occasions, the Minister has made a fresh statement in response to the Calling Attention. On many occasions, in view of the importance of the subject and or demand in the House, a Calling Attention has been converted into a discussion if the concerned Minister made a statement in response to the Calling Attention. Such a discussion has taken place on the same day on which the Calling Attention was raised or on the next or a subsequent day. The other notices were taken up thereafter. Due to request of the Minister concerned, the Calling Attention scheduled for a particular day may be deferred to some other time on the same day or a subsequent day. Notices of Calling Attention on sub judice matters have been admitted by the Chairman. It does not involve discussion. (1009)

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Cheating in Exam

The gist of the complaint is that Vinay Kumar was a candidate of Clerk Grade Exam conducted by the Staff Selection Commission. His Roll No. was 1211781 and Ticket No. was 039820. He was to appear in the morning session at Government Senior Secondary School, Mansarover Garden. While scrutinizing the application dossier of the candidate for his nomination, it came to our notice that the photograph of the candidate pasted on his application form does not tally with the photograph pasted on the portion of the written part of the Clerk Grade Examination. Accordingly, the candidate was asked to submit a proof of identity showing attested copy of his signature as well as photograph and subsequently, this was submitted by the candidate. The candidate himself visited the S.S.C. Office on 12.02.2021. When he was shown the photograph pasted on the portion of the written part of the Clerk Grade Examination, he promptly admitted that it was not his photograph. Thus, it is clear that this has been a case of impersonation and that somebody else had appeared in the exam on behalf of the candidate. Photostat copies of the application form of the candidate, copy of written part and proof of identity submitted by the candidate are enclosed. In the case of cheating, the dishonest intention starts with the very inception of the transaction. But, in the case of criminal breach of trust, a person comes into possession of the movable property and receives it legally or illegally retains it or converts it to his own use against the terms of the contract. Then the question is that in a case like this, whether the retention is with dishonest intention or not. It is also the question that whether the retention involves criminal

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breach of trust or only a civil liability would depend upon the facts of each case. The distinction between mere breach of contract and the offence of criminal breach of trust and cheating are fine. In case of cheating, it depends upon the intention of the accused at the time of inducement. This may be judged by a subsequent conduct. Mere breach of contract cannot give rise to a criminal prosecution for cheating unless fraudulent or dishonest intention is shown right from the beginning of the transaction, that is, the time when the offence is said to have been committed. Therefore, it is his intention and this is the gist of the offence. For the criminal breach of trust, the property must have been entrusted to the accused or he must have dominion over it. The property in respect of which the offence after breach of trust has been committed, it must be either the property of some person other than the accused or the beneficial interest or ownership of it must be of some other person. The accused must hold that property on trust of such other person. The offence of breach of trust and cheating involve dishonest intention, but they are mutually exclusive and different in basic concept. (503)

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Cinema & its impact

Nobody can deny the fact that recreation is as important in life as work. All work and no play make the life dull and boring. Life would lose its charm if there is no amusement in it. That is why, recreation has always been an important part of human activity. Even in ancient days, games, sports, dancing, singing, dramatics and hunting used to be the favourite and they changed the dull and dry routine of work and labour. Fairs and festivals also serve the same purpose. In this modern era, the modern man has devised various machines to amuse and entertain himself. Cinema is the most modern and the most popular form of entertainment. It is an entertainment within the reach of all, that is, the rich as well as the poor. In all seasons, in rain or sunshine, the cinema provides an excellent amusement to the people. Crowd of people can be seen standing in queues in front of the booking windows at all times of the day. With the coming of the television and internet, cinema has become a part of almost every home. It has become a part and parcel of life. Today, we can live without food for a day, but we cannot think of life without cinema. The rich as well as the poor are fond of going to the movies. Majority of the people like to go to the cinema houses to enjoy the movies on the big screen. In this age of rising prices, the taste of cinema has not been affected. They are as fond of it as before. Cinema is a very useful and educative entertainment. We see the pictures of dams, factories, rails, roads, tractors, and so many other things of interest on the screen. We learn so many new things which enrich our mind with interesting details of new information. Cinema has an educational value. Cinema is also a means of advertisement. In a poor country like India, it has got a great value. There is hardly any aspect of human life which is outside the scope of the cinema. It has created a better understanding and goodwill among different countries by showing their social, economic and cultural life. It has

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brought people of different countries of the world nearer to one another. It presents a true picture of the human civilization. The cinema represents the mystery of human life and throws light on the inner secrets of the human life and heart. Cinema has also various dangers in it. Eyesight is affected too much by seeing cinema for a longer and continuous time. Cheap films do a lot of damage to the moral values of young boys and girls. Great improvement and reforms can be brought into the world of cinema. Development schemes should be introduced. The teaching of some subjects such as Chemistry, Biology, Physics and Mathematics should be introduced. The evils of cinema should be denounced openly. Gross sex pictures should be banned. Shameless display of love should be avoided. The Censor Board should be strengthened. The overall influence of cinema on the youth of this country has not been good. Cinema has been a part of the entertainment industry for a long time. It creates a massive impact on people all over the world. In other words, it helps them give a break from monotony. It has evolved greatly in recent years too. Cinema is a great escape from real life. Furthermore, it helps in rejuvenating the mind of a person. Surely, it is beneficial in many ways, however, it is also creating a negative impact on people and society. We need to be able to identify the right from wrong and make decisions accordingly. Cinema has a lot of advantages if we look at the positive side. It is said to be a reflection of the society only. So, it helps us come face to face with the actuality of what is happening in our society. It portrays things as they are and helps in opening our eyes to the issues we may have ignored in the past. Similarly, it helps people socialize better. It connects people and helps break the ice. People often discuss cinema to start a conversation or more. Moreover, it is also very interesting to talk about rather than politics and sports which is often divided. Above all, it also enhances the imagination power of people. Cinema inspires other people to broaden their thinking and imagination.

Most importantly, cinema brings to us different cultures of the world. It introduces us to various art forms and helps us in gaining knowledge about how different people lead their lives. In a way, it brings us closer and makes us more accepting of different art forms and cultures. Cinema also teaches us about practical life. Incidents of robbery, fire, kidnapping are shown in movies and they help us in learning things which we can apply in real life to save ourselves. Thus, it makes us more aware and teaches us to improve our life from all the aspects. While cinema may be beneficial in many ways, it is also very damaging in various areas. This creates a false notion and a negative impact against the particular group of people. People also consider it to be a waste of time and money as most of the movies are not showing or teaching anything valuable. It also makes the people addict of first day, first show. Cinema also shows violent and sexual content. It contributes to the vulgar acts and eve-teasing present in our society. Thus, it harms the young minds of the world very gravely. Cinema has a positive impact on society as it helps us in connecting to people of other cultures. It reflects the issues of society and makes us familiar with them. Cinema is a reflection of society and shows us the crude reality of society. We should refrain ourselves from getting addicted and avoid unwanted movies, serials and reality shows that waste our time. (1004)

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Conciliator

Where any industrial dispute exists is apprehended, the Conciliation Officer may hold conciliation proceedings in the prescribed manner. For the purpose of bringing about a settlement of the dispute without delay, the Conciliation Officer shall investigate the dispute and all matters affecting the merits and the right settlement and may do all such things as he thinks fit for the purpose of inducing the parties to come to a fair and amicable settlement of the dispute. If a settlement of the dispute or of any of the matters in dispute is arrived at in the course of the conciliation proceedings, the Conciliator shall send the matter thereof to the appropriate Government or an Officer authorized in this behalf by the appropriate Government together with a memorandum of the settlement signed by the parties to the dispute. If no such settlement is arrived at, the Conciliator shall close the investigation and send to the appropriate Government a full matter stating the appropriate steps taken by him for ascertaining the facts and circumstances relating to the dispute and for bringing about and settlement together with a full statement of such facts and circumstances and the reasons on account of which, in his opinion, a settlement could not be arrived at. After considering the findings of the above Conciliation Officer, State Government was satisfied that the matter is fit to be referred to the Industrial Tribunal. Therefore, the State Government hereby refers the above dispute for adjudication to Industrial Tribunal duly constituted by the State Government under the Industrial Disputes Act, 1947. If the appropriate Government is satisfied that there is a case for reference to a Board, Labour Court, Tribunal or National Tribunal, it may make such reference. Where the appropriate Government does not make such a reference, it shall record and communicate to the parties concerned its reasons therefore. Subject to the approval of the Conciliator, the time for the submission of the matter may be

extended by such period as may be agreed upon in writing by all the parties to the dispute. Industrial dispute means any dispute or difference between employers or between employers and labours. It is connected with the employment or non-employment or the terms of employment. Union made representation to the State Government for referring their disputes for adjudication. This request was, however, declined by the State Government in view of the tripartite settlement already reached between the staff and the management. The settlement was to remain valid and operative till March, 2021. Conciliation proceedings were initiated. It was a conciliation settlement and was to be in operation for a period of three years. Settlement means a settlement arrived at in the course of conciliation proceedings and includes a written agreement between the employer and the labours in the course of conciliation proceedings. It was directed to the State Government to decide the question on the failure of the conciliation proceedings. The State Government was required to decide the question within two months from the date of the judgment. High Court also observed that it would be open to the appellant to raise all the contentions before the State Government and the State Government would or would not make a reference only after hearing the parties. However, before the decision of High Court, State Government, in the meantime, issued notification for reference of disputes relating to the demands raised by the workers. State Government might withdraw reference and take a fresh decision after hearing the appellant. This was not acceded to. Since the State Government did not accept the request of the appellant, it filed a writ petition in this Court. (605)

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COVID & Farmers

COVID-19 is caused by a virus and therefore, antibiotics should not be used for prevention or treatment. Coronavirus disease is an infectious disease. Older people and those with diabetes, cancer, etc. are more likely to develop serious illness. The best way to prevent and slow down transmission is to be well-informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least one metre apart from others, wearing a mask and washing your hands regularly. Get vaccinated when it is your turn and follow local guidance. The virus can spread from an infected person's mouth or nose when they cough, sneeze, speak, sing or breathe. Stay home and self-isolate until you recover if you feel unwell. Coronavirus has affected our day to day life. This pandemic has affected millions of people who are either sick or are being killed due to the spread of this disease. COVID-19 is a new virus which is impacting the whole world badly as it is spreading primarily through contact with the person. It is spread from person to person who are in close contact within six feet. The most common symptoms of this viral infection are fever, cold, cough, etc. Thus, the emphasis is on taking extensive precautions such as hygiene, regularly washing of hands with sanitizers or soap, avoidance of face to face interaction, social distancing and wearing a mask, etc. Coronavirus or COVID-19 was first identified in December, 2019 in Wuhan city of China. In March, 2020, the World Health Organization (W.H.O.) declared the Coronavirus outbreak a pandemic. Due to Coronavirus, the Government of India announced nationwide lockdown for 21 days on 23rd March, 2020. Government of India limited the movement of the entire 1.3 billion population of India as a preventing measure against the Coronavirus pandemic in India. As a result, in India, all educational institutions and almost every commercial establishment had to be shut down. India suspended all tourist visas as a majority

of the confirmed cases were linked to other countries. Thousands of migrant workers were walking across India to meet their families in their native places. During the COVID-19 pandemic, Indian migrant workers have faced multiple hardships. With the closure of factories and workplaces due to lockdown, millions of migrant workers had to deal with the loss of income, food shortages and uncertainty. The various industries and sectors are affected by the cause of this disease including the power sector, schools, colleges, tourism, hotels, exports, handicrafts, garment shops, wedding planners, general stores, etc. Corona has drastically affected the daily life of citizens as well as the global economy. All the Governments, health organizations and other authorities are continuously working on identifying the cases affected by the COVID-19. Healthcare professionals face lots of difficulties in maintaining the quality of healthcare these days. With the world facing the Coronavirus crisis, the pandemic has created havoc and altered human lives forever. Its impact and the consequences will be felt long after the virus diminishes. Hope is a powerful healer in this crisis. Mankind stands united in its struggle against the COVID19 pandemic. The Government has described these Farm Bills as giving new freedom to farmers after independence. According to the Government, the farmers will be empowered by these Bills and will be able to enter into agreements with multinational companies, big traders, etc. According to the new Farm Bill, 2020, the farmer can sell his crop in any market at the desired price. With this, farmers will get better options to sell their produce. The new system will eliminate the compulsion of the farmers to go to the mandi and sell their products to the traders and now, the farmer will be the owner of his will. The producers will get more freedom by preparing the private market. It is their choice either to go to the A.P.M.C. Mandi or the private market. This will boost the thinking of one nation, one agricultural market. Producers will be able to get a ready market for their product

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and entrepreneurs will get raw material because in contract farming, it is decided long before that what to produce and what will be the price. In such a situation, producers will not have to bear the risk of market fluctuations. Now, farmers will not have to go round for payment and settlement of disputes, but the settlement and payment of the dispute will be ensured within the stipulated time. Farmers believe that this Bill is anti-farmer. However, the Government rejected these things and said that the A.P.M.C. and M.S.P. would be continued. The agitating organizations of farmers are also alleging that the agricultural sector will go into the hands of corporate houses which will harm the farmers. Now, if the farmer does contract farming, then in case of any dispute, he can only go to S.D.M., whereas earlier he could go to Court. This right has also been taken away in the Bill. Most of the farmers of the country are not able to read and understand the big contractors and terms and conditions of multinational companies. In such a situation, there is more possibility of their exploitation. Farmers also suspect that many times, companies promise to buy goods of farmers at a fixed price before sowing crops under contract farming, but after the harvest is ready, the companies reject the products of farmers. Essential Commodities Bill may give impetus to black marketing as there is no stock limit and hoarding will increase. Opponents also say that the Government is giving permission to stock, but most farmers do not have storage system, cold storage, etc. In such a situation, after production, they will have to sell their crops to the traders at a less price because private companies have more resources and capabilities. They will stock them and run the market on their own. In such a situation, the command of fixing the price of the crop will come in the hands of big traders and the role of the farmers will be left equal. (1008)

Cycling & Bicycle

A bicycle is a useful vehicle that helps us reach a destination without polluting the environment. It is composed of steel and has two wheels. In addition, it has got a seat and handle with a bell. Some bicycles have a carrier while some do not. It is a popular choice amongst poor people and students. Bicycles have become even more important in recent times. They have been offering us many advantages for a long time and they are very vital now. It is because of the rate at which pollution is growing in the world. They offer a greener way to commute. In other words, bicycles do not require any petrol or diesel which harms our atmosphere. Further, it does not leave a carbon footprint as well. Thus, it is a great choice for everyone, especially those who are concerned about the environment. After that, we see that bicycles do not possess the potential to harm anyone. If you ride a bicycle, you are less likely to hurt someone or get in an accident as compared to ones who ride bikes or drive cars. Most importantly, bicycles are great for our health. There are numerous benefits which cycling offers to ensure a healthy life. It is not only a great alternative to gym, but also helps prevent diseases. Therefore, bicycles help to preserve our health. Similarly, they do not harm the environment. They are also very beneficial as we can go through narrow roads with a bicycle which we cannot do with bikes or cars. I have a bicycle which is red and black in colour. My father gifted it to me on my birthday and it is my most lovely present. It has many interesting features. It comes with different gears and a basket as well. Moreover, it also has a holder for bottle and a lock. I cycle every evening with my friends from the neighbourhood. It is very liberating to me to be able to cycle in the pleasant weather without any care. My father ensures that I always wear my protective gear while cycling to prevent any injuries. I have decorated my cycle with stickers as well to make it more

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personalized. In addition, I go to my coaching classes on my bicycle only. Therefore, I love my bicycle and I wish to keep it with me even after growing up. As cycling is good for the environment and our health, I plan to keep cycling for a long time to lead a healthy life and make the environment clean. Bicycles are great in every aspect whether it is regarding our health or the health of nature. Moreover, it is also not heavy on the pocket. With the world getting polluted at a faster rate day by day, it is essential for us to switch to bicycles for a healthier life and greener future. Cycling is also called as bicycling or biking. It is the use of bicycles for transport, recreation, exercise or sport. People engaged in cycling are referred to as cyclists or bikers. Bicycles were introduced in the 19th century and now, the number approximately reaches to one billion worldwide. They are the principal means of transportation in many parts of the world, especially in densely populated cities of Europe. Cycling is widely regarded as an effective and efficient mode of transportation. Cycling also offers a reduced consumption of fossil fuels, less air or noise pollution, reduced greenhouse gas emissions and reduced traffic congestion. These have a lower financial cost for users as well as for society at large and negligible damage to roads and the less road area required. In addition, cycling provides a variety of health benefits. The World Health Organization states that cycling can reduce the risk of cancers, heart disease and diabetes that are prevalent in current lifestyles. Individuals who cycle regularly have also reported mental health improvements. It includes less stress and better vitality. In many countries, the most commonly used vehicle for road transport is a utility bicycle. Bicycles tend to be equipped with accessories such as mudguards, racks and lights. This extends their usefulness on a daily basis. Since the bicycle is so effective as a means of transportation, various companies have developed methods of carrying anything from the weekly shop to children on bicycles. Certain countries rely heavily on bicycles and their culture

has developed around the bicycle as a primary form of transport. I was very much keen to learn. So, I got up early morning. I was very excited. Somehow, I managed to drag the cycle in the lawn of the society. The bicycle was very heavy, but the excitement was above it. From there on, my training began. The cycle was a bit big for me. Therefore, my brother helped me to sit on the cycle. I did what he told me to do. The next day, he showed me the move of the handles. It was a great journey. It was about a bicycle learning phase of my life. As being very brilliant at the sports in school, I was always eager to learn things too quickly. My friends and their parents would always compliment my learning. Therefore, there was no frustration. My friend used to enjoy my company during those hours. I had no idea when I successfully completed training of my bicycle. Suddenly, a bee came in front of me and started dancing. In the act of hitting it away, I left my right hand from the handle and I fell on the ground. Childhood learning is such an innocent and fabulous memory. I was curious and annoyed when somebody else laughed at my situation. My brother made me understood the simple fact. My bicycle had always been a great source of inspiration and was the most beautiful part of my childhood as well as teenage. The learning phase is the best phase of life. This not only makes you to learn how to ride a bicycle, but helps to understand many new chapters of life. (1007)

