



## 99<sup>th</sup> Session of the Indian Science Congress



# ANTHROPOLOGICAL AND BEHAVIORAL SCIENCES

(INCLUDING ARCHAEOLOGY AND PSYCHOLOGY &  
EDUCATIONAL SCIENCE AND MILITARY SCIENCES)

*President*  
**Prof. Tarni Jee**



**The Indian Science Congress Association**

**PROCEEDINGS  
OF THE  
99<sup>th</sup> INDIAN SCIENCE CONGRESS**

**January 3 - 7, 2012**

**BHUBANESWAR**

**SECTION OF  
ANTHROPOLOGICAL AND BEHAVIOURAL SCIENCES**

**(Including Psychology, Archaeology,  
Education and Military Science)**

**President: Prof. Tarni Jee**

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*PROCEEDINGS*

**I**

## **PRESIDENTIAL ADDRESS**

*President: Prof. Tarni Jee*

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**Yoga as the Method of Psychotherapy**

President: **Prof. Tarni Jee\***

**SECTION OF ANTHROPOLOGICAL AND  
BEHAVIOURAL SCIENCES**

**(Including Archaeology and Psychology & Educational  
Sciences and Military Sciences)**

Respected Chairperson, distinguished delegates, learned fellow members, senior and young scientists, ladies and gentleman. With great pleasure, I welcome you all to the deliberations in the section of Anthropological and Behavioural Sciences, including Archaeology, Psychology, Educational Science and Military Sciences of the 99<sup>th</sup> Indian science Congress. First of all, I would like to thank the members of the Indian Science Congress for electing me as President of the Section of Anthropological and Behavioural Sciences of the Indian Science Congress association for the year 2011 - 12. I feel highly honoured by my election and wish to say that I have tried to do my work to the best of my abilities, and to have a good academic session of this Section. I am happy that we are meeting at one of the best private universities of India situated in Bhubaneswar.

Now I wish to highlight the values of yoga as the method of Psychotherapy.

The word 'Yoga' is generally misunderstood by people through knowing it as a particular type of simple exercise or meditation. The word Yoga means Unity or oneness and is derived from the Sanskrit word 'Yuj' which means to join. This unity or joining is described in described in consciousness with the universal consciousness.

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Practically, Yoga is a means of balancing and harmonizing the body, mind and emotions. This may be performed through the practice of *asana*, *pranayama*, *mudra*, *bandha*, *shatkarma* and *meditation*. Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow (Swami Satyananda Saraswati, 1969).

Yoga is the science of right living and as such, is intended to be incorporated in daily life. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual. The science of yoga has always been dedicated to the physical, mental and spiritual health of all mankind not to particular religion or nationality throughout the world. The word yoga means the communion of the petty self with the higher universal self and previously it is recognised that psychology is the science of the psyche or soul. Therefore *yoga psychology* signifies the science of unification of the lower self with the higher one, the union of the jivataman with the Paramatman so to speak (Swami Prajnanand, 1967). Practically, *Yoga* is harmony in all walks of life. It is an art and science of healthy living.

Patanjali has for the first time described the different dimensions of yoga systematically in 195 sutras. He discloses the secret of a transcendental Atman bringing under control the divergent modification (Chitta) of the mind through complete control of the impact of external stimulus (Prakriti), which is the fountain head of knowledge, intelligence, reality and bliss. The control of chitta or prakriti or mind and dominance of soul (*atman*) has been recognized as God Consciousness by Swami Vivekananda. He has described the basics three principles of yoga as follows: (1) Each soul is potentially divine. (2) The goal is to manifest this divinity within by controlling nature-external and internal. (3) Do this either by work, or worship, or psychic control, or philosophy, by one, or more or all of these- and be free. Swami Vivekananda added "This is the whole of religion. Doctrines or dogmas, or rituals or books, or temples, or forms, are but secondary details."

Swami Vivekananda has described the bondage of 'Atman' be free through work in the form of *Karmayoga*, get freedom through worship in the form a *Bhaktiyoga*, through psychic control in the form of *Rajyoga*. He has accepted all the forms of Yoga as a super science, having similar dimensions in different forms, which can be verified by any one through his self experience.

*Karmayoga* is performed through unselfish work of that freedom which is the goal of all human nature. It is a system of ethics and religion intended to attain freedom through unselfishness and by good works. *Bhaktiyoga* is based not only on faith and belief but also on devotion, sacrifice and selfless love. Faith or belief is not necessary in *Rajyoga* requires psychic control which is pure mental. It also requires more time on constant practice. *Rajyoga* proposes to start from the internal world to study internal nature through controlling the whole or both internal and external (Swami Vivekananda has accepted in his speech, 1893).

*Rajyoga* or *Ashtangyoga* has been described as practical psychology. The subject of the practical application of psychology has been taken up in India from very early times by great philosopher Patanjali. He collected all the facts, evidences and researches in psychology and took advantage of all the experience accumulated in the past. About 1400 B.C., a great saint Patanjali made an attempt to arrange, analyses and generalizes upon certain psychological facts. He was followed by many others, who took part of what he had discovered and made a special study to them. It is the religion of the country. Each one may have a special method with special form of breathing and special form of concentration with cultural inheritance.

## **HISTORY OF YOGA**

In fact the origin of Yoga is shown dead in antiquity, no one really knows when Yoga was first developed or who gave it to man. There are many historical connectives which even suggested that the God (Shiva & Krishna) themselves taught Yoga to man. The fact is that Yogic practices were unknown even in the Vedic times, and references to Yoga abound in the Vedas, in particular the Rig-Veda, and in the Upanishads and Bhagwad Gita. In Gita Lord Krishna

blessed “I told this imperishable yoga to Vivasvat: (the sun) Vivasvat told it to Manu (the law giver) and Manu told it to Ikshvaku. This handed down in regular succession, the royal rages knew it. This yoga by long laps of time, declined in this world, O scorchers of toes. I have this day told thee that same ancient Yoga (for) thou art My devotee, and My friend and this secret (to the unworthy only) is profound indeed (Gita 4:1 to 3)”. It is said that Lord Shiva is the founder of *yoga* and its references found in the excretion of *Indus Valley*. According to Upanishads the Moksha (liberation) is the ultimate goal of *yoga*, which is available in the Epics of Ramayan and Mahabharata. Bhagvadgita is the quintessence of *yoga*.