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Do more, Speak less

Action speaks more than words. First of all, actions carry much more weight than words when building trust. Trust is very important in every type of relationship. Without trust, no relationship can survive. It is easy to try to build trust by speaking some words. However, building trust through actions is not so easy. Merely speaking words will never create a healthy relationship for long duration. What really matter in building solid relationships are the actions? Actions are a huge requirement when committing to goals. Many people make great claims when it comes to goals. However, those claims or words will be without any value if not backed by action. Similarly, people make grand resolutions for their careers. But, these resolutions will certainly be nonsense talk if the person makes no effort to pursue his goals. Actions are essential when it comes to parenting. Kids quickly learn that words are a bunch of false promises if no action takes place. Many parents warn their kids of the punishments in case of certain works which are wrong. But, some of those parents refuse to punish kids after they do wrong work. Due to this, kids do not value the warnings and threats of their parents. Similarly, some parents make promises of a gift, but later on, they let their idea go. In this case too, kids will not take words of parents seriously. Actions are certainly of paramount importance when it comes to leadership. The orders and instructions from a leader will not matter much if the leader is actionless. In an organization, employees often see a lazy boss doing nothing. This creates tremendous demotivation among them. Hence, the leader must take suitable action to show everyone that he means what he says. Mahatma Gandhi is probably the most noteworthy example here. This man did a huge contribution to Indian independence through his actions. Furthermore, his actions like non-violence, non-cooperation, supporting farmers, supporting oppressed people made a huge impact. He was not one of those who

only made grand speeches. He was a man who stood by what he said. Mahatma Gandhi, who is a well-known figure not only in India, but all around the world, contributed much to the Indian freedom struggle with his actions. His concepts of non-violence, farmer support are still very much popular today. He made his contribution to his actions, not words. Another popular example is the soldiers of any country. The soldiers risk their lives only for the sake of their country. They sacrifice their lives for the national security. They work selflessly and have no desire for fame. There are not many soldiers whose names are even known. We have all heard about the movement against racial discrimination. It was a very important movement that took place in America. The actions that were taken by the leader of this movement made her a role model in the later years. The then America had very harsh rules for black people. Black people had to travel in separate buses and studied in separate schools. When she was asked to sacrifice her seat for a white man, she denied. This action marked the beginning of the movement against racial discrimination. There are many ways in which we can ensure that we do exactly what we say. We should make only those promises that we can keep. We should start accepting our mistakes. These are the two most effective ways. Many politicians only make speeches, but these soldiers actually do something meaningful. From our childhood, we have grown up learning many golden sayings that are full of wisdom. This proverb is also one among those. This proverb signifies the importance of what we should do. The habit of building castles in the air is a bad one because that makes us prone to committing to false promises. What one should do is take a step ahead and work hard to achieve one's goals. There is no need for someone to boast about their work. If their work deserves recognition, then it will surely receive so one day. It is a valuable life lesson. When an individual uses words, it is much easier to lie. An action strongly correlates with what one wants and believes. Actions

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certainly speak the truth. Soldiers of India certainly do more meaningful work than most politicians. Many sayings in English hold a lot of value. No matter what you speak, but your actions and doings will have a far greater impact. The performance and action of every person have a lot more strength than mere words. For achieving success in life, one must act on it rather than just talking about it. One cannot expect to climb Mount Everest simply by talking about it and doing nothing. Efforts are always required for achieving something great in life. We all are in the habit of making resolutions. More than often, most of us fail to achieve what we are committed for and are more prone to follow the lethargic course of work. We forget our goals and do not take action on the words that we have spoken. A child learns from parents. It is the actions that they learn and not the words. For building any form of relationship, trust is extremely important. For commitment to goals, many people make mere claims. Remember, these goals will not be fulfilled by words because they require action. Kids get aware that their parents make false promises. If there is no action to the promise made by their parents, then kids also stop trusting their parents. There are only two obstacles in the path of achievement that any person has to overcome, that is, ego and pride. We should always be ready to face the consequences of our work and we should never back away from accepting our mistakes. For success in life, people need to act more. Working hard with a determined soul is the key to success. Come out and take action. Usain Bolt never only spoke of running, but did it. (1007)

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Human is a social animal

Human is a social animal. To survive and stay happy, he needs to get connected with the people around him. To love and to be loved is the best feeling in the world. The feeling of this love and the connection between two people is what we call a relationship. Relationship, friendship, acquaintances and romantic relationship are important at one or the other point of life. Having a relationship is one of the most important things in life. Having a relationship is very important in everyone's life. To stay happy, share your feelings, feel loved, have a connection and know yourself in a better manner. As you grow old, the relationship transforms. Thus, we can define relationships as a bond between two people based on mutual likes, understanding, need or love. Since birth, humans enter into a relationship. Family relationship is the most basic kind of relationship. It comes into existence by blood, kinship, marriage or even adoption. It usually includes family members and relatives like parents, grandparents, children, siblings, cousins, uncle, aunts and other such family members. As a child grows, he starts meeting people and attending school. It is the time when friendship comes to existence. Based on mutual likes and dislikes, the child befriends. This relationship occurs at every stage. As we grow old, we do make new friends. But, friendship is a reciprocal relationship based on trust, care and faith from both ends. Friendship is a special gift given by God to humans. Human has been always hungry for love. Romantic relationship is usually a relationship based on a strong feeling of connectivity based on personality or some physical attributes. It is one of the closest and strongest forms of relationship. As we move across daily, we encounter a lot of people. They are neither friends nor relatives. They can be neighbours, a travel companion, someone you meet at the park or any other such person. If such a relationship is treated with respect and care, it can grow to friendship in the future. Love and trust are such emotions that are most profound in humans. People interact daily which acts as the base for the formation of

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relationships. For having a good and healthy relationship, the person needs to focus on communication, trust, respect and love. For any relationship to flourish and sustain, one needs to have the four pillars incorporated in the deep roots of the relationship. Every relationship starts when two people communicate. Having a healthy communication is important to share problems and find a solution for them. In the absence of communication, the relationship fails due to mistrust and doubts. Secondly, trust is the foundation of any relationship. If trust is void, then the relationship is bound to end or fall. Mutual trust and loyalty can be gained when you share your true feelings. The third pillar is respect. In personal as well as professional world, respect is very important. If a person respects others, then he gains respect from others. Care creates a base for a long term relationship. The last is love. If there is love, there is care. Every person searches for love in their life. Having a relationship makes a person happy and relationship strengthens. Relationships are not built in a day. They need constant focus and attention. When people have successful and healthy relationships, they bound to stay happy and satisfied. Apart, the quality of life also enhances. Relationships may take time, but investing in them can lead you to happiness for lifetime. Relationships take time to create and when they grow strong, they are forever. Food security means availability of adequate food to meet the domestic demand along with the availability at the individual level at affordable prices. Despite rapid economic growth in recent years, low access to food remains a crisis in India. To get food is a Fundamental Right. Food security remains a dream in our country. Food security is a factor that ensures the public to have access to sufficient and nutritious food to live a healthy and active life. Food Security is related with availability of food, access to food and absorption of food. It is estimated that around 50 per cent of children and infants are malnourished and about half of the pregnant women are suffering from anemia. In 2016's Global Hunger Index, India has been ranked 97th in 118 countries. In the history of this country, it has suffered from 14 famines. Food availability has been

largely dependent on the monsoon season. Environmental situations like floods, droughts, depletion in soil fertility and erosion have created obstacles in the normal running of the agricultural activities. With increasing population, agricultural areas are getting occupied for accommodation areas, roads, factories and other activities. In the past, multiple efforts were executed to attain food security by massively increasing production. The Green Revolution was a step towards achieving food security. Ultimately, self-sufficiency in food was achieved with the Green Revolution. Over the years, White Revolution in agricultural industry has helped to make sure food security to a large degree. During the 1960s, the Government of India launched the Public Distribution System to ensure physical and economic availability of food to all sectors of the society and principally, for the poor. With the power of progressing innovation in today's world, India hopes to increase the rate of food production in the agricultural as well as the livestock area. Biotechnology improves soil production by employing various environmental friendly tools for insect and pest management. These measures are to ensure national and household food security by reducing poverty at a rapid rate and to achieve accelerated growth in the agricultural sector. The supply chain between the farmers and the consumers should be made short and marketing processes are to be introduced. Such efforts would bring about positive developments and prosperity for everyone living in India. With a rapidly growing population in India, it is necessary to attain food security. Therefore, revolutionary steps are extremely necessary to bring about stability in the food security in this nation. (1008)

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Environment & Indian Society

We can estimate the importance of environment. It plays a vital role in keeping living things healthy in the environment. Likewise, the environment maintains the ecological balance that will keep check of life. It provides food, shelter, air and fulfils all the human needs. The needs of human beings can be big or small. Moreover, the entire life support of humans depends wholly on the environmental factors. In addition, it also helps in maintaining various life cycles. Most importantly, our environment is the source of natural beauty and is necessary for maintaining physical and mental health. The environment gives us countless benefits that we cannot repay in our entire life as they are connected with the forest, trees, animals, water and air. The forest and trees filter the air and absorb harmful gases. Plants purify water, reduce the chances of flood, maintain natural balance and many others. Moreover, the environment keeps a close check on the ecosystem. Besides, it maintains the culture and quality of life. The environment regulates various natural cycles that happen daily. These cycles help in maintaining the natural balance between living things and the environment. Disturbance of these things can ultimately affect the life cycle of humans and other living beings. The environment has helped us and other living beings to flourish and grow from thousands of years. The environment provides us fertile land, water, air, livestock and many essential things for survival. Human activities are the major cause of environmental degradation because most of the human activities harm the environment in some or other way. The activities of humans that cause environmental degradation are pollution, defective environmental policies, chemicals, greenhouse gases, global warming, ozone depletion, etc. All these affect the environment badly. Besides these, the overuse of natural resources will create a situation in the future. There will be no resources for consumption

and the most basic necessity of living, that is, air will get so polluted that humans have to use oxygen in bottles for breathing. Above all, increasing human activity is exerting more pressure on the environment which is causing many disasters in an unnatural form. Also, we are using the natural resources at a pace that within a few years, they will be completely vanished. We can say that it is the environment which is keeping us alive. Without the blanket of environment, we would not be able to survive. Moreover, the environment's contribution to life cannot be repaid. Environment has given us many gifts, but in return gift, we only have damaged and degraded the environment. The ecosystem that includes all the plants, animals, birds, reptiles, insects, water bodies, fishes, human beings, trees, microorganisms and many more are part of the environment. All these constitute the environment. Today, the caste system is one of the major issues that people are facing. It is basically a system that separate people on the basis of their caste. However, it is a very common issue in India. It is present for a very long time in our country. Many people believe in it and many people do not. It depends on the thinking and mindset of an individual. Some people are against this system and on the other hand, some are in support of this. It is basically a kind of division between the people. The higher caste children are facing a lot of difficulties in finding jobs. Earlier, it was not this difficult to find job. This happens because of the caste system. People say that the lower caste people deserve and need the reservation. They need it because people treat them unequally because of the discrimination occurring through the caste system. The higher caste people see them as lower category people. However, it is not fully true because all the people are not having same thinking. Many people are still there who do not believe in the caste system. Many talented students do not get admissions in good universities and colleges. This happens because of the reservation given to the lower caste people. They get reserved seats in schools

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and colleges and they need to study less for the entrance exams as they need fewer marks or less performance as compared to a general student. The relations among the members of the various castes are changing for better. Inter-caste marriage is still a problem in society. For many people, inter-caste marriage is wrong. On the other hand, many people believe that it is not a bad concern. Attempts by the Harijans for exercising the rights provided to them by the Constitution have led to attacks on them by the castes that are dominant. They are beaten and their huts are also being burnt in the fire. Moreover, they are coming under the social boycott. A significant development in the period before the independence of the nation is the emergence of the caste as a political force. In the life of the urban areas, new institutions are rising. In many States, the politics is based on the caste system. When it comes to choosing a candidate, the first thing that is considered is the caste. The most faced problem due to the caste system in society is reservation. It is a topic for which many are in favour and many are against as well. It is a major issue today and is also very sensitive. It depends on the thoughts and mindset of every particular person, however, it creates thinking in the mind of people because of which they judge people on the basis of the upper and lower class. India made tremendous progress in religious and social field in the 19th century. Raja Ram Mohan Roy decided to reform Hindu society from its all evil customs. He opposed all discrimination and evil practice against women. He was the founder of Brahma Samaj. He gained more popularity through his activities for the abolition of Sati Pratha. These movements played an important role in creating culture consciousness and confidence among the people. He was the great personality of modern India. (1006)

Fake News

Fake news is news which is not true and misinforms the readers. Sometimes, fake news creates panic among the readers too. Stories are also made for different wrong purposes. Fake News or stories influence people's views, push different political agendas and confuse the readers that can often be a profitable business for people who publish articles online. In today's world, fake news has become a serious threat to many people. Fake news can be any news, story or joke that misinform people or deceive the readers. Social media apps like Facebook, Instagram and even Google are accountable for the growth in fake news. Fake news can be created by any political party to push various political agendas. These kinds of false information reach the common people and thus, they affect the free speech and choices of the country's subjects. Fake news leads to the hijacking of the democracy of any country. Fake news is not a new thing which is rising with the growth of India's social media applications. Its origin is found in Greece. The governments and people who were in the business of mobilizing public opinion, they always invested in campaigns to spread wrong information to build their own choices. There are various causes behind the spread of fake news in India. In today's India, media and their journalists are no longer seen spreading real news or creating news neutrally. These news channels or newspapers allegedly act as the chambers of the dominant political parties. Indians use different social media applications and it has become very easy to spread fake news through social media. Among these users, most of the people use WhatsApp alone. We all know that how various fake stories reach us through this application. The digit of people using WhatsApp is so high that it is almost impossible to trace the source of news so as to find that the news is fake or real. Lack of proper law is also a big reason behind this growth of fake news in India. There is no

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particular law that can deal with fake news in India. According to Article 19 of the Indian Constitution, free publication or broadcasting of news in India is a Fundamental Right. Recent studies have confirmed that Indian citizens do not even try to look for the truth. On the counter part of finding out the truth, they look for evidence to support the fake news they have shared. Fighting against this fake news can be dealt with three important points. These important points are rebuttal, removal of fake news and educating the public. Technical companies like Facebook and YouTube use high level coding language to remove fake news. WhatsApp has also limited the messages you can forward so that you cannot forward unlimited texts that can include fake news. Nowadays, many people have understood that whatever we share may not be true at many extents. Still, there are a huge number of people in India who have no clue about fake news. So, we must educate them. The Indian Government has propagated a new method that can track the source of fake news. While we have seen the abovementioned ways to deal with fake news, we have kept this in mind too that it is impossible to remove fake news completely. Rebutting fake news is possible. Fake news has become one of the most important issues in the modern India. However, fake news is not a new phenomenon. This fake news has spread worldwide and in the countries with a bit lower literacy rate. Now, it has become a threat. Fake news can be a dangerous way of obtaining information. At the time of sharing news, people often do not stop and think about that whether the article could be fake and in an age of instant internet access and social media platforms, news is shared to millions at the touch of a button and by this, the danger is created. The Oxford English Dictionary added the term fake news in 2019 and the use of the term has increased over the years by 365 per cent from 2016 to 2017 alone. Fake news became popularized during the campaigning of Donald Trump for U.S. Presidential Election in 2016. In fact, according to the Oxford English

Dictionary, it has been around since the 19th century. The Supreme Court of India asked the Centre to explain its mechanism against fake news and to create one if it did not already exist. Usually, these stories are created to influence people's views, push a political agenda or cause confusion and can often be a profitable business for online publishers. Fake news is not a new phenomenon which is linked to the rise of social media. On the contrary, it has been from the times immemorial. Fake news stories can deceive people by looking like trusted websites or using similar names. There are three elements to fake news. These factors are mistrust, misinformation and manipulation. Many people get news from social media sites and networks and often it can be difficult to tell that whether stories are credible or not. Social media sites can play a big part in increasing the reach of these types of stories. Everyone is busy in sharing, liking and commenting on news items without checking the authenticity of news. Traditionally, we got our news from trusted sources, journalists and media that are required to follow strict codes of practice. However, the internet has enabled a whole new way to publish, share and consume information and news with very little regulation or editorial standards. The immense popularity of social media platforms in India is exploited for the spread of fake news. For the past two months, Hon'ble the Supreme Court has been asking the Government to give a clear answer to whether the provisions of the Cable T.V. Network Regulation Act of 1995 would apply to T.V. broadcasts. Government referred to the power to prohibit transmission of certain programmes under Section 19 of the 1995 Act. (1002)

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Family Planning

India is a big country. She attained her independence in 1947 after a long struggle. The country was divided into two parts. When the Central Government headed by Pandit Nehru took over, the situation in the country was very bad. Partition of the country followed by bloodshed and left the country with a lot of damages. Unemployment, poverty and starvation were there. The population of the country continued to increase day by day. The Government, therefore, decided to launch a massive programme on Family Planning in 1952. A propaganda drive was launched to educate the people to adopt Family Planning. Various Family Planning centres were opened all through the length and breadth of the country. But, all these did not produce the desired result. Statistics reveal the magnitude of the problem. The figures of 1931 revealed that the population of India equalled the population of a big country like the U.S.S.R. during the period 1947 to 1980. The annual increase in India's population is roughly equal to the population of Australia. The entire country seems to have been shocked by this rate of increase in the population of the country. We are already on the road to becoming the most populous country of the world. Experts feel that if population continues to grow, India will soon be facing doom and gloom. Unemployment will rise to staggering heights. Urban violence will touch a new height. Every breath of air will be badly polluted and every drop of water will be contaminated with poisonous matter. It would become almost impossible to provide even basic amenities of life to the people. Traffic on the roads will grind almost to a halt. Garbage disposal will become an impossible task and life would become a hell. It will really be a very sad day. The problem of increasing population must be solved on an urgent basis. But, coercion or compulsion cannot work in a democratic country like India. The people will have to be properly educated and inspired to adopt and accept the idea of Family Planning. Unless the problem of increasing population is solved, our certain policies will not raise our standard of

living. No plan for employment can succeed in its absence. The food problem will remain as it is. So, for the future prosperity of the nation, every effort must be made to solve it. Family Planning is a crying need of the hour in our own country. It is a problem that concerns each citizen. It is in our interest to adopt Family Planning. It is a happy sign that India is the first country to have formulated a National Population Control Programme. The Government is now leaving no effort to educate the people to go in for small families. Several incentive schemes have been launched to popularize Family Planning and some pills are being distributed either free of cost or at subsidized rates. No Government can afford to go slow in the matter of Family Planning. It would be simply suicidal for the country. A propaganda drive has been launched to impress upon the people that family welfare is a very useful programme. The radio, the television, the newspapers and the entire media have been geared up to propagate Family Planning. There is a good response. Most of the families have also started planning their families. It is hoped that the people of India will soon come to understand the importance of this programme and they will take to it voluntarily in true spirit. Then only, the country can march forward. If we do not plan our families, we will perish. India's population is the second largest in the world. It is increasing fast in comparison to the depleting resources. It shows an increase of about 2.4 per cent. Consequently, the experts have started sounding warning bells. This population explosion has created many serious problems. More population means high pressure on our resources of food, employment, housing, clothing, education, etc. With the advancements in medicine and healthcare, the mortality rate has come down considerably, but the rate of birth continues almost the same. It makes effective Family Planning measures a must. In the absence of control on population, all our schemes are bound to be a failure. Family Planning is aimed at not only reducing the birth rate, but also at better health, family welfare and care for the children and mothers. To achieve these goals, mass education and motivation programmes are being going on. It is wholly

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a voluntary programme and is an integral part of the overall strategy of growth covering health, maternity, child care, family welfare, women's rights and nutrition. The first two birth control centres were established in Karnataka way back in 1930. In those days, birth control was not talked about so frequently and freely. But, there was no such thing as Government sponsored Family Planning. However, there was a good deal of consciousness among the educated and enlightened people in the country that birth control facilities should be provided for the interest and welfare of a happy family life to those who wanted them. Earlier, Family Planning was given high priority. Consequently, the programme underwent great expansion, consolidation and integration. For disseminating knowledge about Family Planning and welfare, all means of communication including mass media and inter personal contact were extensively used. Since then, every method is being tried to make the rule of small family popular and acceptable. Population education has been introduced in the formal school and the universities in the country. There are various programmes which are implemented through the State Governments and for their implementation, grants are given by Central Government also. In rural areas, the Family Planning and welfare measures have been further extended through a network of primary health centres. Maternal and child healthcare are also a part of this programme. Voluntary organisations and private medical practitioners are also associated with it to make the maximum use of available resources for optimum results. We will achieve desired results only if there is active participation of all. (1008)

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Internet Influence on Kids

We are living in an I.T. revolution era. Importance of internet and computers cannot be denied. The modern youth and children do not have any other option. Internet and computers have already taken over each and every field. Internet has a good as well as bad influence on kids. Through the Internet, the life of the society has become easy because through this because we can do our works without having to go out of the house, watch movies, do business transactions, buy things, etc. Now, it has become a special part of our lives. We can say that without it, we may have to face all the difficulties in our daily routine life. Due to its ease and usefulness, it is used everywhere such as at work, schools, colleges, banks, educational institutions, training centres, shops, railway stations, airports, restaurants, malls and every individual at home and for the various purposes of the family members. As soon as we give money to our internet service provider for its connection, we can use it for a week or month or year or more from any corner of the world. It depends on our internet plan. Along with the entry of internet into our lives, our world has changed in a big way. Out of these changes, some are in positive form while some are in negative form. It is very beneficial for students, businessmen, colleges, universities, banks, research institutes, etc. This allows the student to get information related to his or her studies. The trader can do his own activities from one place so that he can complete his work on time without any kind of interference and with excellent research results and research can give excellent results. In the past few years, there has been a rapid increase in internet users. Among these users, there are many users who are children. Internet usage by children has been rapidly increased. However, there are some negative impacts that can directly affect children. If a proper check is not ensured and guidance is not given to the children, then it can lead to some dangerous

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situations. Before we look into the negative effects of internet Influence on kids, let us look into some positive effects of the internet influence. Internet influence also helps to increase coordination between hands and eyes. Using the internet for study increases the knowledge and that increases the confidence of the students. With the help of proper guidance and use of the internet, children can learn many new things from it and it also helps them to perform better at school. It also increases their visual intelligence as they learn things from online lectures. The reach of the internet is worldwide. It spans across all countries, all communities and all age groups. Therefore, even kids easily fall prey to the influence of the internet. As is applicable to most other such phenomenon, it comes with both its advantages and disadvantages. Adverse consequences include social, physical, emotional and psychological consequences and therefore, internet influence can turn out to be a very harmful influence for kids if it is not channelized and supervised in a proper way. By sitting long hours in front of the screen using the internet affects the health of children. First, it affects their eyesight and increase obesity. Sitting long hours in front of the computer lessened the time of their physical activity and they hardly give time to play outside. It can also result that the kids cut themselves out from rest of the world. Chances are there that kids can fall into traps because of the internet through online games or online games that promote violence attract children's attention easily. Due to influence of games, kids try to do these kinds of stuffs which are not at all good. Trying these violent things can lead to accidents and there can be some severe consequences too. A year or two back, an online game called Blue Whale killed thousands of children all around the world. This game provokes children to attempt suicide at the last stage. It tells them to make a scratch in their hands through the blade after every stage. Some online games provoke them to other violent and harmful stuffs. The action was taken immediately by the Ministry of

Information and Broadcasting, Government of India. The game was banned by Google and other social media platforms, but somehow, the link of the game was sent to the children through illegal ways. Still, the game took many children's lives, snatching away happiness from thousands of families and due to all these things, the game was considered a deadly game. Guidelines were released by the Government after this incident that how children should use the internet so that such horrible incidents do not happen again. Many online games have been released which have made youth and children to addict towards them. Tell me an area or sphere where internet and computers are not being used. Education, industry, finance, teaching, learning, research, medicine, accounting, entertainment, internet, online teaching, telecommunication, media and space research and exploration are some of the areas which are incomplete without the usage of internet. It is internet and computer everywhere. The modern world will look void without internet and computers. Internet and computers have created such an order in every field. They are very efficient in data storing and handling. They have made the life much more organized, systematic, simple, colourful, efficient, smart and awesome. Naturally, the field of education has also been influenced positively by use of internet. It has made the learning in classrooms much more convenient, easier, simpler, colourful and efficient. Expert teachers teach students using smart boards and interactive whiteboards. Internet has enabled both students and teachers to learn data many times faster than was possible in a traditional classroom. Internet has facilitated sharing of knowledge available on all the subjects. Aspiring students can look up the internet for any information and knowledge they require while studying. Internet and computers have really made education quite romantic. (1008)

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Laughter is the best Medicine

Laughter is the best medicine for every problem you are passing through. A cheerful day means good vibes. Keeping yourself happy could change the world around you. You should follow a different way of viewing the people and understanding them. Being happy always keeps you healthy. It is the way to bring people together and to bring positive changes in their bodies. Laughter strengthens your immune system, lessens your pain and damages the stress you feel. Those who understand the importance of laughter and a happy face, they always remain concentrated and alert. From day one, we have been taught to keep ourselves calm. Laughter brings priceless fun to your life. If you want to strengthen your relationship with people around you, then laughter is the best healer in such cases. Laughter helps in strengthening our relationships. Laughter creates positive vibes in the environment. When people laugh with each other, it creates a positive bond. The bond acts as a defence against disappointments and disagreements. Whatever is the condition, place or surroundings, a healthy laugh can help you recover from various ailments. In today's busy life, people suffer from different mental health issues. This issues turn into anxiety and depression. However, one can avoid all such problems by inculcating the habit of laughing. Laughter acts as an antidote for stress, pain and conflict. There is nothing that works healthier to bring body and mind into balance than a good laugh. It relieves your burden and connects you to others. It contributes towards giving positive vibes to the people who are in touch with you. It can be one of the better methods of adapting to challenges and continuing ahead with life. A simple smile or laughter completely alters the mood of the surroundings. People should include laughing in their daily activities. It reveals that laughter is a form of expressing our emotions. If we feel low, happiness can make us feel better. It acts as one of the best remedies

for all illnesses. It not only contributes towards individual well-being, but also leaves a good impression in front of others. Laughter acts as the simplest medicine to reduce blood pressure. Through laughter, there are only positive effects on people's well-being. Since laughter is completely free, one can decide to laugh regularly and can accomplish its great advantages. Humour is a powerful way to heal disagreements and unite people during tough times. Adding more laughter into daily interactions can enhance the quality of relationships. It is independent of any language. By laughing, people can burn several calories and remain healthy. Laughing is nothing less than an exercise where people inhale oxygen. It enhances the blood in the human body and helps in boosting a person's immunity to fight against diseases. It costs nothing to laugh and gives us countless benefits. Laughter is an instant holiday. Human life is full of stress and happiness. In such a living, the humour of a few moments makes you feel humorous for a long time. There are much more sad moments in life rather than happiness. In these worst scenarios, the gift of laughter is awesome. Laughter is considered best for development of human beings and starts evolving from the childhood. Laughter is one of the most important gifts given by God to the human beings. Humour makes the brain brilliant and boosts energy inside the body and keeps the body system fine. Have you ever thought that laughter can assist curing disease? Humour uses the power of smile and laughter to aid healing. Doctors commonly use it in patients with chronic diseases and stress. Laughter is a key to boost the immunity power in the human body. The studies even stated that laughing for approximately 15 minutes a day will help to burn 40 calories. Laughter brings distraction from negative emotions such as depression, anger, stress, guilt, etc. In short, laughter helps us to create a frame of mind in which we can more effectively cope with the struggle of life. If life is a meal, humour completes it like salt. A person must be said to have divine power if he can make

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others laugh. Laughter helps in increasing social connections with a huge crowd. It brings us closer to the other people as there is holiness in it. The period of life is extended with laughing people. A person with a humorous nature is more adorable. Laughter is the most important factor which distinguishes one personality from the other. Laughter has no side effects. Addition of Laughter in life subtracts other negative emotions from life. One of the greatest feelings in the world that brings great happiness to life is laughter. It is really one of the best medicines in the world. Laughter completely changes the mood and lightens up the environment. In addition, you will feel better and everyone around you will feel positive. Nowadays, everyone is leading a monotonous life and depression has become quite common. If one decides to take a break in a while to focus on themselves by doing what they like and being around people who make them laugh and enjoy, a lot of mental sickness can be decreased to some extent as laughter is known to be an effective measure against pain, stress and conflict. Nothing works as fast as a laugh to rebalance your body and mind. Humour also eases your burden, connects you to others and keeps you alert. Therefore, laughter has tremendous power to renew and heal the body and mind. That is why, it is advised to surround yourself with positive people. By laughing and staying happy, you can easily relieve stress and physical tension to a good extent. When laughter becomes a part of life, the muscles of the body are completely relaxed and the immune system gradually improves as well. Therefore, it is important to take the time for yourself and laugh for at least 45 minutes to strengthen yourself and increase your wellbeing hormones. Laughter is priceless, affordable, free and easy to use. (1005)

Library

Books contain knowledge and a library contains books. Library is the heart and soul of the education system. A college or a school is judged from its library. Buildings alone do not make a school. A library is a collection of books, magazines, newspapers and various other papers. A library is the temple of knowledge and a boon to the people. It is the place where knowledge is preserved. A library forms a very important part of an educational institution. A library widens the knowledge of the students with new ideas and new thoughts. Every library has a reading room attached to it. It subscribes to many dailies and magazines and journals. Readers read papers which present varying points of views. There are many uses of libraries. A library spreads knowledge. The poor students who cannot afford to purchase books, they can make the best use of a library. They can borrow books and gather knowledge. Even rich men cannot have all the books and they also have to depend on the library. Library inspires the students to develop a habit of reading books. The reading room provides an atmosphere where everyone wants to study the books. A reader remains in touch with the new discoveries, inventions and day to day matters of the world. The newspapers keep a reader in touch with what is happening in the world around him. A library not only spreads knowledge, but also preserves it. We can know about the past civilization and culture from the books which are kept in a library. Preservation of knowledge is essential for the progress of the country. If the books are not preserved, every generation will have to work from the very beginning. Thus, a library does very useful service. It gives to the scholars all the knowledge of the past. A library increases our knowledge and widens our outlook. It reveals new facts, new experience of human beings and nations, new wonders of this vast and varied world, etc. We get an opportunity of sitting in the company of the minds of the old age and

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the mighty brains of the present world and knowing their points of views on various subjects. Knowledge is both a power as well as a joy. A library, therefore, gives us a real satisfaction and pleasure. Learned poets and scholars spent their most of the time in the company of books. Library is useful to professionals, general readers and research students. No research is possible without a good library. Libraries contain essence of our civilization and culture and hence, they should be maintained in the best possible manner. Library is an asset to the school, college or university. A library has a librarian to guide and attend to the readers. Books are kept and arranged in open shelves bearing a label which makes the reader look for a particular book easily. A member of a library can borrow few books for a particular period and take them home. It is the responsibility of the reader that no pages are torn. If he loses a book, he has to pay for the loss. Each academy has a library of its own. A library is spacious with comfortable furniture. It is a boon for poor students. A student or a reader can increase his knowledge of various subjects by reading in the library during his spare time. He can also borrow books and read the same in the comfort of his home. One can gain very useful knowledge by reading in a library. The library is a popular place in the academic curriculum. Books and textbooks are borrowed regularly by the students as well as staff. A library needs a good librarian who is well-qualified in the subject of Library Science. Such a person can maintain the books properly. He can guide the students to select suitable books. He should be cheerful and cooperative. Librarian should interact well with the readers. The readers can easily get the books they want if they consult the librarian. Thus, the guidance of the librarian saves a lot of time of the readers. A good librarian welcomes suggestions from the readers for the improvement of the library. He buys new books after taking into consideration the requirements of the readers. A library is housed in a very spacious room. The furniture inside the library is

comfortable. It is kept neat and clean. A library has thousands of books in stock. It has books on various topics, subjects and events. New books are added from time to time. Some libraries are private, some are public while some are Government one. School and libraries are the two temples for the worship of the Goddess Saraswati. Libraries play an important role in providing mysterious knowledge. It leads us from the darkness of ignorance to the light of knowledge. As humans need moderate and balanced diets for their physical strength, learning became essential for mental strength similarly. Being in touch with the libraries will help the human from lust and temptation. Moreover, libraries are the leading way of sharing knowledge than any other media. Great thinkers set up their own libraries. Libraries are too awesome. Good reading and study habits can be established in the students through libraries as use of libraries helps to enhance the experience. The concentration power is tremendously raised with the assistance of the library. It has all forms of possible solutions to academic difficulties. The scoring in academics is improved when the student starts being in touch with the reference books. We may find a person with the same kind of interest in the library which helps us in building the social network. In addition to the above, the new generation might be sad to hear, but not everything is available on the internet. Internet may have many mistakes that could not be realized. Internet complies the libraries, but fails to replace it. It has been also quoted that the greatest gift a child can receive from their parents is a book. (1007)