There are many references available on part a *Vedas* and *Puranas*. *Rig-Veda* mantras (10 18:7; 1.34:9; 10.13:1) mention *yoga*. Some mantras included in *Yajurveda* describe the concentration of mind at several places. Mantras 1:5 in chapter 11th of *Yajur Veda* talks about *Yoga* in detail. In Vedic texts we find extensive reference to *yoga*'s highest aspect to *Pran Vidya*. In *Yajur Veda* we find reference to five types of *pran*. i.e. controlling respiration : *Apan-* excretory system; *Saman-* digestive system; *Vyan-* circulatory system; *Udyan-* reactions and finally ejection of *Pran*. Although *Pran* is treated as vital energy includes all these five, that have given different names related to the position function and purpose in the body. In *Athar-Veda*, vital life energy and upward movement circulation and extraction have been discussed to a greater extent in its chapter 11.

Indian *yoga* has reported that man is not a mere body, not a mere mind complex in which one reacts on the other end in which one cannot be reported from each other. It has been recognised in all the old literature of *Vedas* that *Yoga* emphasizes that the mind influences the body more than the body influences the mind, which has been accepted by the recent modern thinkers also in every psychological study.

The knowledge of *Yogic* practices was handed down through the ages from generation to generation by word of mouth and by example through unknown chain of devoted *Guru-Chela*

relationship. Hiranyagarbha was first to speak of Yoga. In Yagyavalkya Smriti and Mahabharata stated Hiranyagarbha as the originator. The treatise on Hiranyagarbha was very extensive. Perhaps Patanjali just took its essence and wrote his treatise on yoga Philosophy. However, Upanishads clearly mention about *Asans* or *postures*, Pranayam or breathe-control, belief system, Dhyan and Samadhi of yoga. Upanishads like *Kena Chhandhogya*, *Brihadaranyak*, *Maiteyani*, *Koushitaki* and *Shwetashwatar* is no different form *Yogvidya*. Ancient Indian Philosophical texts have given a lot of emphasis to Yogsadhna. *Yogdarshan* and *Sankhyadarshan* are considered to be complimentary to each other having many commonalities. In *Sankhyadarshan*, *Asana*, belief system, *Dhyan* and other aspects of *yoga* have been codified as separate sutras, which is identical to *Yoga Darshan of Patanjali*. The *Vedantadarshan* prescribes many *yogic* practices including *Dhyan*. Various episodes of *Mahabharata* especially in *Shanti parva*, *Asvamedh parva* and *Anushasan parva* contain various importance references to *Yoga*. Patanjali Yoga Darshan is completely based on the basic principles of Gita which can be explained through different Sutras of Patanjali. (Singh, 2010). The way *Gita* has used the word 'yoga' at various contexts, it gives a ground for the fight in between good and evil. After reviewing *Gita* with reference to the principles of *yoga* it is clear that likewise *Mahabharata*, struggle is going on within every individual in their day to day life and *yoga* is the means to get success over the evil and achieve the goal of life.

The definition a *yoga* (Gita 2:48) its elements like traits of personality, principles of living *Tapa* (devotion) *karma* (action) *swadhyay* (self-study) *dhyan* (meditation), *dharna* concentration practice, non-attachment, diet, conduct and daily routine has been described in a very interesting and acceptable manner in *Gita* at its every stages. Multidimensional aspects of *Yoga* as *Gyana Yog*, *Karma Yog*, *Bhakti Yog*, *Raj Yog* and other types of *Yoga* have been described in great detail in different forms. The end of every chapter of *Gita* is with particular type of *yoga* means its emphasis only in *yoga*. Patanjali *Yogdarshan* which is presently accepted as *yoga* is totally based on the principles of *Gita* (Singh, 2010). *Yoga* has its reference in *Purana* and also in literature of ancient India. The 14th chapter of *Garuda Purana* mentioning detail about *Dhyan Yoga* and



*Karma Yoga*. *Ashtang Yoga* has also mentioned in *Vishnu Purana*, which can easily be understood. The 10th chapter of *Vayu Purana* introduces us the merits and demerits of different parts of *Yoga*. However, Patanjali after considering all the ancient literature has described the system of *Yoga* in full detail in systematic manner within 195 sutras of *Yoga Darshan* in relation with the modern psychological principles (Singh, 2010). The *Yoga* system of Patanjali which is also known as *Rajyoga*, in a world's view a way of life and a set of practices for regulation of mind to achieve the highest goal of *Yoga*, i.e. "*Kaivalya*" at mental level. *Yoga Sutra* of Patanjali virtually presents a psychological system (Swaminanda, 1873). The systematic development of *Yoga* by Patanjali "Constitute one of the great psychological achievements of all the times (Murphy and Murphy)." Similarly Singh (2010) has reported psychological interpretation of every *Sutras of Yog Darshan* on principles of Modern Psychology and concluded that Patanjali was more a Psychologist than a Yogi much before the development of Western Psychology (Singh, 2010).

## **YOGA AS THE METHOD OF COMPLEMENTARY ALTERNATIVE MEDICINE**

Yoga is the greatest Indian concept announced to the world. It is self acquired finest and most clearly uplifting system available for civilized society and for a successful individual, as its success is attained with disciplined self efforts. Yoga is a mind, body practice in complementary and alternative medicine (CAM) with origins in ancient Indian philosophy (Khalsa, et al 2009). The various styles of *Yoga* that people use for health purposes typically combine physical posture, breathing techniques, concentration, and meditation or relaxation. Yoga is intended to increase relaxation as well as balance in between body mind and spirit. It has been dedicated to the physical, mental and spiritual health of mankind.

The ancient Indian medicine Ayurveda is considered to be the science of life. Healing focuses on psychological health with the help of science of life *Yoga* for all the continuous activity of the body and its psychosomatic constitution related with Vata, Pitta, and

Kapha (Udupas Prasad, 1885). According to the ancient literature of Yoga it is also observed that all the diseases are resulting from the imbalance of *tridosha*. *Vata* is the energy of the body that moves like the wind and causes flow in the body. It may be related to the nervous system as well as joints that enable us to move. *Pitta* is related to bilious secretion and is the cause of heat in the body. It is the energy of catabolism that is essential for digestion. *Kapha* is the glue that holds everything together and is the energy of anabolism helping generative and regenerative processes *Tridosha* fluctuates constantly. As they move out of balance, they affect particular areas of our bodies in characteristic ways. When *Vata* is out of balance-typically in excess-we are prone to diseases of the large intestines, like constipation and gas, along with diseases of nervous system, immune system, and joints. When *Pitta* is in excess, we are prone to disease of the small intestines, like diarrhoea, along with diseases of the liver, spleen, thyroid, blood, skin, and eyes. When *Kapha* is in excess, we are prone to diseases of stomach and lungs, most notably mucus conditions, along with diseases of water metabolism, such as swelling.