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Indian & Rights

India is a democratic country where every citizen of the country lives with complete independence. However, they have various obligations towards their country. Rights and responsibilities are the two faces of the same coin and both move alongside. If we have a right, then we also have some duties to engage with those rights. No matter wherever we are living, whether it is home, society, village, State or country, our rights and responsibilities go step by step. Preamble is the important part of Indian Constitution. Fundamental Rights are given to citizens irrespective of race, place of birth, religion, caste, creed or gender. Man is a social animal by nature. We have many responsibilities and duties towards our society to bring development, prosperity and peace within the society and to the country. To fulfil the responsibilities, we have been given some Fundamental Rights through India's Constitution. It becomes crucial to give rights to citizens to improve individual development and social life of each individual. The country's democratic system is entirely dependent on the independence of the citizens of the country. Right to Freedom enables people to express their thoughts through speeches, by writing or by other means. According to this, the person is free to give opinion or criticism of policies of Government. He or she is free to do any business in any corner of the country. Any Individual belonging from any religion can stay together. There are many States in the country where people belonging to different religions live together. All individuals are free to follow any religion of their choice. Nobody has the right to question anyone's religious beliefs. Right to Equality provides that all the individuals living in India are equal and there is no discrimination and difference between rich, poor, high or low class people. A person belonging to any religion, caste, tribe or place can get a qualified higher rank in any office. Right to Education enables every child of the country to receive education. The child also has the right to receive education at any stage in any institution. Right to Constitutional Remedies is the

most important right because it acts as the Constitution's soul. If anyone feels that his or her rights have been hampered in any situation, then he or she can go to Court for justice. As we all know, rights and responsibilities go hand in hand. Fundamental Rights are meaningless without responsibilities. If we do not fulfil our responsibilities to run the country smoothly on the path of progress, we shall not enjoy the Fundamental Rights. Everyone must respect our National Flag and National Anthem. Everyone must obey and follow the laws of the country. Everyone should enjoy their rights without interfering in the freedom of others. Everyone must always be ready to protect the country whenever necessary. Everyone should pay their taxes properly on time. Citizens living in the country should know their rights and responsibilities towards their nation. It will help the nation's citizens fulfil their responsibilities for the country's development. Individuals must fully understand their rights and freedom in the country and their duties to serve the community and the country. India's Constitution came into effect on 26th January, 1950. According to the Indian constitution, the people of India hold many rights and responsibilities. Kindness towards nature, animals and other people can transform the world and make it a beautiful place to live. However, kindness towards yourself is also crucial in the journey of personal growth and achievement. Kindness can be described as the value of being polite, compassionate and thoughtful. Unconditional love, tenderness, comfort, concern and support are words associated with kindness. Being compassionate also calls for bravery and determination. Kindness is taught in every religious faith. Be it Hinduism, Sikhism, Christianity, Jainism, Buddhism or Islam or some other religion, they all prepare us to show compassion towards others. The term is not limited to human application. Cruelty to all living creatures is a sin in many religious scriptures. Even the deaf animals raise their tail as a response of compassion expressed towards them. Trees show similar reactions. They grow large and produce fruit in response to the kind behaviour of their caretakers. Nature has its way of communicating

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appreciation and compassion. Compassion is not only a moral attribute. But, in all aspects of existence, it can be adapted. Being compassionate to your parents or friends helps create a stable family base. Showing courtesy to friends and neighbours tends to create a healthy social climate. Only small selfless acts of kindness can help to build up a successful company. As has been said previously, every person and every animal knows the language of compassion. Kindness is not a characteristic which is widely seen in people these days. In today's time, people have become self-centred. All they can talk about is themselves. Everyone around here is busy making themselves successful and showing the world how better their lives are compared to others. They do not hesitate to offend those in their way to reach everything they want. However, there is nothing wrong with innovating, but you have to realize that there is a lot more to life. So, it is not just about competition and winning. Presently, most of the people do not have the trait of compassion. This can be achieved by explaining the value of it from the very start. Workshops must be held and presentations must be provided to teach students that why it is necessary to be kind to human beings, plants and animals too. This topic must be an integral part of the curriculum in schools. It is important to stress its significance from the very beginning so that citizens can appreciate and teach it. An individual with a generous temperament and respect towards everyone is considered to be kind. These individuals are compassionate to others. They support others around them if there is a need and they never fail to go out of their way to put joy on the face of others.

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Environment & Indian Society

We can estimate the importance of environment. It plays a vital role in keeping living things healthy in the environment. Likewise, the environment maintains the ecological balance that will keep check of life. It provides food, shelter, air and fulfils all the human needs. The needs of human beings can be big or small. Moreover, the entire life support of humans depends wholly on the environmental factors. In addition, it also helps in maintaining various life cycles. Most importantly, our environment is the source of natural beauty and is necessary for maintaining physical and mental health. The environment gives us countless benefits that we cannot repay in our entire life as they are connected with the forest, trees, animals, water and air. The forest and trees filter the air and absorb harmful gases. Plants purify water, reduce the chances of flood and maintain natural balance and many others. Moreover, the environment keeps a close check on the ecosystem. Besides, it maintains the culture and quality of life. The environment regulates various natural cycles that happen daily. These cycles help in maintaining the natural balance between living things and the environment. Disturbance of these things can ultimately affect the life cycle of humans and other living beings. The environment has helped us and other living beings to flourish and grow from thousands of years. The environment provides us fertile land, water, air, livestock and many essential things for survival. Human activities are the major cause of environmental degradation because most of the human activities harm the environment in some or other way. The activities of humans that cause environmental degradation are pollution, defective environmental policies, chemicals, greenhouse gases, global warming, ozone depletion, etc. All these affect the environment badly. Besides these, the overuse of natural resources will create a situation in the future. There will be no resources for consumption and the most basic necessity of living, that is, air will get so polluted that humans have to use oxygen in bottles for breathing. Above all, increasing human

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activity is exerting more pressure on the environment which is causing many disasters in an unnatural form. Also, we are using the natural resources at a pace that within a few years, they will be completely vanished. We can say that it is the environment which is keeping us alive. Without the blanket of environment, we would not be able to survive. Moreover, the environment's contribution to life cannot be repaid. Environment has given us many gifts, but in return gift, we only have damaged and degraded the environment. The ecosystem that includes all the plants, animals, birds, reptiles, insects, water bodies, fishes, human beings, trees, microorganisms and many more are part of the environment. All these constitute the environment. Today, the caste system is one of the major issues that people are facing. It is basically a system that separate people on the basis of their caste. However, it is a very common issue in India. It is present for a very long time in our country. Many people believe in it and many people do not. It depends on the thinking and mindset of an individual. Some people are against this system and on the other hand, some are in support of this. It is basically a kind of division between the people. The higher caste children are facing a lot of difficulties in finding jobs. Earlier, it was not this difficult to find job. This happens because of the caste system. People say that the lower caste people deserve and need the reservation. They need it because people treat them unequally because of the discrimination occurring through the caste system. The higher caste people see them as lower category people. However, it is not fully true because all the people are not having same thinking. Many people are still there who do not believe in the caste system. Many talented students do not get admissions in good universities and colleges. This happens because of the reservation given to the lower caste people. They get reserved seats in schools and colleges and they need to study less for the entrance exams as they need fewer marks or less performance as compared to a general student. The relations among the members of the various castes are changing for better. Inter-caste marriage is still a problem in society. For many people, inter-caste

marriage is wrong. On the other hand, many people believe that it is not a bad concern. Attempts by the Harijans for exercising the rights provided to them by the Constitution have led to attacks on them by the castes that are dominant. They are beaten and their huts are also being burnt in the fire. Moreover, they are coming under the social boycott. A significant development in the period before the independence of the nation is the emergence of the caste as a political force. In the life of the urban areas, new institutions are rising. In many States, the politics is based on the caste system. When it comes to choosing a candidate, the first thing that is considered is the caste. The most faced problem due to the caste system in society is reservation. It is a topic for which many are in favour and many are against as well. It is a major issue today and is also very sensitive. It depends on the thoughts and mindset of every particular person, however, it creates thinking in the mind of people because of which they judge people on the basis of the upper and lower class. India made tremendous progress in religious and social field in the 19th century. Raja Ram Mohan Roy decided to reform Hindu society from its all evil customs. He opposed all discrimination and evil practice against women. He was the founder of Brahmo Samaj. He gained more popularity through his activities for the abolition of Sati Pratha. These movements played an important role in creating culture consciousness and confidence among the people. He was the great personality of modern India.

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Eradication of Child Labour

Child labour is a crime against humanity. Children are working when they are supposed to play and read. The sad thing is that they work under difficult conditions. The struggle for existence begins at a very early age for them. Everybody is responsible for this crime, that is, society, Government and individuals. Socio-economic conditions are directly responsible for child labour in India. The perceptions have still not changed in the country. The rich or the employer does not stop himself from exploiting these tender age group children. The condition is so pathetic that it demands urgent action. We often find children working at dhabas, restaurants and as a servant at home. The situation is alarming when they are employed to work in the smoking and carpet industries. They work under hazardous conditions. Children are also employed in glass, bangles, matches, copper and cracker industries. Working conditions are very bad in these industries. Children are often infected with various diseases at a very young age and they suffer the whole life. Moreover, they are not paid adequately and work for longer hours. One estimate says that there are approximately 50 million child labourers. We also come across child labourers in agriculture and they are paid very little. The greatest cause for child labour in India is poverty. Some families are deprived of even two meals per day. It is a fact that how they can think for balanced and nutritious food. Poverty prevents children from going to school. Even if some children go to school, they drop out later on as there is constant pressure to earn to support the family. The rising population among poor people increases the problem. That is why, the goal mentioned in Article 45 of the Constitution of India for compulsory primary education below the age of 14 years never became a reality. Primary education to children is of fundamental importance to the growth and development of a child. The social attitudes have not changed towards the deprived sections. The children are exploited by employers for being poor. The treatment at homes, dhabas and restaurants is not fair. The system of child labour is

very old. It became more since the establishment of factories by British. It is increasing because child labour is also cheap labour. The efforts towards making compulsory primary education have not met with success. It has not become a movement. The Government alone cannot do it. Individuals, NGOs and various institutions can help towards making primary education a complete success. However, some of the initiatives of the State towards providing mid-day meals during school hours can help in increasing the enrolment of poor children, but it is not enough. The Government has taken several measures to combat the menace of child labour. The Government introduced the Integrated Child Development Programme. Various measures have been taken to improve the working conditions during work. It is impossible to eradicate child labour in one go because they will lose their earnings and it might put their existence in jeopardy. So, it should be eradicated in a phased manner. First of all, the working conditions under hazardous industries should be improved and later on, the conditions should be made for their proper rehabilitation. The most important thing is that proper educational facilities should be provided along with the healthcare. In this way, they will not be deprived of basic education. Also, they will not fall victim to diseases. In addition to this, they can also escape from juvenile crime, drugs and country liquor. They easily fall prey to these addictions. So, their development has to take place in an integrated manner so that all the components for their development are equally addressed. When a child cannot enjoy his life due to the absence of freedom, he is basically denied opportunities that are essential for the development of human beings. As a result, a child develops psychological problems like stress and emotional traumas. That is why, some of the developed countries have imposed restrictions on their imports of products made out of child labour from developing countries. A complete ban of child labour is not again feasible for developing countries, but it can be done in the long run. Child labour has to be stopped gradually. All favourable conditions should be made for the overall development of the child. Poverty has to be eradicated

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from its roots. Side by side, educational arrangements should be given due importance. Rehabilitation programmes and training programmes should be implemented. If not done in the time, we will be depriving millions of children of their basic rights and it will not be helping humanity to prosper and grow to its sublime. Child labour is a phenomenon prevalent mostly in developing countries of Asia and Africa. This is not to be seen in the advanced countries of the West. The reason for this is very obvious. Those who feel the need for financial support of the children, they only allow them to work and earn. In the Western countries, where education is compulsory, the question of child labour does not arise. Poor people have to make every member work for food. With the earnings of all the members of the family, they can meet their necessities. This same situation prevails in all the developing countries. When the school can only be a dream for the poor, we find the little boys at tea stalls, small restaurants, mechanic shops, cleaning cars, etc. We also see small girls engaged in industries. I am sure that if choice is given, all these parents would love to see these little children enjoy their childhood at home or school. The children who are working are adding their little contribution to the family income and it may be that if they do not work, they may not be blessed with the food. From the side of the child also, it is a certainty that if he or she is asked for a preference, it will be for going to school.

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Etiquettes and Children

Children have pure heart. They are innocent. We should also listen to children because a man should always learn throughout his life. Children are remarkably active. Their eyes ever observe, their ears listen and their minds ever process the message. If they see us providing a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parents realize that everyday, the building blocks are being laid for the children's future. Let us be wise builders and role models. Man is the wisest of all animals by virtue of only one thing, that is, his extraordinary power of thinking and emoting. Except knowledge, all other animals have the same basic necessities as man has. The three basic necessities are food, shelter and clothing. The bird, of course, is naturally provided to animals in the form of long hair and fur to enable them to face adverse weather conditions. Man's basic necessities are four in number - food, shelter, clothing and attention of all over the world. Those countries which cannot provide it to all over the world and to all their citizens, are considered backward. Illiteracy is identified as the root cause of most number of education problems. As the modern world is completely propelled by knowledge acquired by all means, education to all has become the social evils. A primary school is opened in village. The Tehsildar asks girl's father to send his daughter to school. It is socially restricted to send girls to school. Nobody would marry a girl who has gone to school. But, that girl's father has no courage to disobey the Tehsildar. Girl's mother suggests that her daughter should be sent to school. She was ugly. She had no chance of getting married. Thus, they sent that girl to school to please the Tehsildar. Education is the most powerful weapon in the world. Pen is mightier than sword. Almost, all the teachers of my school are highly qualified and have command over their subjects. My favorite teacher teaches us

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English. She believes in the principle of simple living and high thinking. Her personality is very simple and sober. She counsels us whenever we have any problem. She is our role model. There are seven schools of Yoga. They differ from one another and yet, they have a common objective. The system of Yoga was propounded by Rishi Patanjali. Yoga gives us mental and physical strength. It leads us to the path of health and devotion. There are two problems which cause great worry to our educationists. There is problem of religious moral instruction in a land of many faiths and the problem arising out of a large variety of languages. Taking up the education of children, we see that they should be kind and helpful to all. They should tender love to animals and to observe and think right. The task of count and calculate is important, but it should not make us lose sight of the primary aim of moulding personality in the right way. Good manners are something that a kid learns right from childhood. Parents try to teach good manners to their kids in the best possible way. Good manners make an individual a better human being and are essential for a person to live in a society. It is a stepping stone to achieve success in our lives. A child first learns it from their parents and tries to copy their behavior. It is very important for the parents to behave appropriately in front of their kids and teach with good manners like brushing teeth twice, greeting people, maintain proper hygiene and choosing the correct way of speaking in front of the elders. In the education sector, the students must respect their teachers and be conversational with their classmates. They must follow what their teachers say and ask them to do. This will help them make a good impression in front of others and enhance the quality of the relationship between classmates. One must respect their co-workers to avoid any negative feedback. The good manners and etiquette of an individual will help them in building up trustworthy image in other's eyes and people will find it easy to have a conversation with him. Good manners develop a positive attitude

and employer as well as the employees feel comfortable. This helps in maximizing the flow and enhances the quality of work. There are no institutes where one can learn good manners. We start learning good manners from our parents and elders, but as we grow up gradually, we come across many people and situations where even strangers and young kids leave a long lasting impact on our brains and we get to learn manners from even them. There are many advantages to being wellmannered. First and most importantly, it makes the world a better place to live in. At home, it helps in maintaining a healthy atmosphere suitable for all. It helps one to become the favorite student of the teachers and favorite classmates. Good manners and etiquettes do not depend on one's look or appearance. In this growing world, well-mannered people are a blessing. They make life easier and happier as they keep on motivating others and spread positivity. We need to search within ourselves and the outer world to learn new manners and keep making the world a happy place. Having good manners is essential to be socially accepted. Good manners can be defined as activities or habits that make a person civilized, mature, sensible and gentle. We meet hundreds of people in our daily lives and it is essential to behave nicely with them. Good manners help a person become successful in life and thrive. In the work field, one must take care of how he interacts because communication is the key to achieving milestones. Respecting others also falls under the category of good manners. People of every age group need to be recognized as they deserve it. Respect is the utmost thing one should aim for.

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Flight Hijack

C.I.S.F. received a message from A.T.C. that Indigo Flight from Goa to Delhi has been hijacked and he informed N.S.G. The said information was reduced down into writing. Neha was working as Cabin Attendant in Indigo Airlines since September, 2007. Just before takeoff, her colleague informed her that there is a passenger who claims to be a D.G.C.A. Officer. After takeoff, she went to the passenger who was frequently changing his seat and moving in the aircraft. She tried to convince and calm him, but he was arrogant, shouting and misbehaving with other passengers and Crew Members. During the course of flight, the said passenger came to rear and told her and her colleague that he is carrying a gun and some infected needles which can be used for infection and to cut the throat. He also told that he and his associates are going to hijack the aircraft. He came forward and moved his hand towards her neck to show her the point which he can press to make a person unconscious. She moved backward and got scared. She informed the Crew Members in the cockpit. Safety procedure of lockdown of cockpit was adopted. Aircraft landed at New Delhi in emergency. After boarding of the passengers, the exit doors of the aircraft were closed and mandatory safety announcement was made and demonstration about use of seatbelt and oxygen mask was made. When Neha was briefing passengers for use of the emergency doors during emergency, she was informed by another Cabin Attendant that one passenger told her that he would make a report against them for permitting passengers to move from their seats when aircraft was ready for takeoff. When she turned back to see the movement on other side of emergency seats, she saw that three male passengers were sitting at that row who were not there initially. By this time, Captain had made announcement for all Cabin Crew Members to be seated. So, she briefed those three passengers who had occupied these seats of

emergency doors and took her seat. Lead Cabin Crew directed her to tell the accused that if the accused had any problem, they could discuss the same after takeoff of the flight. She went to the accused enquired from him for any help. The accused started shouting on her and expressed his annoyance. She tried to calm down the accused and explained to him about the procedure. Later, she noticed that the accused was standing in the rear of aircraft and talking to both Crew Members. She went to rear of the aircraft and enquired from the accused that if he had any problem and on this, the accused requested for a glass of water. Lead Cabin Crew informed the Captain that a passenger claiming himself to be a D.G.C.A. Officer was disturbing the rear Cabin Crew and not allowing them to perform their duty. Captain asked them to verify the identity of accused, but Crew Members, however, could not go up to accused to verify his identity. Some of the passengers also observed the unruly behaviour of accused. A passenger became curious on the action of accused and enquired from the accused about his background. To this, the accused told to the said passenger that he was an I.A.F. Officer of the rank of Air Commodore. The accused also told that he was carrying one pouch with some needles. Captain contacted A.T.C. and told them that aircraft had an unruly passenger and requested for priority landing and security curtain to the aircraft. A.T.C. informed the Captain that they were treating this as a hijacked aircraft and security cover has been given.

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Leadership & Water

Leadership is one of those characteristics of a successful man or woman which is never inherited, but it is learned and imbibed into. It is difficult to give one definition to leadership, but it can safely be said that leadership is important to run this world. Be it a country, a company, a family or even a small classroom, leaders around the world have played a pivotal role in our lives. Leadership is defined by how well you lead a team into the goals and objectives set by you. Leadership is also defined by the clarity and quality of goals that you set for your followers. It is not easy being a leader. A leader is simply not someone who will please everyone on his way, he is someone who has the courage and intent of mind to take tough decisions even if it brings harm to his followers, but is in the direction of fulfilling the goals. Not all leaders are loved by their followers. There will always be some people in the population that are not happy with the leader or his or her decisions and style of leadership. If a leader tries to please everyone in the population, then it will become easy to fool him or her and be known as a weak leader. If a leader himself lacks integrity, then it would be wrong to expect that trait from his followers. This trend leads to a very dangerous future. Self confidence is an important trait that every leader should have. If a leader himself is not confident about himself or his decision, then how can he expect his or her followers to have confidence in him? Source of inspiration from a leader can come from various domains and corners of his or her life. Nelson Mandela inspires his followers because of all the sacrifices that he himself made in his life. Mahatma Gandhi inspires his followers by his ideologies, beliefs and principles. A leader needs to have clarity of mind. The decisions are based on their intentions, goals and objectives. There can be many hurdles that they might face during the journey, but they should not lose clarity and focus on the goal that they are trying to achieve.

Clarity will give a sense of confidence among the followers and make them feel that their leader knows what he or she is doing. It is not an easy job to be a leader. A true leader would not and should not lose focus on their journey. A leader will have to face many hurdles in life from various sections including his own followers. Sometimes, there comes a point where a leader should choose between his followers and achieving his goals. It is where the true test for a leader comes into the picture. The ability to inspire people and make them fall in love with his or her ideologies and goals is a testament for a good leadership quality, especially when there are troubling times during his or her tenure. To be a good leader, he should be aware of every spectrum of life. He should be empathetic and at the same time, should have the ability to take strong, bold and necessary decisions even if it means that he will become unpopular. Troubling and conflicting times are what makes for a good leader. Water is the very reason for the existence of living beings. Water is that magical liquid which provides life to animals, plants, trees, bacteria and viruses. Up to 60 per cent of the human body is made up of water. There is an abundance of water on the planet, but everything cannot be consumed by human beings and animals. It is unfortunate that only 3 per cent of the water is portable and safe to consume. Water is the pivotal ingredient in the essence of life. It is the most important non-renewable resource other than oxygen. It is important for life to exist and thrive on our planet. This small percentage of water is used by all living beings for their growth and survival. Plants and trees use it to for photosynthesis to grow. Judicious use of water should be followed since water is non-renewable and depleting at an increasing rate. At this rate, water will become redundant for future generations. Experts say that those unimaginable days are not very far from us if we do not use water with responsibility. Water is present in oceans and seas, but is not fit for consumption by human beings and land animals. This water acts

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as a lifeline for certain aquatic animals. Any little disturbance in the water cycle can lead to global warming, floods and droughts. Human beings use water for drinking, bathing, cooking, washing, watering, etc. Farmers use water to cultivate the land and fulfil the hunger of population. Power plants and nuclear plants use water to produce energy and power. Without it, the human race will not survive. Water helps in regulating body temperature. It keeps our organs and tissues functioning. It helps in digestion and breaking down of the food we take inside our bodies. It keeps our skin healthy and nutritious. People should learn to use water judiciously because we never know what nature might throw at us if we play with it. It is also predicted that the next world war will be fought for water. The symptoms of that are already being seen in the world nowadays. Turkey, Syria and Iraq are fighting over river water. Water is usually found in three states of matter, namely, liquid, solid and gas. All three forms of water are important for the survival of the human race. Water is depleting at a very faster rate without any source of replenishment. The only way drinking water can be replenished and regenerated is through a healthy water cycle in the atmosphere. For this, water cycle is to be maintained well. Human beings need to learn to use natural resources like forest, coal and natural gas efficiently without harming the cycle of life.

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Growth Rate of India

It seems surprising, but it is a fact now that there has been now India's growth miracle. In the last 15 years, that is, from 2000 to 2015, India achieved on an average annual growth rate of around 7.3 per cent while China's average annual growth rate during these 15 years has been around 10 per cent. More surprisingly, in the four successive years, that is, from 2004 to 2008, India achieved average annual growth rate of 9 per cent. Further, there has been an average annual G.D.P. growth rate of 8 per cent which is the highest achieved in India. It is due to this high rate of G.D.P. growth rate that according to an International Comparison Report of World Bank, in 2011, India displaced Japan to become the world's third biggest economy in terms of G.D.P. It is based on purchasing power parity prices. India is ranked after the U.S. and China. India's growth in recent years can be seen from the fact that the previous World Bank Survey for the year 2005 had placed India at the lower rank. So, between 2005 and 2011, due to higher growth rate, India jumped from the lower place to the third place in respect of growth rate. India's share in world in terms of growth rate was 6.4 per cent in 2011 compared with China's 14.9 per cent and 17.1 per cent of United States. This is shown by the latest World Bank Survey. This Survey was conducted by the World Bank. This Survey covered 199 countries. In the ranking of 2011, India's economy was 37.1 per cent of the U.S. economy compared to 18.9 per cent in 2005. It may be noted that purchasing power is used to compare economies and incomes of the people in different countries to make a meaningful comparison. However, it is worthwhile to mention that due to large population, rank of India in 2011 was placed at 127 in the 199 country ranking while the rank of China was placed at 99 compared to 12th rank of the U.S. Since 2003, Indian economy has emerged as one of the fastest growing economies of the world. In fact, next to

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China, India's growth rate from has been highest in the world since last few years. This is often referred to as miracle in the growth rate of India. Before 1980, India's average growth rate stuck at around 3.6 per cent per annum. After some time, the average rate of economic growth rate of India rose to 5.6 per cent per annum and in 1990, average growth rate of India went up to 6.2 per cent per annum under various programmes of the Indian economy. But, from 2004 to 2008, average annual growth rate of India rose to over 9 per cent per annum. In 2009, the advanced developed countries were experiencing recession, that is, negative growth, but India succeeded in achieving 6.7 per cent growth rate which further rose to 8.6 per cent in 2010 and 8.9 per cent in 2011. In the year of global financial crisis, it fell to 6.7 per cent in 2009. But, at that time also, it was above the other countries except China. There was temporary slowdown in economic growth rate, but in those two years, due to adverse global factors, the growth rate declined in all countries including China. However, from 2014 onwards, India's growth rate has picked up while G.D.P. growth rates in other countries of the world remain at lower levels. This has been made possible due to the constant efforts of Government of India and the overall support by the businessmen of the India. There is also an important role of NRIs. There should be constant efforts on both the ends. Average growth rate should be such that there must be generation of employment opportunities and this should create the opportunities for the youth of India. If it is done, then there will be no need to go abroad or no need to search in job. This is the major problem. It needs to be addressed earliest so as to achieve the higher growth rate and to make the Indian economy prosper. We are competing with those advanced and developed countries which were advanced and developed far beyond us. Growth depends mainly on rate of saving and investment or in other words, on the rate of capital formation and improvement in technology or ratio of it. In India and in other emerging economies

such as China, Singapore, Indonesia and South Korea, it was mainly increase in the rate of saving and investment that brought about a sharp growth in the economy of the nation. As a result, average growth rate rose to the higher levels. With this, India became the second fastest growing economy of the world. It is next to China. This rapid growth rate has been there for a longer period. There must be evaluation of the policies of the Government that they are working in the proper direction. This should be done so as to make the optimum use of resources. If the resources are used properly, then we can achieve the economic growth rate at the desired rate of growth. If expenditure is there, then there is demand also and this demand creates the supply in market. The supply and demand are the two main factors in the market which are responsible for the growth of any economy. There must be presence of the supply and demand in the market. The growth of market depends upon these two most important factors. There must be proper feedback system so as to check the measures adopted for meeting the demands and it must be ensured that there is proper supply. India was successful in attaining the desired growth rate. The economy has been performing much better than what was thought earlier. In the face of global demand conditions, it is the increase in domestic demand that brought about the increase in the growth rate of G.D.P. The market prices picked up and the domestic demand can be traced to increase in consumption expenditure, especially by the Government. The private expenditure at constant market prices increased by 6.2 per cent and Government expenditure increased by 8.2 per cent.

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Hospitality & Tourism

Hospitality means kindness to everyone and makes an environment of home away from home. It is the pure relation between the guest and host. This includes the management of hotels, restaurants and other tourist attractions including tourism management, hotel management, event management, resort management, etc. Business is open for 365 days and 24 hours a day. The main target of the hotel industry is to attract international tourism which will host a variety of different properties. Hotel industry is a backbone of Government and it is the Government support that helps to sustain in a competitive world. The Government charges great amount of the tax on the luxury and star category of the hotels. Political changes have a direct impact because of the Government, especially on the hotel industry. The State Government has to take huge decision which will support the growth of the industry. Hospitality is an exciting and competitive industry where hard work and dedication can really pay the great amount. Good management is essential for any business. Hospitality industry is one of the main industries in this world and this is the relationship between guest and host. Hospitality also involves showing respect for their guest, treat them equal and providing what they need when they are in the hotel or requesting a thing such as need of tourist to go around the town, need transportation and other services. The hospitality industry basically provides lodging or accommodation to people who travel and needs shelter for the day or night. Today, the hospitality industry is providing more choices for its consumers all around the world from hotels, resorts, hostels and many more. If the hotel has a good experience to the customer, this will affect customer loyalty and customer will come again. Most of the customers need a bed and food. Therefore, hotel will have a good experience for the customer and can gain more profit also. Tourism is the largest and fastest growing industry across the world. It is a source of revenue and employment. It also gives the opportunity for people to understand the culture,

civilization and religious aspects of a country. There are many countries whose main source of revenue is tourism. It is an export which is not visible. It earns valuable foreign exchange without any actual loss of internal resources. It provides different services that are needed as well as expected by the incoming tourists. Tourism is one of the largest industries in terms of money spent by tourists in the countries they visit. The amount received from the tourism industries sometimes exceeds the Gross National Product of many countries. India is one of the most popular tourist destinations in Asia and has been successful in attracting domestic and international tourists. India has fascinated many tourists across the globe with her secularism and her culture. The hill stations, historical sites, architecture, monuments, beaches and places of religious interest make India a preferred destination for tourists from all over the world. Tourism in India has immense potential of developing into a high revenue generating industry. Better connectivity of transport and communication, improved hospitality services and standard of living have led to an increase in domestic as well as international tourism. Tourism is one of the most important and fastest growing industries in today's world that creates a lot of job opportunities. Apart from generating jobs and revenue, it gives an opportunity for people of different countries and cultures to move and mingle with other cultures and social environments for the purpose of entertainment as well as professional purposes. It is only through tourism that the world can get closer and know each other both socially, culturally and religiously. It creates good bonding among people of different languages and cultures. India is one of the most preferred tourist destinations in Asia because of its beautiful landscape, rich cultural heritage and valuable ancient history. In 2019, it has attracted 10.93 million international tourists and this contributed to almost 4.7 per cent to India's G.D.P. India has also attracted international tourists because of the liberty it gives to different religions. The peaceful existence of people of 22 languages and different religions is a source of attraction for all international tourists. India has always been famous

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for its hospitality services. Our guests are considered as God and the tourists feel quite safe in India. A lot of solo travellers prefer certain parts of India over any other place in the world. Indian tourism gives proper value to tourists from foreign countries. The tourism industry gives a wide scope of employment to people. Tourism has promoted and benefitted small and local handicrafts and cultural activities. It has played a significant role in promoting national integrity and international understanding. It is a pleasant gateway for people. The tourism industry has also benefitted other sectors like aviation, transport, horticulture and handicraft. The hotel industry has immensely benefited from tourism and provides ample employment and help in earning foreign exchange. This industry has become one of the major contributors to the G.D.P. of the country. It has significantly contributed to the economic development of India. Tourism has played a very vital role in reviving India's art and culture. Tourists from foreign countries show a keen interest in the rich culture and heritage of India and this boosts the morale of the small artisans. For better growth, the Indian Government is taking a keen interest in promoting the different sections of tourism such as rural tourism, spiritual tourism, spa tourism and adventure Tourism. Nowadays, medical tourism has also become an important source of revenue for the healthcare sector. Many people from our neighbouring countries and from other countries are turning towards India for affordable and world-class health care services and treatment. Indian tourism has grown significantly over the years. The Ministry of Tourism, Government of India has played a major role in the development of the industry. The launching of Incredible India campaign by the Government of India is important in promoting India's tourism.