Both *Yoga* and *Ayurveda* show many similarities of concept such as *Trigunas*, *Tridoshas*, and *Chakras* have early and frequently been used through disciplined self attempted practice to remove the imbalances of *tridosha*. Healthy balance between body, mind, and soul leads to total health, which can only be brought through *Yoga* in combination with *Ayurveda*.

In accordance with the culture, social system and environmental factors and its mental set we Indians frequently use *yoga* as the means of getting relief from the bondage of physical, mental and spiritual spirit. Surprisingly, use of *yoga* for health is frequently used in USA also. According to the 2007 National Health Survey (NHIS), which included a comprehensive survey of CAM used by Americans *Yoga* is one of the top 10 CAM modalities used. More than 13 million adults had used *yoga* in the previous year. The 2007 survey also found that more than 1.5 million children used *yoga* in the previous year.

The philosophy of yoga is practical and applicable in our day to day life in accordance with the definition of health given by World Health Organization (WHO) who defines health as a state of complete physical, mental, social, and spiritual well being, not merely absence of diseases or infirmity. Yoga is first and foremost a '*mokshashastra*' meant to facilitate the individual to attain the final freedom and liberation. One of the important by product of the *Yogic* living is attainment of health and well being, matching with that of the definition of WHO. Yoga helps to maintain and sustained this dynamic state of health through self disciplined effort.

Yoga has a lot to offer in terms of prevention, promotive and rehabilitative methods through searching depth of oneself with the help of its eight limbs. The *yogic* lifestyle that includes the five principles of *Yama* and *Niyama* which is much more helpful in preventing many of the modern diseases like hepatitis B, AIDS, psychosomatic orders and stress caused due to behavioral imbalance cleanliness that is taught through these. *Soucha* can help in preventing and limit the spread of contagious and infectious diseases. Through the principles of *yama* and *niyama*, we can easily obtain and develop mental peace and right attitude. Yoga associated with the traits of personality can help in preventing many of the complexes caused by high level of expectation in the modern world. If these *yogic* values as well as practices of *Asana*, *Pranayamas*, *Dharna*, and *Dhyan* are included properly in the modern human race, we can prevent initially all diseases of modern era in collaboration with other techniques of medical sciences. In this area the eminent neurosurgeon Padmabhusan Dr. B Ramamurthi has described "The revival of the science of Yoga bodies good for mankind. All the technological advances in the third millennium will not lead to the happiness of mankind as man has a severe aggressive tendency and is likely to destroy himself because of this aggression. The only way out of this mess is through the science of Yoga.

As CAM Yoga is an excellent tool as a psychotherapy for the purpose to achieve primitive health that can enrich modern medicine as CAM. The practice of *Yoga* leads to the efficient functioning of the body with homeostasis through improved functioning of the

psycho-immune-neuron-endocrine system. A balanced equilibrium between the sympathetic and parasympathetic wings of the autonomic nervous system produced by *Yoga* lead to a dynamic state of health. Dr. B. Ramamurthy has noted that *Yoga* re-orientes the functional hierarchy of the entire nervous system. *Yoga* not only benefits the nervous system but also the cardiovascular respiratory, digestive, endocrine and immune system.

#### **YOGA AND PSYCHOTHERAPY:**

In respect to management of diseases and disorders yoga has a lot to offer in terms of psychosomatic disorder and stress related disorders such as diabetes, asthma, irritable bowel syndrome, epilepsy, hypertension back pain and other functional disorders as the method of psychotherapy (Balkrishna, 2007; Singh, 2011; Udupas Prasad, 1985) Dr. Steven F Brena has also reported “Yoga is probably the most effective way to deal with various psychosomatic disabilities. Asanas are probably the best tool to disrupt any learned patterns of wrong muscular efforts. Pranayama and Pratyahara are extremely efficient techniques to divert the individual’s attention from the objects of the other environment, to increase every person’s energy potentials and intensities to achieve control of one’s inner functioning”. There are many instances where the patient refused by medical science or stop medical treatment thinking that is it is no more necessary as they started yoga and obtained surprising results (Bal Krishna, 2007).

Yoga as a physical therapy has a lot to offer a patient of physical and mental handicaps. Physiotherapy of medical science is totally inspired by the physical posture of Asana having a lot of common features. Combination of *Yoga* and physical therapies can be benefited. *Yoga* helps in developing the self-control and will power of the patient, who are taking physiotherapy. It helps patients in relaxation. The technique of *Hath yoga*, *Raj yoga*, and *Janna yoga* relaxation practices help to relax the body, emotions and mind. Relaxation is the key element of any *Yogatherapy* may be because of mental peace, emotional balance, satisfaction and positive attitudes of *Psychotherapy*.

In the field of psychoanalysis as the method of Psychotherapy, we can find a lot of ancient *yogic* concepts being reiterated time and again. Many modern psychotherapeutic concepts such as identification, projection and transference are similar to concepts in *Yoga Psychology*. *Yoga Psychology* integrates diverse principles within a single body, C.G. Jung had a great interest in the concept of Yoga and eastern thinkers. He has described that Chakras represent a real effort to give a symbolic theory of the psyche. His concept of personality interpretation of dream and concept of racial unconscious is very similar to the yogic concept of central psychic or spiritual concept. Yoga helps the psychotherapist in training, self awareness and in the self regulation of the body, diet, breath, emotions, habit patterns, values, will power, unconscious pressures and drives. It also helps in relating to the archetypal processes and to a transient being. Likewise the principles of psychotherapy, emotional therapy of *Yoga* include a *Swadhyayay*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* and *Bhajans*. Development of proper psychological attitudes is included via the concepts of *Vairagya*, *Chitta*, *Prasadanam* as well as Patanjali's advice on adopting the attitudes of *Maitri* (*friendship*), *Karuna* (*kindness*) and *Upekshanam* (*neglect*) towards the happy, the suffering, the good and the evil minded persons (Yog Darshan, 1:33). Yoga also has a lot of offer in terms of spiritual therapies such as *Swadhyayay* (*self study*), *Satsangha* (*spiritual spirit*), *Bhajans*, and *Yogic* counseling. It is also interesting to note that both Yoga and psychoanalysis share common ground in understanding that symptoms of the disease are often willed by the patients. The role of counselor in psychoanalysis and role of *Yoga* teacher in *Yoga* practice is the same. In both the cases improvements have been acquired with the help of disciplined self efforts. While all *Psychoanalyst* must undergo psychoanalysis themselves, it is taught in *Yoga* that one must first undergo in a deep *Sadhana* before attempting to guide others on the same path. However, while psychoanalysis searches the unconscious, *Yoga* attempts to understand and explore the super conscious or God consciousness.

Psychotherapy and yoga practice having many of the same aims, such as promoting health and creating cognitive behavioral and emotional balance. To achieve three aims (preventive,

promotive and rehabilitative) they each promote introspection, self awareness, self effort, self realization, self acceptance, self liberation, faith and connection to achieve well being. However, there are important differences in their approaches, also Psychotherapy focuses on promoting health, believing symbols and difficulties and increasing self understanding. Post efforts of therapy may include greater connection to the counselor, where many difficulties occur at the time of the rapport. In contrast *Yoga* practice promotes the self confidence, the experience of union and the realization of universal nondualistic consciousness or super consciousness (*Samadhi*) and post effects of the practice of yoga include healthy change and the experience of bliss (*Ananda*).

Psychotherapy develops introspection and self-awareness through the process of reflecting on, verbally identifying, and exploring one's feelings, thoughts and behavior. It may focus on a client's present feelings and way in which awareness appears to be limited or restricted. In contrast each of the eight limbs of yoga leads to enhanced awareness to get bliss. The practitioners have the opportunity to reflect on their intentions, choices, actions and greater purpose in way of achieving bliss through the *Yamas* (restraints and promoting ethical behavior) and *Niyamas* (observances of healthy attitudes). The integration of *Asana* (body postures) *Pranayam* (Breathing practices) and *Dharana* (concentration) enhances awareness of body, breath, consciousness and their connections. The development of one pointed focus through *Pratyahara* (sense of withdrawal) and *Dharna* (concentration) flow into *Dhyana* (meditation). Through practices such as *Asana* and *Meditation Yoga* teaches practitioners to be present to immediate experience. *Dhyana* in turn leads to the experience of higher states of consciousness and to the experience of witness consciousness which is beyond the level of any technique of psychotherapy. Ultimately practitioners realize universal awareness, in which the distinction between soul and mind dissolve having no limit. practitioners of *Yoga* belief that *Yoga* deals with the level of consciousness beyond the ego level, outlining a path for further development (Rama et al, 1976). Thus transcending awareness is an important goal in *Yoga* practice beyond unconscious level. However, western based psychotherapy encourages self actualization and exploration of one's potential up to unconscious

level. However, through matured practice of all the aspect of *Yoga* one can explore his self and consciousness up to the limit of God Consciousness.

Behavioral change is one of the central goals of psychotherapy. Therapy may involve reflection on the origins, meanings or function of a behavior and the thought, emotions and environmental factors that contribute to the behavior. Psychotherapists have also appreciated the therapeutic benefits of relaxation for behavioral change, developing techniques such as progressive relaxation autogenic training, and biofeedback (Rama et al, 1976). Yoga uses the tools of *Asana*, *Pranayam* and meditation to reshape the imbalance habits of the body and mind, behavioral changes in physical body, releasing tension through the practice of discipline, control of breathing and concentration that affect body and mind. These practices increase focus on inner self and promote realization of universal consciousness. Behavioral change is also encouraged through the *Yamas* and *Niyamas* in the area of personality build up and health.

Many psychotherapeutic approaches focus on creating cognitive change through problem solving or coping skills training. Clients may be encouraged to see how a pattern of thinking developed and became generalized as a response to a given situation. The psychotherapeutic relationship also becomes a model for self understanding and kindness toward oneself. The therapist through empathy, often aim to create a safe holding environment in which clients can work on their issues, develop insight and promote change while remaining compassionate toward themselves (Winnico, 1960). However, the relationship in between therapist and client may have negative impact on future development of the processes of his self acceptance.

Similarly yoga instructors also aim to create environment in which practitioners can compassionately and none fundamentally observe thoughts and emotions and encourage self-reflection, self-acceptance and transformation, like psychotherapy. Yoga is based on a number of principles that support self-acceptance more easily than that of psychotherapy. It also helps practitioners to learn to be

present and to cope with anxiety, tension, anger negative attitude, memories and conflict as more passive and blissfully. The practice of *Asana*, *Pranayam*, concentration and meditation often assist practitioners in becoming aware of distractions, strengthening focus and mental clarity and ultimately reducing all types of disturbances. *Yama* helps patient in developing major mechanisms for strengthening personality or ego for proper adjustment. *Niyamas* helps practitioners to cultivate and strengthens other healthy attitudes. Likewise psychotherapist *Yoga* practitioners is personally impressed by the ideology of the *Yoga instructors*, which have only and only positive impact, much more than that of psychotherapy.

Having similar value the practice of *Yoga* and psychotherapy in development of personality, the combination of yoga and psychotherapeutic practices may be potent for client who has more difficulty expressing them and healing through talk therapy. Emotion, sensation, and consciousness may be embodied in physical experiences. *Yoga* based works and habit may assist specific therapeutic goals of self-acceptance, self-satisfaction, self-realization, and self-control.

All psychotherapeutic orientation acknowledges social, cultural and environmental affects. It also recognizes the central importance of the client-therapist relationship and its effect on treatment. This therapeutic relationship has been identified as a key factor in healing. *Yoga* as the method of Psychotherapeutic approaches acknowledge the link between mind, body and spirit. It also develops the connection between thoughts, emotions and behaviors related to spiritual spirit also. It pays different degrees of emphasis and importance on universal consciousness connection.

*Yoga* as a practice and experience of union can be seen as philosophy and practice of connection, as an individual develops a sense an internal relatedness and relationship to other people, other beings, the environment and the universe. A practitioner develops a sense of connection to interpart of him or himself through following the principles of *yoga*, becoming aware of the link between minds, body, breathe, feeling, memories, experiences and state of consciousness. In observing these internal connections *Yoga* not



only promotes the experience, but the ultimate experience of direct realization of the self and the reunion of the individual self (jiva) with the absolute or pure consciousness (Shivananda, 2000). Yoga refers to any method by which an individual human being is brought into union with body, with God, with reality, with the ground of being, or with source (Cope, 1999). The techniques of yoga aim to uncover the highlight these connection.