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Hospitals & Healthcare

Health is wealth. It is more important than the wealth we have. When we have a proper health, we will able to get the necessary wealth in our life. If we do not have a proper health, whatever wealth we have, it also goes into the waste. We will not be able to use even the available wealth without a proper health. This is the reason that one should take important care of his or her health. We should focus more on our health. Then, we will be able to work hard automatically and earn according to the work we have been able to do. Thus, health is very important in our life. First, people should learn to take care of their health and then, they should focus on the other areas of life. Taking care of ourselves alone does not matter. We should have the facilities in order to take proper care of our health. We should have easy access to all the health facilities. In order to maintain a proper health, people should have proper healthcare systems. Then, the people will be able to take care of their health and get treatment when they are suffering from any sort of sickness. Healthcare means the process or way in which one is taking different procedures or medical measures to make a person's health better. With proper healthcare, a person's health can become better. This includes the right treatment, taking medicines and changing one's own life habits. A proper healthcare will help to save so many lives. Because of unhealthy lifestyle, people are getting prone to many diseases. Due to these reasons, treatment is on the light. When a person does not get the right treatment, there are chances of losing the life. Healthcare system should be improved and regularly updated. In the previous years, outdated machines and treatments were used. Obviously, the treatment needs to be changed. There should be proper healthcare system so that everyone gets the treatment when needed. They will not have to run when they need the treatment in emergency. There are still many places all over the world where

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there are no healthcare systems and people have lost their lives. In order to remain healthy and be free or get treated from different diseases, one needs to have access to health care. Sickness must be cured at the earliest. With the passage of time, new diseases are coming into action. More people are getting ill every single day of the life. India is a country of villages. Most of the people of this country live in villages. The progress of India depends on the improvement of living conditions in villages. The villages have been neglected for a long time. Many foreigners have a different view about the villages of India. They think that the Indian villages are places of insanitation, poverty and diseases. They are dirty. The roads and lanes of villages are very dirty. There is no proper arrangement for drainage. Majority of the villagers live in dirty houses. They keep their cattle in the same house in which they live. So, the people living in villages suffer from various diseases. There is shortage of trained and competent doctors in villages. So, the villagers do not have adequate medical facilities. Most of them are so poor that they cannot get themselves treated by good doctors of towns. There are good hospitals in towns, but the poor villagers cannot go to these hospitals. So, they are treated by unskilled doctors. Many villagers die of various diseases due to lack of good doctors in villages. There is a great need of hospitals in villages. If there are good hospitals in villages, lives of hundreds of villagers may be saved. The Government should establish a hospital in every village. The hospitals in villages should be well-equipped. Some patients need special care. There must be some beds in a village hospital for such patients. There should be a female ward in the hospital. Most of the villagers are so poor that they cannot buy medicines. So, there should be arrangement for the supply of free medicines to the poor patients. The doctors of the village hospitals should be kind and sympathetic. They should have the spirit of service. They should not only treat the diseases, but also teach the

villagers about the rules of hygiene and sanitation. In this way, they can prevent diseases and render great service to the villagers. There is a great need of hospitals in villages, but it is not possible for the Government to establish a hospital in every village. The villagers should help the Government. They should collect money for the establishment of village hospitals. The rich person can run hospitals in their villages for the benefit of the poor. Private hospitals are more secure for individuals since patients are always under the observation of specialists. There are more security measures in the form of C.C.T.V. cameras and guards. In serious cases, the patient has to be carried to the Government Hospital. That makes us think that whether it is private hospital or the Government ones that are more reliable. Hospitals are needed so that people get treatment when they are suffering from any illness or when they meet with an accident. Proper treatment of people will improve their quality of life. If they have a proper life free from any illness, it will give growth in the employment, increase in the economy as more people will be able to work. If people will have access to proper healthcare and more hospitals or healthcare systems are made, then there will be growth in the medical sector. Medical sector contributes a lot to the G.D.P. (Gross Domestic Product) of the country. Proper healthcare will help people to be free from sickness and their lives will be saved. If the number of lives saved by proper treatment is increased, the death rate will start reducing. The production of the country will increase which will further improve the economy.

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Journalism

There is an explosion of information in the profession of journalism. We are living in a fast changing world with a fast flow of information. A large number of magazines and journals have come up. Today, we have a number of news agencies trading in news. The profession of journalism attracts a lot of able and talented students. Journalism requires a special bent of mind. As a profession, the first requirement of journalism is a keen interest in current events or day to day happenings. A growing journalist must understand political, social and economic movements going on in the country and abroad. He must take active interest in current events and have a good understanding of the surroundings to develop a proper perspective. In fact, a journalist has to be a well-read and learned man. He must have a well reasoned mind. He has to be awake, alert and active. He must possess a sound memory. He must have an analytical mind. A journalist must have original thinking in the face of events that take place from time to time. He has to interpret, explain and comment on events. He must read extensively and understand the facts. A journalist has a noble task to perform. He must present facts before the people. He is an educator. He has to form and build public opinion. He must have an independent way of thinking. He must have the courage of his conviction. He must not be biased or prejudiced against anybody or any organization. He must have an insight into human mind. He must live and move among people to study their mode of living. A good journalist combines in him all these qualities of head and heart. A journalist must not forget the fact that he is supposed to perform an important social duty. It is his bounden duty to properly educate the masses in respect of their rights and duties. Also, he has to present before one and all, the facts of day to day life without any bias or interest. He has to keep his own personal prejudices away from what he is writing. He should guard against being exploited by those who are in power. Political influence or the power of wealth should not frighten or coerce a journalist into writing with

some ulterior motive. This requires a lot of courage, a strong conviction and a true sense of patriotism and humanism. Today, journalism offers vast opportunities to young men and women. It is a developing and expanding profession. In India, the profession of journalism has a great future. In the wake of T.V. programmes, journalism is holding a great promise towards many young men and women. It is not meant for dishonest persons. Some journalists distort facts and exaggerate things. They spread baseless rumours. There are others who succeed on defame or abuse and they take delight in spreading the false news with incorrect facts. If journalists indulge in unfair practices, they should be brought to book. In fact, as a profession, journalism can break fresh grounds and attract many young men and women in this field. Journalism is a noble and challenging profession. But, some journalists fail to do their duty. Enterprising young boys and girls who are good at creative writing should adopt journalism as a profession or as a hobby. Career of a journalist is very interesting and full of vast opportunities and scope. It is gaining much importance and prestige in the modern society. With the manifold increase in the circulation of newspapers and magazines as well as start of newspapers and journals, there is a great scope for the young men and women who want to join this profession. There are hundreds of openings each year for the new entrants. The increase in the circulation of newspapers has created the need for the addition of more staff and it is applicable for both the large and the smaller newspapers. Journalism contains a great deal of study of some occasions and positive and negative stories. In journalism, there are photographers, authors, publishers, editors and reporters. Those who tend to enjoy blogging are individuals who always love language and love studying and creativity. Great journalists love to study and need to learn exactly what is happening around the planet as well as them. In today's era of communication and technology, people round the clock want to keep themselves abreast of the latest change and developments happening around them. It is the role of the journalism to spread information about every relevant happening in the

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world. Newspapers, radio, television and more recently, the internet has completely revolutionized the way news used to broadcast. Journalists have a very significant role to play in this practice. Today, as a career, journalism stands not only for a prestigious profession, but also for a challenging career option. Journalists play a key role in the growth of any nation. The core purpose of journalism is to inform, educate and enlighten the masses on various issues revolving them. It has been verified by the new world that the pen and the camera is mightier than the sword. Numerous opportunities for journalists have been generated around the globe. Today, straightforward reporting of events is no more adequate. There is requirement of more specialization and professionalism in the practices is being required. Therefore, today, the able and perfect journalists are required in the diverse areas of politics, finance, cinema, entertainment, music, environment, economics, architecture, etc. One should have a curious mind, willpower, an aptitude for presenting information in a precise, concise and effective manner. He or she should also be able to arrange thoughts and express them clearly in both forms of communications, that is, written as well as oral. Moreover, a journalist has to be diplomatic, confident and planned while interviewing the public and celebrities. Journalists must have the skill of filtering relevant facts from the irrelevant ones. The capability of accepting criticism and keenness to do considerable things are also crucial in this profession.

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Intelligence

Intelligence is what you use when you do not know what to do. Human being is considered to be the most intelligent animal in this world. He is capable of controlling all other beings and many other things in this world. Intelligence has a very important role in day to day activities of the individual. Intelligence means to understand. What is intelligence? There are many answers for this question. The concept of intelligence has been understood by psychologists in different ways. Therefore, there are a number of definitions. Intelligence is the capacity of the organism to adjust itself to the complex environment. Intelligence is the ability to carry on abstract thinking. It is the capacity for flexible adjustment. Intelligence is the degree of availability of experiences for the solution of immediate problems and the anticipation of the future problems. Intelligence is the capacity for thinking. It involves a discovery of qualities and relation of the ideas which are before us and the other relevant ideas which can be brought. All these definitions define intelligence in their own way, but they are incomplete because they give incomplete picture. In view of this problem, many psychologists have accepted a definition by David. Intelligence is the aggregate or global capacity of an individual to think rationally, to act purposefully and to deal effectively with his environment. This definition includes three important processes or to adjust in a proper way with the environment. As said above, every individual possesses some amount of intelligence. We may be able to say that whether the individual is less intelligent or more intelligent on the basis of his performance in activities. But, to know the exact quantity of intelligence possessed by an individual, conducting of an intelligence test is essential. When a test is administered we get a score which may be converted into M.A. But, this score does not give us the measure of his intelligence. The product of M.A. divided by C.A. may be in decimal point. It does not give a clear picture. Hence, in order to overcome this problem of decimal points, one of the psychologists

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suggested that the product should be multiplied by 100. This product will be supposed to be the quantity of intelligence possessed by the individual. Other psychologists had a firm belief that the I.Q. remains constant and it will not change even if the individual grows. They believed that the growth of intelligence will be ceased by 16th year in almost all individuals. That is why, while calculating I.Q., the actual C.A. will be considered if the age is below 16 years. It will be taken as only 16 even if the age of the individual exceeds 16 years. Every individual in a society will have some amount of intelligence, but they differ in the level of intelligence. Some may be very dull, some may be average and some other people may be more intelligent. But, how many of them in a group or a society are dull or intelligent or average? The answer to this question lies in knowing the distribution of intelligence in a given population. Intelligence is perceived as the capacity to obtain information, to think and give reason successfully and to manage the climate. This ability helps him in the control of things, items or occasions present in the current circumstance to adjust new difficulties and issues in life as effectively as could really be expected. Intelligence gets from the capacity to learn and use what has been realized in new circumstances and tackling new issues. Intelligence is the ability to comprehend the world, think judiciously and use assets viably when encountered with the difficulties. Intelligence is the thing that you use when you do not have the idea of what to do. The individual is viewed as the most intelligent creature in this world. He is capable of controlling any remaining creatures and numerous different things in this world. Intelligence plays a vital part in the routine exercises of the person. It addresses a critical part of how people contrast from each other in the manner to find out and comprehend the world. Intelligence is the total or worldwide limit of a person to think and to manage his current circumstance. This definition incorporates three significant cycles, that is, to act deliberately, to act carefully and to think in a judicious way with practically and with no biasness and to manage the climate or to change in an appropriate manner with the climate. Man is

particularly not quite the same as the lower types of creatures and as a result of this, he lives in his capacity in controlling the climate around him. The creatures can departure to well-being, secure their lives, may assemble homes, can move to a distant land in search of food and water, but they are not capable and cannot overcome the nature. The creatures can brilliantly adjust to any negative climate around them. A man can reproduce the world. A man can climb the highest peak of the mountain. He is able to travel with the huge speed and can broaden the life expectancy of its species by designing solutions for a few deadly infections. He can swim across any ocean. His abilities place him as the most prevalent species in the animals of the world. Subsequently, all basic human capacities lay the fundamental aspects of Intelligence. Intelligence is the capacity to get, act, decipher and foresee the future and to accomplish and deal with connections, data, ideas, concepts and images. Accordingly, intelligence is a normally utilized word to communicate the limit needed for the progress and to make the present bright. Intelligence is a course of comprehension. Learning, intelligence, memory, idea development, thinking, critical thinking and imagination are identified with the intelligence. Intelligence conducts remembering, thinking and foreseeing. Intelligence is a theoretical idea. It cannot be noticed easily and it cannot be physically touched. It may be assessed very well by different techniques. Therefore, it is the mirror of a person's personality.

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India & its diversity

India is a democratic country where every citizen of the country lives with complete independence. However, they have various obligations towards their country. Rights and responsibilities are the two faces of the same coin and both move alongside. If we have a right, then we also have some duties to engage with those rights. No matter wherever we are living, whether it is home, society, village, State or country, our rights and responsibilities go step by step. Preamble is the important part of Indian Constitution. Fundamental Rights are given to citizens irrespective of race, place of birth, religion, caste, creed or gender. Man is a social animal by nature. We have many responsibilities and duties towards our society to bring development, prosperity and peace within the society and to the country. To fulfil the responsibilities, we have been given some Fundamental Rights through India's Constitution. It becomes crucial to give rights to citizens to improve individual development and social life of each individual. The country's democratic system is entirely dependent on the independence of the citizens of the country. Right to Freedom enables people to express their thoughts through speeches, by writing or by other means. According to this, the person is free to give opinion or criticism of policies of Government. He or she is free to do any business in any corner of the country. Any Individual belonging from any religion can stay together. There are many States in the country where people belonging to different religions live together. All individuals are free to follow any religion of their choice. Nobody has the right to question anyone's religious beliefs. Right to Equality provides that all the individuals living in India are equal and there is no discrimination and difference between rich, poor, high or low class people. A person belonging to any religion, caste, tribe or place can get a qualified higher rank in any office. Right to Education enables every child of the country to receive education. The child also has the right to receive education at any stage in any institution. Right to Constitutional Remedies is the

most important right because it acts as the Constitution's soul. If anyone feels that his or her rights have been hampered in any situation, then he or she can go to Court for justice. As we all know, rights and responsibilities go hand in hand. Fundamental Rights are meaningless without responsibilities. If we do not fulfil our responsibilities to run the country smoothly on the path of progress, we shall not enjoy the Fundamental Rights. Everyone must respect our National Flag and National Anthem. Everyone must obey and follow the laws of the country. Everyone should enjoy their rights without interfering in the freedom of others. Everyone must always be ready to protect the country whenever necessary. Everyone should pay their taxes properly on time. Citizens living in the country should know their rights and responsibilities towards their nation. It will help the nation's citizens fulfil their responsibilities for the country's development. Individuals must fully understand their rights and freedom in the country and their duties to serve the community and the country. India's Constitution came into effect on 26th January, 1950. According to the Indian constitution, the people of India hold many rights and responsibilities. Kindness towards nature, animals and other people can transform the world and make it a beautiful place to live. However, kindness towards yourself is also crucial in the journey of personal growth and achievement. Kindness can be described as the value of being polite, compassionate and thoughtful. Unconditional love, tenderness, comfort, concern and support are words associated with kindness. Being compassionate also calls for bravery and determination. Kindness is taught in every religious faith. Be it Hinduism, Sikhism, Christianity, Jainism, Buddhism or Islam or some other religion, they all prepare us to show compassion towards others. The term is not limited to human application. Cruelty to all living creatures is a sin in many religious scriptures. Even the deaf animals raise their tail as a response of compassion expressed towards them. Trees show similar reactions. They grow large and produce fruit in response to the kind behaviour of their caretakers. Nature has its way of communicating

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appreciation and compassion. Compassion is not only a moral attribute. But, in all aspects of existence, it can be adapted. Being compassionate to your parents or friends helps create a stable family base. Showing courtesy to friends and neighbours tends to create a healthy social climate. Only small selfless acts of kindness can help to build up a successful company. As has been said previously, every person and every animal knows the language of compassion. Kindness is not a characteristic which is widely seen in people these days. In today's time, people have become self-centred. All they can talk about is themselves. Everyone around here is busy making themselves successful and showing the world how better their lives are compared to others. They do not hesitate to offend those in their way to reach everything they want. However, there is nothing wrong with innovating, but you have to realize that there is a lot more to life. So, it is not just about competition and winning. Presently, most of the people do not have the trait of compassion. This can be achieved by explaining the value of it from the very start. Workshops must be held and presentations must be provided to teach students that why it is necessary to be kind to human beings, plants and animals too. This topic must be an integral part of the curriculum in schools. It is important to stress its significance from the very beginning so that citizens can appreciate and teach it. An individual with a generous temperament and respect towards everyone is considered to be kind. These individuals are compassionate to others. They support others around them if there is a need and they never fail to go out of their way to put joy on the face of others.