After reviewing above mentioned facts it is clear that psychotherapy and yoga practice can be used as complementary practice because both promote introspection and self awareness in different ways. The combination of both practice may enhance inner work. Both practices attempt to resolve split in order to promote a healthy integrated self and aim to help clients more clearly in experiencing and resulting the self. However, both have differences in their approach. Psychotherapy for example tend to encompass a more historical focus using the past to reflect on the present, where as *Yoga* tends to focus more on the here and now of immediate experience. Furthermore *Yoga* places greater emphasis on within interpersonal connection and universal connection less emphasis on interpersonal relationship and improving contact between people. So *Yoga* is a practice of self-attempt for internal purification, selflessness, and meditation only under the regular guidance of *Yoga* teacher.

*Yoga* has a long history in India which is known as psycho-spiritual science. Comparatively, psychotherapy has a sort history known as West Psychology. The different schools of *Yoga* are unanimous in declaring that our deeper indentify in veiled by the activity of the ego or impact so *Prakriti*, which has twenty three elements of the outer world (*Yoga Sutra*:18-19). Through controlling these elements *Yoga* or eastern psychology practices aim at bringing peace to the mind so that practitioners experience their inner universe consciousness to find their own spiritual core. When we look or experience within, we don't see the *Atarman* or soul, but we can experience it at the time of doing good or evil. At the time of doing evil a third power, that must he soul, restrict us for doing the evil but under the control of mind or its related elements, we perform the evil. This activity of mind or ego or self produces much

dust that clouds the inner light. Until this activity is purified or quieted the inner light of divine can't get through. In absence of Divine Light we are under the control of mind and suffering from physical, mental, and spiritual bondages.

The dust or bondages in front of soul and disturbances created by the ego in flashing inner light through are the basic cause of stress. Psychotherapy in west and Yoga in east India are meant for clearing these blockages. Attempts have been made to remove the dust created by ego accordance with the principles of psychotherapy of west and mind and its related element in accordance with the principle of east therapy of Yoga have similar value. Psychotherapy has a little chance of penetrating the deeper veils that cover our spiritual core whereas *Yoga* through spiritual practices aims at opening the heart or soul on inner self up to God or super conscious level. The ego is confined to a small circle tied to unconscious defenses that prevent it from deepening into its own interior spaces. Spiritual geniuses like Sri Ramakrishna, Sri Aurobindo, Swami Vivekananda and many others who were able to cut through the ego and connect directly to the spiritual cloths to achieve super conscious level.

Spiritual practices or Yoga as the method of psychotherapy heads into the Divine Light and psychotherapy heads into the shadow and darkness first. When trying to bypass the darkness it does not generally lead to the light, for we become stuck avoiding the shadow. When Yoga and psychotherapy are integrated then both movements can happen, owning the darkness and moving into the light. The purpose of both the movement is the same. Psychotherapy at one level as a form of behavior change may be recognized as *Karma Yoga*. Therapy tries to get the person to act differently and more skillfully. Krishna in *Bhagawat Gita* also says to Arjun that *Yoga* is a skill in action. So Yoga is a skillful behavior and neurosis is unskillful behaviors. Psychotherapy and spirituality (*Bhakti Yoga*) have same goal of opening the heart in different ways. *Bhakti Yoga* tries to open the heart directly through devotion, love, and positive emotions. Psychotherapy on the other hand work to open the heart by seeing how it is closed by exploring the defences against feeling and by re-owning painful and negative emotions. However, the

practices of *Yoga* create realization of self and universal conscious in accordance with the amount of its maturity among practioners. Understanding psychotherapy as a practice of discrimination and awareness is similar to the principles of *Rajayoga*, the practice of which is essential for exploring the deep inner insight that involves mind, heart and body where psycho analytic method is not effective (Curtright, 2008).

Both psychotherapy and *yoga* lack something. To observe its meeting point Curtright (2008) has concluded that western psychology lacks an integrating framework and meaningful context by which to understand its extraordinary discoveries. Eastern psychology lacks a way to overcome the dense unconsciousness of the ego's defensive structures, which can be done only by enlarging psychology to include the inmost depths for constructing a true psychology of wholeness. This is the meeting of east and west union of west's outer, empirical science of psychology with the east's inner, spiritual science of consciousness. (Cortright, 2008).

#### **SCIENTIFIC SUPPORT IN FAVOUR OF YOGA AS THE METHOD OF PSYCHOTHERAPY:**

In eastern zone Yoga has always been unanimously accepted as the only method of therapy since its establishment for the maintenance of physical, mental, and spiritual disturbances since ancient period. According to Gita it has been forgotten in the middle, which has been revived with the arrival of Lord Krishna. Now a day it has spread all over the world as the method of therapy.

Many western scholars too realized the utility of *Yoga* and made efforts to study its significance from scientific point of view. They made some longitudinal studies in this area and their research findings are available to us for further work for own satisfaction. area (Kuvalyananda,1925, Behanan, 1937; Bagchi, B.K. & Wenger, M.A.1957;Hirai. T,1960; de Vries, H.a.1961; Giri,C,1966; Wallace, R.K.1970; Joesph C and et al, 1987; Meti, B.L. and et al, 1989; Joseph, S and et al, 1993; Meti, B.L.1995). Swami Kuvalyananda reported sub- atmospheric pressure in the various internal cavities during Uddian Bandha and its extension of nauli. He also took X rays to demonstrate the movements of the diaphragm during

Uddiyana Bandha. A pupil of his, Behanan, (1937) undertook further research leading to a doctoral thesis of Yale University in 1937. He estimated the oxygen consumption during Pranayama practice and reported an increase during Ujjai, Bhastrika and Kapalbhathi. He also brought different types of pranayama onto kymographic record. The ability of Yogis to voluntarily stop the beating of the heart was considered a fascinating feat, and aroused the interest of scientists in India and elsewhere.

Jayasighe (2004) have selected and receive the medical research, which was launched under the terms 'Yoga', 'cardiac health' and 'cardiac disease' of relevant publication over a period of 12 years (1991-2003) for the purpose is assessing the efficiency of *Yoga* in the prevention of coronary heart disease, the treatment of coronary heart disease, the treatment of coronary risk factors and the management a coronary artery disease. He has taken all the research, which is based on well designed experimental studies and well designed open trials. He has selected 13 studies in which six were based on randomized controlled trials 6 were on open trials and one was an experimental. He has observed that *Yoga* is an unconventional form of exercise that has been practiced over a long period of time in the Indian sub-continent. It has gained immense popularity as a form of recreational activity all over the world. He has concluded the article through accepting the benefits of *Yoga* in the light of medical science. He has also concluded with reference to different studies the importance of *Yoga* in stress reduction, hypertension, body weight, and sacrum lipid profile, diabetes mellitus, other cardiac problems and quality of life.

Stressors of urban and modern lifestyle have long been postulated to be major contributors to many an illness including ischemic heart disease. Mindfulness-based stress reduction (MSBR) such as yoga has been shown to decrease the average number of visits to the primary care physician among middle-class populations in inner city areas in the USA (Stanley 2002). The observation suggests that *Yoga* may contribute to the general health and particularly that are subject to significant mental stress.

Reduced heart rate variability and baroreflex sensitivity are powerful and independent predictors of poor prognosis in heart disease. Slow breathing as in yogic practice enhances heart rate variability and baroreflex sensitivity, by re-synchronizing inherent cardiovascular rhythms. It has been shown that the recitation of the Holy Rosary and also *Yoga mantras* (Chanting) slowed respiration to almost exactly six breaths per minute, and enhanced heart rate variability and baroreflex sensitivity. This down-regulatory effect has been observed not only in the, respiratory signals but also in the RR interval in the electrocardiogram, systolic and diastolic blood pressures, and in trans cranial blood flow signals (Bernaldi, 2006).

The mainstay of hypertension management in current clinical practice involves pharmacotherapy. Many antihypertensive agents have been associated with numerous undesirable side effects. Many non-pharmacological measures, such as 100 mmol/day reduction in sodium intake, have been associated with a decline in blood pressure of about 5-7 mmHg (systolic)/2.7 mmHg (diastolic) in hypertensive subjects. In addition moderately intense exercise in 40-60% of maximum oxygen consumption, for example 30-45 min of brisk walking on 4-5 days a week, is well known to lower blood pressure. Although regular aerobic exercise can have a beneficial effect on high blood pressure, this effect is significantly inferior to that produced by pharmacotherapy. Interestingly it has been very convincingly demonstrated in a randomized controlled study that even a study that even a short period (11 weeks) of regular yogic practice at 1h/day is as effective as medical therapy in controlling blood pressure in hypertensive subject (Murugesan et.al. 2008). As with callisthenic exercise yoga, together with relaxation, biofeedback, transcendental meditation and psychotherapy, has been found to have a convincing anti hypertensive effect (Ananda, 1999).

The mechanism of yoga-induced blood pressure reduction may be attributed to its beneficial effects on the autonomic neurological function. Impaired baroreflex sensitivity has been increasingly postulated to be one of the major causative factors of essential hypertension. Practice of yogic postures has been shown to restore baroreflex sensitivity. *Yogic asanas* that are equivalent to head-up or head-down tilt were discovered to be particularly

beneficial in this regard. Three weeks of specific yogic posturing could bring about significant autonomic readjustment that were tested and proven with a battery of tests that included cold pressor response at 4°C water (CPR), alpha index of EFG (AI), level of blood catecholamine's (CA) and plasma rennin activity (PRA). These tests proved a progressive attenuation of sympatho-adrenal and renin-angiotensin activity with yogic practice. Yogic practice, through the restoration of baroreceptor sensitivity, caused a significant reduction in the blood pressure of patients who participated in yoga exercise. (Selvamurth, et.al, 1998; Schimidt,etal, 1997).

Obesity is a strong independent risk factor for ischaemic heart disease. Weight also has the strongest independent correlation with the risk of hypertension other than age. In many patients attempts at weight reduction have proved to be very challenging and often unfruitful. Yoga has been found to be particularly helpful in the management of obesity. A randomized controlled study revealed that practicing *yoga* for a year helped significant improvements in the ideal body weight and body density (Bera Rajapurkav, 1993 & Singh, 2010, 2011). Regular practice of yoga has shown to improve serum lipid profile in the patients with known ischaemic heart disease as well as in healthy subjects (Balkrishna, 2007 & Mahajan, et.al, 2000).

Evidence of the beneficial effects of Yoga to the cardiac patient is outstanding. However, the role of Yoga in the management of the cardiac patient should be complementary to the scientifically proven conventional modes of comprehensive cardiac care. Elementary *Yoga* practice involving simple postures, relaxation exercise and respiratory exercise combined with traditional pharmacotherapy and physiotherapy in the post-myocardial infarction patients showed superior clinical benefits over those who did practice *yoga*. These benefits, were also made manifest in exercise tolerance and psychosomatic conditioning. (Bulavin, et.al, 1993)

Control of excess sympathetic activation has become a cornerstone in the management of ischaemic heart disease as well as congestive cardiac failure. Beta-blocker therapy provides this

facility through pharmacological means. Yoga is also shown to have the ability to control the sympathetic overdrive thus mimicking beta blockade. Yogic practitioners exposed to acute hypoxia under saturation than controls could maintain better oxygen saturation than controls, despite lack of increase in minute ventilation. The chronic hypoxia induced by chronic heart failure can be ameliorated by improved breathing techniques of yogic practice. Training of respiratory muscles can also improve dyspnea and exercise capacity. Similarly, the decrease in sympathetic activity seen with slow breathing might be beneficial in hypertension, where sympathetic activation has been linked to disturbed breathing patterns and increased chemoreflex activity (Bernardi, et.al. 2001). One major objective of post-myocardial infarction rehabilitation is restoration and improvement of the quality of life of the patient. Conventional rehabilitation methods have proven to be efficacious in contributing to improvements in the quality of life of patients. However, practice of yoga for a period of 4 months caused a significant improvement in the subjective well-being of post-infarct patients as measured by the Subjective Well Being Inventory (SUBI) and thus the quality of life, in a recent study. (Malathi, et.al.2000 & Pandya, et. al. 1999).

Considering the scientific evidence discussed thus far, it is fair to conclude that Yoga can be beneficial in the primary and secondary prevention of cardiovascular disease and that it can play a primary or a complementary role in this regard (La Forge, 1997).

### **SCIENTIFIC RESEARCH FOR THE SUCCESS OF YOGA AS THE METHOD OF PSYCHOTHERAPY:**

After reviewing the general experimental support of Yoga as the method of Psychotherapy for clean understanding it is essential describe the benefits and scientific support of reasons of its in respect to the eight limbs of Patanjali Yoga. Patanjali was first to describe dimensions of Yoga in detail in light to the recent theories of modern Psychology, which is known as *Classical yoga* or *Rajyoga* or *Astang yoga*. His *Raj yoga* is divided into eight steps. Pranayam, or control of Prana; Pratyahara, or restraint of the senses from their objects; Dharana, or fixing the mind on a spot; Dhyana, or meditation; and Samadhi, or super consciousness. The first two

Yama and Niyama, as we see, are moral trainings; without which no practice of *Yoga* will succeed. As these two become established, the Yogi will begin to realise the fruits of his practice. A Yogi must not think of injuring anyone, by thought, word, or deed. Mercy shall not be for men alone, but shall go beyond, and embrace the whole organism of the world.