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Live in Relationship

Live in relationship means that a couple who are in love with each other and they opt to stay together without getting married to each other. This is common in the Western countries like America and Europe, but it is gaining popularity in India also. We all are aware of the fact that India is progressive, but its basis is still traditional. Indian society is now becoming modern, but they do not accept the fact that it is fine for a couple to stay with each other without getting married. Some live in relationship couples have to face severe problems from the community or from the society they live. The society members claim that this kind of culture will have a bad influence on their kids because kids learn what they see. Most of the families claim that these couples can ruin the traditional mindset of their kids and the kids will follow this in future. Now, the question that arises is that whether live in relationships should be allowed in the societies or not. The opinions greatly vary. Most of the traditional Indians are of the view that if a couple is so much in love with each other, then they should get married and stay together instead of staying together unmarried. 21st century is the modern century. There is a common saying that you have to pay a price for everything. This saying is true. When Indians are accepting almost everything from the Western culture, their dressing sense, their language, their food, their manners, their lifestyles and then the other things would surely be followed. Today, the youth are deeply fond of the Western culture and the result is in front of us that the evils of excessive smoking and drinking are on great increase in India. Youth are of the opinion that since they are financially independent and after they attain adulthood, they have the right to live as they want and with the person they want. In most of the educated and upper class societies, live in relationship is a common phenomenon. The system of live in relationship is gaining significance in Indian

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society. At times, the question is not that whether live in relationships are right or wrong, but the question that arises is that the Indians have totally forgotten their own culture and its significance. Is every aspect of the Western culture better than the Indian culture? It is not that the youth do not believe in the sacred institution of marriage, but the fact is that their priorities have changed. The way of thinking of people has changed. In recent years, there has been a remarkable increase in the number of people opting for live in relationships instead of marriages. This trend has been popular in Western countries for a long time and now, it is increasing at a huge pace in India as well with more and more couples choosing to have live in relationship because of the space, choice and personal freedom it gives them. It might be appealing to young people of today because most of them lead hectic and stressful lives and do not have the time or patience to deal with all the emotional issues that a marriage entails. Apart from the space it gives, there is no problem of rights or obligations in a live in relationship. The partners are pretty clear about what they are in for and if the relationship does not work out, they can leave it. There are no legal or financial complications involved as in a marriage. Breaking up marriage is not so easy. But, in a live in relationship also, the situation becomes more complex if children are involved. Since there is no binding relationship between the partners, the issue of taking responsibility for bringing up the children gets more complicated. However, marriages also have their pros and cons. No relationship enjoys the social and legal recognition as a marriage does. Since a marriage is protected by law, couples expect loyalty from each other. There is a lot of emotional investment in the relationship. Marriages also have their ups and downs with an increasing number of couples going for divorces in recent years. When it comes to commitment and security, no relationship can match a marriage. It is a bond that can last for lifetime. One development that has caught everyone's attention in

recent times has been the amendment to Section 125 of Cr.P.C. proposed by National Commission for Women. The proposal is to include women involved in live in relationships to be eligible for alimony from their live in partners. Granting women a right to claim alimony is a serious insult of the concept of marriage. Marriage is to support each other through the presence of community elders and with their blessings, but live in relationship is initiated by the couple just as a means to stay together. It can never replace marriage. It can never offer the kind of security and emotional attachment that a marriage does. Supreme Court may have granted the relationship all legalities of a marriage, but our society may still not be ready to welcome it with open arms. It is hard to deny a fact that in a country like ours, family plays a huge role and marriage is the stepping stone for the development of a family. Marriage provides security and stability in the life. Some people feel that there is no harm in a live in relationship if you find a partner who is mature in love and other things. For many people, live in relationship is the preference because it is time to change and evolve with the changing time. It might seem socially incorrect. It might offer one space and help us understand our companion more, but at the end of the day, it does not last for long time. So, marriage is a must. It would never gain respect for those who are attached to the culture and it is the perfect arrangement for those who want to have the modern society.

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Loneliness

Loneliness is a state of being alone. It is a moment when one feels sad because of being cut off from his or her near and dear ones either physically or mentally. The extreme case of physical loneliness would be solitary confinement in a prison or on an island, etc. It has also been described as social pain. In this situation, a person loses his most of the social connections. Loneliness is always an unwelcome feeling. It is beyond one's control, whereas many persons would occasionally enjoy the loneliness and far from crowd. A person is known by his personal and social connections. There are some situations which force him to cut those connections. It is not always negative. In many cases, it has been noted that loneliness can bring great results. A student can enter into the state of loneliness if he wants to excel in the exam. He should focus on the theme of exam only. When a person becomes successful, then all social connections will come to him. All the far relatives become near ones. In the period of study, if you cannot attend the marriage of your relative or friend, then he or she will get angry on you. But, at the later stage, when you will achieve success, then he or she will make a phone call to you that he was having full faith on you that you will achieve the ladder of success. Behaviour of persons depends and varies from situation to situation. It is the human thinking that he does not want to make a friend who is in poor state. Most of the persons want that their friend should be rich and of high class so that it will have an impact on their class. This type of thinking should be avoided. A person should be rich from heart and not from the pocket. Man faces an increasing chance of loneliness because of the changing social and economic conditions of modern times. It is a recent phenomenon. There are many tribal areas where you will not find a single tower of mobile network, but their social network is so strong that loneliness cannot even touch them. Some agricultural

communities were far from their homes and had a little occasion for feeling loneliness for the individuals who had strong ties with their families and village communities. They were alone neither in their joys nor in their sorrows as both the conditions brought them together for enjoying the joys and reducing the sorrow by sharing. Loneliness can also be seen as a social phenomenon. It is capable of spreading like a disease. When one person in a group begins to feel lonely, then this feeling can spread to others and it starts increasing everybody's risk for feeling of loneliness. People can feel lonely even when they are surrounded by other people. Loneliness is associated with depression, poor social support, low reputation in society, weak social connections and ignorance from the family, friends and other people. Studies have shown that loneliness puts people at risk for physical disease and that it may contribute to a short span of life. Loneliness is about feeling of a lack of connection or communication with other human beings and it can be both in the present and in the future. It can be a risk factor for heart disease such as diabetes, blood pressure, hypertension, other critical diseases, etc. It increases the stress hormones and is harmful to sleep. All of this lowers the immunity to the degree that lonely people even suffer more from the common cold. It can be a stress condition that lowers the age of the body and causes damage to overall well-being. A person may suffer from thinking that he is unwanted or unloved. He or she will naturally avoid routine contact with others for fear of being refused. He or she will feel secure only when he is alone. He or she who cannot enjoy a company cannot enjoy real happiness which consists of interaction with others or in getting appreciation or approval from others. Loneliness is considered the most gruesome emotion that one can feel within this society. It is a familiar feeling which is felt by almost everyone in the world. The central part that causes this horrible feeling is missing emotional sympathy received from other people. It can result in changing one's behaviour in the

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wrong way. It also changes the entire mindset and perception of a person. Besides, it can also cause depression which is considered harmful to a person's physical and mental health. The part of life that can never be avoided is loneliness. It is the major struggle faced by several individuals. The communication and companionship lack with other people can cause loneliness. This affects the entire behaviour of a person greatly. It makes the behaviour of an individual dangerous. A person gets involved into fights with the other workers present there. Moreover, he gradually decides to marry a woman who is elegant and beautiful. Besides, the boss was his father. When the great depression occurred, it was common for the husband to have all the control in the house. Thus, John also had complete control over his wife. He also had control over the other workers present in the office. He had also restricted the other workers to communicate with his wife. In need of attention, friends and acknowledgment, his wife decides to make use of her beauty and status to her benefit. Besides, her personality started to change and become more extreme gradually. This new behaviour generated the feeling of harassment. That is why, she started getting ignored. People used several offensive and insulting names. This resulted in the formation of feelings like loneliness in her. Her friend had the least knowledge regarding her present situation. She spent a few of her final moments with her friend. She accepted that she had never liked her husband from the beginning. However, she became weak and this resulted in her passing away.

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Man versus Machine

A man's best friends are ten fingers. Gone are the days of when man used to work hard day and night and used to go on foot or by bullock cart without having any comfort in his life. It was difficult for him even to get the basic necessities of life. He had a very tough time. He used to work like a machine without any leisure or pleasure. After Industrial Revolution, man has got a large number of machines at his call. Machines have given him rest, comfort and all the facilities of life. They have saved a lot of man's time and energy. Long distances are covered in a matter of seconds. Mass production of things of daily use with the help of automatic machines has relieved man of a lot of labour and hard work. The invention of radio, cinema, transistor, television and video has made man's life charming and cool. Science has conquered time and space. Telephone, telegram and wireless have made communication easy and smooth. Today, distance stands beaten. Fast moving vehicles like aeroplanes, superfast trains, bullet trains and jets carry people from one corner of the world to another in no time. Printing has made it easy for man to convey ideas from one generation to another. Man, today, seeks the help of machines for all his activities. He cannot live without machines. In fact, he has become a slave to them. Early in the morning, an alarm clock wakes him up. An electric kettle gives him a cup of tea. He uses a blade for shaving his face which is produced in a big factory. A geyser prepares the hot bath for him. A washing machine washes his clothes. The cooking utensils, the pressure cooker and several other kitchen appliances prepare his food. A bus, a car or a train carries him to his office. At his office, the computer writes for him. He uses the telephone, fax and the printer to convey his ideas across the long distances. He talks to his colleagues and subordinates over the telephone. The goods produced by the machines are carried in trucks to the market. When he goes back home in the evening, the television relaxes him and the air conditioner cools his room. He has forgotten the spiritual and moral aspects of life. He has simply chosen

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to be a machine in this dull materialistic world. In a way, man himself has become handicapped as he has forgotten to use his physical power for working. Man, today, has become too much money minded. He has no rest, no time and no patience to enjoy nature. He is a puppet working in the hands of machines. Life, today, has become so busy that man has neither any leisure nor any real pleasure in life. Machines have made human life so dull, monotonous and boring that it has been reduced to a mechanical routine only. Man is always busy with one thing or another. We have no time to stand and stare. Man must not become a machine himself. He is the noblest and the best creation of God. He must not forget or lose sight of his final destiny or goal. He has to march forward on the road to divinity where he can attain real salvation and free himself from the troubles of life. Human beings and machines work differently as machines are the creation of human beings. Machines were created to make human life easier. A machine is only a gadget consisting of different parts. Humans have a need to interact with each other because communication is not possible with machines. We feel comfortable in expressing and getting our problems solved with humans. Humans are created of flesh and blood and they have a life. Humans have emotions and feelings. They express different emotions at different times. Machines work with their mechanical brain which is programmed by humans. Humans understand the situation and respond accordingly, whereas machines do not have the capability of understanding. Humans are creative and imaginative. They can create and invent new things, but machines cannot do these tasks. Machines are operated and guided by humans. Humans are blessed with intelligence and emotions. Humans have many abilities in several things such as language, recognition and creative thinking. Machines and technology are replacing manpower for certain jobs and this is the big reason for unemployment and which is also a drawback of the machines. As humans are being replaced by machine, certain jobs are disappearing. Industrial Revolution has also led to unemployment. As a result, there is a loss of jobs in various sectors. Some effects of a

machine on humans are competency, wars and destruction. The radiation released from smartphones is absorbed by human bodies which can cause cancer and the power consumption has increased. Increasing use of vehicles has increased air pollution which is damaging the environment. The effect of technology on our environment is severe and is responsible for climate change such as Global warming which leads to several diseases in humans. Machines are also responsible for the extinction of several birds, plants and animal species due to the changes in climate. We are surrounded by different machines like televisions, refrigerators, music systems, home theatres, washing machines for many uses. With the use of these machines, our life has become much simpler. Machines are much faster than humans when it comes to processing information and performing calculations with accuracy and speed. Computers have better memory and can be fed with a large amount of information as compared to humans. Machines work effortlessly and more efficiently than humans. The products can be produced in larger quantities at much greater speed with the help of machines. Easy communication is possible from anywhere in the world. Machines have become a very important part of our lives and are helpful in many ways. There is no competition between humans and machines because humans are the creators of the machines. Machines are used for creation as well as destruction by human intelligence.

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Motion of Thanks

The Constitution of India provides for President's Address to both Houses of Parliament assembled together and either House of Parliament under Article 86 and Article 87 respectively. Article 86 gives right to the President to address either House of Parliament or both Houses of Parliament assembled together, whereas Article 87 makes it incumbent upon the President to address both Houses of Parliament assembled together at the commencement of the first Session after each General Election to the Lok Sabha and at the commencement of the first Session of each year. Rules 14 to 21 of the Rules of Procedure deal with the President's Address. Rule 14 provides that in consultation with the Leader of the Council, the Chairman shall allot time for the discussion of the matters. Rule 15 stipulates that on the allotted day, the Council shall be at liberty to discuss the matters referred to in President's Address on a Motion of Thanks moved by a Member and seconded by another Member. The Members of the Rajya Sabha assembled in this Session are deeply grateful to the President's Address which he has been pleased to deliver to both Houses of Parliament assembled together. As per the practice, at the sitting of the two Houses held under Article 87, a copy of the President's Address is laid on the day on which it is delivered and on the Table by the Secretary General of the House to bring it on record of the House. Immediately, the copies of the President's Address in Hindi and English are made available to Members. Members are informed about the date, time and the venue of the President's Address as well as the procedure regarding supply of copies of the President's Address and the dates of discussion as informed by the Ministry of Parliamentary Affairs through a Parliamentary Bulletin. Members who are to move and second the Motion are selected by the Prime Minister. Notice of such a Motion is received through the Ministry of Parliamentary Affairs. Notice of Motion is immediately put up for admission and after approval by the Secretary General, it is notified in the Parliamentary

Bulletin for information of Members. The Business Advisory Committee allots time for discussing the Motion of Thanks and the time is allotted to various political parties according to their strength in the House. A record is maintained during the discussion of the time taken by each Member. Generally, three days are allotted for the discussion. On the days allotted for the discussion, the House is at liberty to discuss the matters referred to in the President's Address. The Motion of Thanks is essentially a Government Motion. After the mover of the Motion and seconder to the Motion have spoken and the Motion has been moved, the amendments to Motion are moved. Rule 16 is concerned with amendments. It prescribes that amendments may be moved to such Motion of Thanks in such form as may be considered appropriate by the Chairman. For this purpose, the Chair calls the names of Members in accordance to the amendments and the concerned Members rise in their place and say that they move their amendments. At that stage also, the Chair has the discretion to rule out any amendment even if it has been circulated to the Members. The Chair may permit amendments to be moved only after deletion of the objectionable parts. Thereafter, discussion is continued by a Member and followed by other parties. It may be mentioned that amendments moved by Members to the Motion of Thanks on the President's Address must be relevant to the main Motion, that is, amendments should be related to the topics mentioned in the Address. Several rulings have been given by the Chair to this effect. The discussion on the Address may be postponed in favour of a Government Bill or other business related to Government. Address may be adjourned to a subsequent day to be appointed by the Chairman. In such cases, the Chairman puts the question. Rule 18 deals with the Government's right of reply to the points discussed. It provides that the Prime Minister or any other Minister has a general right of explaining the position of the Government at the end of the discussion. On behalf of the Government, this may be exercised even if they have previously taken part in the discussion or not. As a matter of convention, the Prime Minister gives

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the reply and in his absence, the Leader of the House may do so. Rule 19 refers to the time limit for speeches and mentions that if Chairman thinks fit, he can prescribe a time limit for speeches after taking sense of the Council. Members can seek clarifications after the Prime Minister's reply to the debate. This was made clear by another ruling of the Chair. After the Prime Minister's reply to the debate on the Motion of Thanks on the President's Address, one Member wanted to seek a clarification. At this, Leader of the House raised a point of order saying that no clarification be permitted after the Prime Minister had already replied because others could not be restrained from speaking. The Deputy Chairman observed that this was correct. There has been a thorough discussion. Members are also not allowed to seek clarifications from the Member who is making his speech. After the discussion on Motion of Thanks is over, the amendments to the Motion are disposed of. The amendments are generally withdrawn by the concerned Member by leave of the House. As a matter of convention, the Motion of Thanks is generally adopted without any amendment. However, on three occasions, the Motion of Thanks was adopted in an amended form. After the Motion of Thanks is adopted, it is conveyed to the President by the Chairman through a letter. In reply to the Chairman's letter, the President acknowledges the receipt of the same by conveying that he or she has received the expression of Members with great satisfaction. This message is read out to the House by the Chairman.

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Basketball

A team game is an activity in which players of the same team work together to achieve the goal. Team games help us to work together for winning respect for each other. Team games are also good for new learners as these games can help in building self-esteem and team spirit. For a good team in any game, the players have to stay together for progress and work together for success. You may have played basketball or have seen this game being played. Basketball is one of the world's most popular games. It is a fast and high-scoring team game. The players throw a ball in a basket horizontally positioned to score points while following a set of rules. Two teams play on a marked rectangular court with a basket at each end. All players can move freely around the court and occupy any position on the court. All players get an equal opportunity to score basket. The way in which the game is restarted after a point is scored and it is a fast game with few breaks in between regulation timing. To play this game, students should learn and practise the basic skills of passing, dribbling, receiving and shooting. Game of basketball involves coordination and tall players are preferred. The game of basketball was originated at the Springfield College of Physical Education, U.S.A. in 1891 by Dr. James. In India, the Y.M.C.A. at Kolkata introduced basketball some 80 years ago. Later, the Y.M.C.A. was established at Chennai in 1920. It played an important role in the development of this game. Nowadays, basketball is one of the most favourite games in many schools and colleges. The game is played by both men and women of all ages and abilities. In order to promote the sport nationally and internationally and organize sports events related to basketball, Basketball Federation of India was set up in 1950. At the same time, every State in India had formed a State Basketball Association. The first National Basketball event was held in Delhi in 1934 and thereafter, it became an annual feature.