Patanjali has emphasized these two very much. Practically we can experience its importance. For example, Mohandas Karamchand Gandhi after accepting first two of the *Yama*, *Ahinsa* and *Satya* he became Mahatma Gandhi. Recently, Anna Hajare became famous in all over the world because Gandhian follow up. Practically it can be observed that only after following a few of the *Yamas* and *Niyams* people must lead a satisfied life having no level of expectation. It has been observed that the high level of excess expectation is the only reason of stress and other diseases. The actual training in different parts of *Yamas* forced a man to lead a peaceful life. The person who have followed the principles of *Niyamas* have sound health at mental and physiological level. It can be experienced and observed that any person who has trained in accepting even few laws of *Yama* and *Niyams* is leading a life of sound mental and physical health due to which he become free from any bondage, which is the basic reason of any maladjustment.

According to Patanjali after taking control on *Yama* and *Niyams* one is able to get success in *Asanas*. He has given the basic principles of *asana* only in two Sutras for correcting the physical imbalances. Generally people are not maintaining the principles of the nature, due to which he is not in a position to maintain their physical balance. In present scientific era *Asanas* are being accepted by Physiotherapists exactly or with some improvement for the treatment of every physical imbalance. *Asanas* are being used by Indians for maintaining their body postures since their ancient period. According to *Gheranand Sanhita* there are 84000 *Asanas*, however 84 are used in contemporary common practice. Every *Asanas* have its counter *Asanas* so that the negative effect of *asanas* will be removed. Practice of *Asanas* has a many limitations, which can only be performed under the guidance of a trained and experienced *Yoga* teacher. Fong and his associates (1993) have



reported a case of female practitioner, who has developed thrombosis of vertebrobasilar artery due to an initial tear and subsequent stroke. This was attributed to adopting and unusual neck posture during *Yoga* practice. The detail instructions for the practice of *Yoga* have been written in detailed on the 6th chapter of the *Gita*. The different literature of *Hatha Yoga* has expressed the method, directions, and merits of particular *Asanas*, which have been accepted by the Physiotherapists, in medical science. *Asanas* are popular among all as the only way of correcting the bad postures adopted by the person in their day-to-day life, specially for joints and spinal cord caused by mental imbalance.

Patanjali has accepted *Pranayam* as forth step in *Yoga*. He has describe the whole processes of *Pranayam* only in three Sutras (2:49-51) in a systematic way. According to him after perfecting body posture (*asna*) controlling the in-out and holding breath is called *Pranayam*. He has accepted four types of the flow of respiratory system as *Bahyavritti*, *Abhyantarvritti*, *Stambhavritti* and *Vishayakshepi* in which practitioner can minutely watch or experience the flow of respiratory system with its intensity, place, duration and number in rhythmic manner. After explaining the Sutras of Patanjali (Y.D.2:49 to 51) it can be concluded that *Pranayam* is a systematic disciplined rhythmic control of respiration. In course of *Pranayam*, the system of respiration in quite different from that of the normal flow. During the course of *Pranayam* one use not simply part of chest muscles or lungs only but also performed the exercise of diaphragm, full of lungs and full stimulation of whole of the *Pranvayu* i.e. *Prana*, *Apan*, *Saman*, *Udan* and *Vyan*. It can be better understood considering the action involved. *Prana* is brought from above and *Apana* from below making them block each other in the nostrils. *Pranayam*'s practice gives control over both the opposite action. During this process one tries to keep the mind and the senses at the midpoint between eye brow or *Agya Chakra*. The same thing has been written in *Bhagwadgita* (4:27-30), in which it is reported that the opposing currents of *Prana* and *Apana* inside the nostrils, with the senses mind and intellect controlled, free from desire, free and anger and with liberation as the supreme goal (*Gita* 4:27.28)

Gita give the essence of Pranayam the context of life as *Yoga*. Some sacrifice *Prana* into *Apan* and *Apan* into *Prana* a halting the courses of both constantly practicing the regulation of the vital energy, while others regulate all the senses into the *Prana* Sacrificing *Apan* into *Prana* is *Bhastika Pranayam*, while sacrificing *Prana* into *Apan* is *Kapalbhati*. Halting the *Pranas* outside in *Bahya*, while halting them inside is *Abhyantar Pranayam*; the offering of the *Pranas* into each other, when they are witnessing and regularizing the process of proper use is *Stambhavritti Pranayam*. In this way during the practice of *Pranayam* life of practitioner became pure like that of the assumption of *Yaga*. In this course the evil tendencies are lost or burn and practitioner starts to live in self realization. The process of burning the evil may be because of the sacred fire produced during the course of the practice of Pranayam (Frawley, 2004).

Yoga postures (asanas) remove the disorders in the gross body, while Pranayam is relatively more effective on the level of subtle bodies although the physical body also benefits from it. Generally speaking Pranayam in a system of rhythmic breathing, which strengthen the lungs, heart, brain, normalizes blood circulation, thereby curing all diseases and giving longevity due to electron produced during the course of Asanas and Pranayam. Pranayam can provide an easy solution for agitation, worries, anger, disappointment, fear and other emotional or mental problems as it is related with the balancing of emotional state because of balancing the P.G.R or sacred fire (Frawley, 2004; Upada & Prasad, 1978) *Asanas* can easily correct the defects produced by the bad posture of the body whereas *Pranayam* is much more useful for psychosomatic disorders like blood pressure, body weight, heart diseases, hypertension and diabetes with doing *Asana* and *Pranayam* under the guidance of an experienced yoga teacher (Singh, 2010, 2011)

The real success of the practice of *Yoga* is basically based on the breathing techniques. Under the self discipline control of *Yoga* practitioner use the technique of breath in *Asana*, *Pranayam*, and *meditation* which is the root of all the success of *Yoga*. Understanding and application of various respiratory practices are impeded by the many interacting physiological and psychological

variables. Yoga techniques may offer insights into useful breathing practices and control of important variables. This review integrates relevant data from (a) the psycho physiological literature, (b) the physiological/medical literature and (c) studies of yoga. The available data indicate that yogic slow breathing practices promote dominance of the parasympathetic system, can help control stress, and can contribute to treatment programs for some chronic diseases.