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Basketball is played on a rectangular court which could be an indoor wooden court or an outdoor concrete court. The court is divided into two sections. Referee throws the ball at centre circle to determine which team gets possession. Two players from opposing teams jump up to tip the ball in the hope that one of them will secure the ball. The duration of the game of each quarter is ten minutes with 2 minutes rest between first and second quarters and third and fourth quarters. Between second and third quarters, the rest is 15 minutes. The duration of extra time is five minutes. Teams exchange courts in each quarter. The clock is stopped while the play is not active. A team may consist of not more than 12 members including a captain. But, only five players from each team are on the court at one time. Substitutions are unlimited, but can only be done when play is stopped. The team with the ball attempting to score is called on offence. The ball is moved or passed to teammates. If the ball goes out of bounds due to the offensive player or team, the possession is given back to the defensive team. This is a form of penalty which results in the loss of a possession of ball. Both men and women wear a standard uniform consists of a pair of shorts and a jersey with a clearly visible number printed on both the front and back. Players wear high top sneakers that provide extra ankle support. The game is monitored by the officials consisting of the referee, one or two umpires and five table officials. The table officials are responsible for keeping track of each team scoring, timekeeping and individual and team fouls, player substitutions, etc. Essential equipments in a basketball game are the ball, clocks, score sheets, scoreboards, whistle, etc. An attempt to unfairly disadvantage an opponent through physical contact is illegal and is called a foul. Each player is allowed five fouls before they are rejected from the game and cannot come back. We are aware that to play any game, one has to learn some skills. To play basketball game, one needs to learn the fundamental skills. A player should hold the ball with both hand

fingers open, pointing forward, thumbs upward, feet apart and the knees slightly bent. If you have seen any basketball game, you might have observed that players bounce the ball between the hands and playing surface. While playing a basketball game, you need to transfer the ball from one player to another. Transfer of possession of the ball is called passing and a player who receives the ball is known as receiver. You might have observed that a player has to throw the ball into basket of the opponent team to win the game. Therefore, each team should make an attempt to score by throwing the ball in different forms of shooting. Whenever a player makes an attempt to score the basket and if it is missed, then the ball will bounce back from over the ring or board. While playing basketball if a team loses the possession of the ball, immediately player has to turn to individual defence. For a good defence, the factors of location of the player, guarding distance, movement, vision and footwork are important. It is an American sport drawing millions of fans across the world. The team that shoots the maximum number of balls through the basket is declared the winner. The strength of the team is each individual member. The strength of each member is the team. While assuming the defensive position, players can either try to steal the ball from the other team or jump and block their shots. Basketball helps improve blood circulation in the body and is a fantastic exercise. It helps us to keep fit and also betters oxygen circulation throughout the body. It behaves as a chance for us to interact with others.

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Online Economy

The economy of a country means a combination of all the activities like production, consumption, import of goods, export of goods and services that lead to the progress of not only the country, but also of its citizens as a whole. The development of an economy depends upon an individual. No economy is static. It keeps on evolving with the changes in culture, lifestyle, policies and laws that are framed. In the new world, it is not the big fish that misses the little one, it is the fastest that eats the slowest. For this reason, no two economies in the world are the same. They all try to adapt to the ongoing changes nationally as well as internationally. Being present in this global competitive scenario, all nations try to boost their respective economies to a level of success stage and beat the other one. This race has become more evident and substantial after the advent of various new technologies. Especially, with the growing importance of the digital era, countries have to become a part of it to sustain itself in the competition. It has become important for a nation that wants to grow and adapt the essential features of this era to survive. When a traditional economy transfers to a digital one, it may bring a lot of resistance and challenges, but the digital economy also brings with it a lot of opportunities and new aspects that leads not only to the revival of the economies, but also enhances the structure of the evolved economies from better to the best. Today, the digital economy or the internet economy is influencing every social life. No one has been able to escape from its trap. Now, it has also entered into our economic activities. A widely accepted understanding of the digital economy is economic activities in and around the digital world. The start point of such digital activity is a business with an online internet connection among the people residing in various different countries across the world. Such an online connection helps in connecting businesses of different economies easily and

efficiently. The industrial era has been succeeded by this new era where if companies do not possess the advanced technologies, then it will fail to take the seeds of success that this new era has sowed for it. Governments of all the countries formulate their agendas to become a part of this global platform where a representative can sit in his own country and corroborate, share, communicate or interact with another representative of the other country. Trading has become easy and viable. This enables all types of information in the form of data, audio, codes or video to be stored, processed and transmitted over networks to many destinations worldwide. The digital economy has helped to create an economic revolution. It helps a seller to find a buyer easily and vice versa. Now, neither a seller needs an infrastructure for selling his products nor a buyer needs to search for them by moving out of their houses. All can be done easily with just a click. For example, an owner of a small handloom cottage in India can sell his products in the markets of Australia and other countries directly. Knowledge and demand for the products readily come on the internet making trading communication available. The biggest sources of opportunity are collaboration and partnership. We need to expose ourselves to that as a matter of doing business. This new world evidences rapid change that attracts laws for competition, new sorts of organization and vigorous challenges for management. These kinds of digital economic values will change the fundamentals in the economy and also drastically transform the general notion of understanding economy and its elements including society. Before the advent of such technology, there was a lot of work that was done manually which made the task difficult and non-reliable. But, now, with the evolution of technologies, all this work has been simplified. This system has helped various companies to perform better and on the other hand, has also helped the economy of the country to increment as it attracts investment, a healthy relationship is developed, all the information about the ongoing trade are visible on

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a common platform, that is, the internet which brings transparency and credibility. But, if we see the other side of the coin it also brings some disadvantages like the strategies and policies of the company are disclosed to the global world because of which, the new methods and ideas that lead to progress do not remain confidential. We are witnessing the emergence of the digital economy. Internet is vital for infrastructure for a global economy. It reshapes the way people live by bringing a greater variety of goods and digital services often at lower prices, availability of improved data collection, channels and the social networks. With respect to the firms, the transition to digital technologies forced them to rethink the business models that led them to adapt innovative measures to just survive in a global market. The digital economy aims at putting the needs of consumers in the first and foremost list of its priorities as the needs of consumers have an interactive character. The digital revolution is far more significant than the invention of writing or even of printing. This enables to reduce the cost of transactions and in return, it helps in innovation because everything is online and other related costs get reduced. The companies receive a lot of information about their competitors and customers. For example, Google, Facebook, Whatsapp, Amazon, etc. stores massive information about their every customer which assists them to know about their buying habits, preferences, dislikes, advertising cost, stands in the market, etc. But, on the other hand, it also creates monopoly in the market which is not good for any economy. There are monopolies like Google dominating as a search engine, Facebook as a social media and Amazon as an e-commerce. Physical marketing can be replaced with online to capture huge amount of customers.

Perfection in Life

Take up one idea and make that one idea your life. Think of it, dream of it and live on that idea. Let the brain muscles, nerves and every part of your body be full of that idea and just leave every other idea alone. National Youth Day is celebrated on 12th January being the birthday of Swami Vivekananda. In 1984, the Government of India declared this day as a National Youth Day and it is celebrated since then. It is a belief of Indian Government that the philosophy of Swami Vivekananda and the ideals for which he lived and worked could be a great source of inspiration for the Indian youth. The National Youth Day is observed all over India at schools and colleges with speeches, seminars, competitions, etc. Arise, awake and stop not till the goal is reached. The students should be warned that they must not be the slaves of the technology and they should use it for their growth and development. If their growth and development take place, then country and society will automatically grow and develop. The role of the lawyers in nation building is of utmost importance. Most of the freedom fighters had a background in law and the Ministers in either the current Government or the past Governments had lawyers as well as Ministers. I even advised the students that not to look at law as a means to earn money, but law is an instrument to secure justice for the people. The students should plan their career well in advanced even before approaching the completion of their graduation. So, students need to develop and have a good command over their communication skills and spoken English and develop their personality apart from having legal knowledge. These skills will help the students to go over a long way. Another skill set which I emphasized upon was to have a sound understanding about the technologies. The current pandemic is the suitable example to show that technologies help to even go beyond the borders. A student having a sound understanding about

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technologies will have an upper edge than others in any sphere of life. Students should practise and inculcate the skills of networking and public relations amongst themselves. Also, it was advised that whenever students go for the internships, they should leave a positive feedback and never say no to any assigned task. In the journey of our life, we should not say no to any good work or any command given by the superior. No is the word which must be eliminated from the dictionary of our life. This good practice will help the students and youth of the country to get the next best opportunity in the future. Considerable importance was also given to good publications in the reputed journals. Articles published by the students always help them to grab vast opportunities. Every person has a journey and the path for which is meant for him to discover. As long as we move ahead and as long as we keep learning from the lessons that life give us, we make our lives worth a while. I talked about the lessons that I learnt from my journey while at different stages and at different points of time. I reflected to the journey I had while I made choices that define my success today. The session was meant to provide students with an insight about the research of life. No matter what one does in life, but some lessons always help in building the space for better people. There is more than one path in life, therefore, we must always experience things as much as possible. Exams and grades are important, but they are temporary. Students must teach themselves to question everything and seek answers to those questions and the process of learning should never stop. Failures are just the way towards success and one should not worry about failures and in order to turn failure into success, one must work hard day and night. There is no substitute for hard work. While it is not all about money, but some things in life are about money. It must be understood that something which does not make money is a hobby and a business needs to make money. It is important to be happy in what you are doing, otherwise there is no

point of doing things in life. Seek happiness in your work or do something that makes you happy. As the time lost cannot be regained, therefore, you should always respect time and make fast decisions in your life. It is seen that most of the students fill the online application form for recruitment on the last date and due to server problem or busy network, they fail to fill the form. In this way, one opportunity goes away from their hands. It is not just about losing one opportunity, but it is about losing the chance which might have changed the life. Relationships and friendships play a vital role in our lives, therefore, they must not be taken for granted. Words are the most powerful weapons in this world. You should find ways to make them effective and not to hurt or spread hatred amongst people. There is always a first time and there is always a first step. So, do not wait about miracle. You need to take that first step and stop worrying about what is at the end. Take one step at a time and the end and the future will be drawn out of that first step. While being on this journey of life, never compare your journey with that of others. Just remember to enjoy your own ride. A lot has changed since the pandemic has hit the world. A shift in work culture has been seen. After COVID-19, the situation has resulted in a shift towards online working and the usage of social media, online business meeting apps and online education has increased. Education is the key to success and it is the basic foundation of nation building.

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Physical Exercise

The health and fitness of an individual are associated with each other and must be taken care of. We often forget to think about health and suffer towards the end. Our mental and physical health plays a major role in our life and is responsible for a healthy life. Taking care of our health and developing a healthy life is every individual's responsibility. However, we often neglect our health due to our busy schedule and in this way, we face difficulty in the future. Our level of fitness totally depends on the amount of physical activity we perform in our daily life. This level of fitness can be easily achieved by inculcating a habit of daily exercise followed by eating healthy. Drinking sufficient amount of water and cutting out unhealthy food from our diet is very important for our body and helps in weight loss. Water plays a major role in reducing fat. Weight gain may lead to obesity and makes us physically inactive. Lack of proper exercise and diet also result in fatigue, headache harm us physically as well as mentally. Lighter forms of exercise such as meditation, walking, etc. reduce stress and give peace of mind to us. After a hectic schedule, we must have some lighter exercise. Due to the use of technology in our daily life, we have become more inactive and do not perform any kind of physical activity. We hardly walk to the nearest store, play on the grounds or use the staircase of our building and we do it all through the technology by not burning any of our calories. Therefore, a little physical exercise makes us tired and ill. But, it is never too late and we can always start a healthy lifestyle whenever we want to. Children should opt for outdoor games rather than spending hours on video games and phones. This will make them healthier and increase their fitness level. However, it may feel difficult to achieve at the beginning, but we will be able to enjoy it and feel the difference. We should take out some time out of our hectic schedule and contribute it to improving our mental as well as

physical health. It is our responsibility to transform our body into a healthier version before this technology takes a toll upon our health. The level of fitness has reduced a lot in human beings. There is no such physical activity in our day to day life and we completely rely on technology as it is fast and consumes less time. In this busy schedule, we often neglect our health. A healthy lifestyle not only includes our physical health, but also includes our mental health. Our level of fitness depends upon how healthy and active our body is. Leading a healthy life has a lot to do with our food intake and duration of sleep. Lack of proper sleep, physical exercise and regular junk food affects our health a lot and this leads to several heart diseases and obesity. This has also affected the mental conditions of individuals by leading them to depression. Therefore, it is important that we inculcate a habit of exercising daily in the form of cycling, dancing or walking. If we do this, it will relax our mind and help us feel positive about ourselves. Trying out meditation is also very beneficial for mental peace. One can start by taking small steps towards it. It can include eating fruits and vegetables, drinking plenty of water and walking to the nearest stop rather than opting for a vehicle. Taking out some time for improving our mental and physical health is an important habit. As a result, this will help us concentrate well on our work and lead a life full of fitness. Health and fitness are very important for our life. Staying healthy will help us become more active and keep us away from various diseases. It is very important to follow a good and healthy diet to remain fit. Nowadays, we are more addicted to burger, pizza, etc. which are unhealthy for us and make us gain weight easily. We should avoid eating those unhealthy foods and develop a habit of eating fruits and vegetables which are great source of vitamin and protein. Regular exercise and physical activity are very important to maintain a healthy body and mind. Meditation, painting and listening to soft music helps us to relax our mind and concentrate better. The health

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of an individual is related to his or her fitness. If we take care of our physical and mental health regularly, it helps us lead a healthy lifestyle. We can start improving our health by starting with simple steps like taking a walk in the morning and relaxing our mind with meditation. With our busy schedule and daily work pressure, we often forget to take care of our health, but it is very important to take proper rest and develop a daily time table to gain energy to start fresh the next day. It is well-known that a healthy mind lives in a healthy body. If a man is not physically fit and healthy, his mind cannot be sharp and active. Human body is very much like a machine. It needs to be maintained and looked after properly. Physical exercise is of immense help in maintaining good health and fitness. Physical exercise is the best way to keep the body healthy and active. Neglect of bodily health can be disastrous for us. It causes several physical and mental problems. Energy and beauty of person is lost early. He or she grows old early. Strength, stamina and power of concentration decline. Many people enjoy morning walk. Some find pleasure in cycling and jogging. Several people like to do gardening or swimming. Many people find it easier and convenient to spend an hour or two in going to gym. Skipping is also a popular way to keep our body fit and healthy. So, we should be very regular and consistent in physical exercise. It is a form of discipline.

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OYO Rooms

The informant is a company in the business of providing boarding and lodging services under the name and style of Hotel Divine Inn. It is situated in New Delhi. OYO provides budget accommodation to customers through online booking under the brand name of OYO Rooms. As per the information, OYO entered the market in the year 2013. Through its app and website, it registered an exponential growth and has grown into the largest service provider of the budget hotels under its brand name. As per the article of one magazine, OYO dominates the budget hotel segment with 68 per cent market share and the other players in the same segment lag far behind. There is a huge gap between the market share of OYO and the next best competitor. That best competitor has a market share of only 13.6 per cent. The informant has also highlighted the exponential growth of OYO in India as well as internationally. OYO had added many rooms to its platform during the period of April to June 2018. It is about eight times the number of rooms of the world's largest hotel chain OYO is now seven times larger than one of India's largest hotel chains, that is, Taj Hotels. Thus, as per the informant, the market share, size, resources and economic power of OYO gives it an advantage over its competitors. This enables it to function independently of the market constraints. The informant submitted that online platform of OYO facilitated quick and fast spread of its service by providing budget accommodations which attracted customers in high numbers. This prompted hotel owners to register themselves with OYO so as to sustain themselves by maximizing the sale of their rooms. It allows OYO to modify the structure of the informant's hotel to meet its standards and the same is allegedly unfair. It empowers OYO to put exclusive signage of OYO brand with informant's hotel name. As per the informant, this amounts to abuse of dominance as without investing even a single penny, OYO

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sought to increase its brand value. Further, the informant was made to agree that the ranking and performance rating shall be as per the policy decided by OYO and that OYO shall have the sole discretion to change the terms of the said policy from time to time. As per the informant, this was one sided and unfair. OYO denied market access to the informant by debarring it for a period of one year from entering into any agreement directly or indirectly to engage with online service providers. However, the informant was allowed to sell or promote rooms either directly or through any other business partner or service provider for marketing or booking services through online or offline channels with prior written consent of OYO. Breach of this term was defined as a material breach under the agreement. OYO had a right to forthwith terminate the agreement under certain circumstances enumerated in the agreement. The informant could terminate the agreement by giving written notice of 30 days. Upon termination, the revenue share to be paid to OYO was required to be paid by the informant within 48 hours of termination of the agreement. Delay in payment was subject to 18 per cent interest per annum from informant to OYO while there was no reciprocal provision of such interest in case of default by OYO. With regard to dominance, the learned counsel for OYO denied OYO being dominant in any relevant market. It was submitted that the data relied upon by the informant is unreliable. It does not disclose the market in which the market shares are provided. OYO is charging G.S.T. over and above its commission.

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