Various respiratory patterns and maneuvers can provide striking influences on the autonomic nervous system and may exacerbate or reduce adverse responses to stressors. For example, increased breathing rate is a typical response to stressful situations (Grossman, 1983; Magarin, 1982). This tends to reduce blood carbon dioxide concentrations. The reduced carbon dioxide causes psycho physiological and psychological effects that included (a) enhanced arousal and anxiety and (b) decreases cerebral and coronary blood flow, which can lead to a variety of clinical symptoms including dizziness, poor performance, Headache, chest pain, cardiac abnormalities, and sleep disturbance (Friend, 1987; Maragin, 1982). Certain other respiratory patterns that modestly elevate blood carbon dioxide concentration appear to promote the opposite effects, including reduced anxiety and increased or well maintained cerebral and coronary blood flow (Grossman, 1983).

Yoga breathing practices may provide insights into valuable respiratory techniques and control of important variables. These practices are intended to maintain optimum health-with particular emphasis on stress reduction-but have received little scientific attention. According to yoga tradition, the practices were developed by extensive personal experimentation and keen introspection of the results. The breathing practices, or pranayam, are one component of hatha *Yoga*, which is intended to give one a healthy body and mind.

Reduction of hypertension (Irvine, Johnston, Jenner & Marie, 1986; Patel, Marmot & Terry, 1981; Patel & North, 1975) and dramatic improvement of heart disease (Ornish et al., 1990) have resulted from integrated treatment programs that included yoga breathing practices. However, the roles of individual treatment components have not been delineated in these studies. A review of

the scientific information related to yoga breathing practices may be useful for evaluating the role of breathing practices in these programs and for improving the practices or adapting them to special cases.

Slow simple diaphragmatic breathing provides efficient respiration in terms of muscular activity, cardiac output and at least under some conditions, optimal distribution of air for gas exchange. At the other extreme, the yogic rapid breathing techniques give extremely inefficient respiration that can provide significant exercise for the respiratory muscles. These inefficient respirations prevent significant hyperventilation during rapid breathing and results from tidal volume being relatively close to the respiratory dead space volume. Relative efficiency or energy expenditure (Oxygen consumption) has not been established for the very slow, full volume respiration techniques such as alternate nostril breathing.

Yogic breathing techniques can influence sympathetic / parasympathetic balance. Slow diaphragmatic breathing promotes parasympathetic dominance, whereas the rapid breathing techniques may promote arousal and sympathetic dominance, particularly if slight hyperventilation is induced. The very slow full volume respiration of the complete breath and alternate nostril breathing techniques probably promote parasympathetic dominance, but need further research.

The psycho physiological effects of *yogic* breath holding practices may vary greatly with degree of experience. Breath holding can cause parasympathetic and/or sympathetic cardiovascular effects depending on concomitant factors such as intrapulmonary pressure and degree of inhalation. The limited available evidence suggests that beginning to intermediate practitioners have little change or slight increases in heart rate during yogic breath holding techniques. However, a group of advanced practitioners had large oscillations of heart rate and blood pressure during slow full volume breathing techniques with breath holding. These large effects apparently occurred only after several years experience. The effects of these cardiovascular oscillations on blood flow to the various organs and their possible role in the

reported pleasant, beneficial subjective experiences from the practices are not known.

Practice of *Hatha or Raj Yoga* (breathing techniques and stretching postures) appears to shift overall basal autonomic balance to the parasympathetic direction. This hypothesis is supported by a two month experiment with random assignment to experimental and control groups (Gharote, 1971), a three month prospective study without a control group (Joseph, et al., 1981), and a cross sectional comparison between a group of advanced yoga practitioners and a less experienced group (Wenger & Bagchi, 1961).

The ancient yoga claims that nasal airflow resistance is usually greater in one nostril than the other and alternates between nostrils every few hours have been consistently verified in numerous studies. The claimed relationship between nasal dominance and lateral cognitive functioning has yet to be adequately explored.

There is substantial evidence that slow diaphragmatic breathing reduces adverse psycho physiological and psychological effects of chronic stress and reduces reactivity in stressful situations. Although this evidence is primarily based on simple slow deep breathing, the benefits almost certainly also apply to very slow, full volume breathing techniques such as complete breath and alternate nostril breathing. An experiment by Scopp (1974) supports this extension. Subjects randomly assigned to treatments had significantly lower state anxiety and trait anxiety after about two weeks practice of Yogic breathing techniques than control subjects. The yoga breathing techniques consisted of the complete breath, alternate nostril breathing, and another less common slow full volume technique. The control subjects had comparable time periods devoted to lectures and discussions about the benefits and methods of relaxation, and were encouraged to relax as best they could after the lecture-discussion periods.

The available data indicate that practice of postures, breathing results in slower, deeper basal respiration. This hypothesis is supported by a six week randomized experiment (Dhanaraj, 1974 - summarized in Funderburke, 1977); a ten week prospective study with a control group, but apparently not random assignment (

Makwana, Khirwadkar & Gupta, 1988); three prospective studies without control group (Anantharaman & Kabir, 1984; Anantharaman & Subrahmanyam, 1983; Udupa, Singh & Settiwar, 1971- also summarized in Udupa & Singh, 1972); and cross sectional studies comparing experienced yoga practitioners with controls chosen with some matching for age and body size (Gopal, Anantharaman, Balachander & Nishith, 1973; Gopal, Bhatnagar, Subramanian & Nishith, 1973; Stanescu, Nemery, Veriter & Marachal, 1981).

Yoga based slow deep breathing practices combined with yoga postures and/or related physical and mental practices have produced significant, in some cases remarkable, improvements of chronic diseases in controlled experiments. Heart disease (Ornish et.al., 1990) and hypertension (Irvine, Johnston, Jenner, & Marie, 1986; Patel. Marmot & Terry, 1981; Patel & north 1975) have received the most attention. Experimenters have also reported significant results for chronic lung disease, although improvements in symptom reports have generally not been reflected in standard lung function measures (Kulpati, Kamath, & Chauhan, 1982; Tandon, 1978). Significant improvement of asthma has also been reported with *Hathayoga* or *Rajyoga* practice, but these studies are less convincing as they lacked control groups (Bhagwat, Soman, & Bhole, 1981; Nagendra & Nagraathna, 1986), or had questions about initial differences between groups (Nagarathna & Nagendra, 1985)

The stress reduction benefits of slow deep diaphragmatic breathing suggest that breathing practices are a valuable component of these integrated treatment programs. This concept is also supported by Scopp's (1974) study, which found that a treatment with both yogic breathing practices and a physical relaxation procedure produced significantly lower state and trait anxiety than either the breathing or relaxation treatments alone. Anxiety reduction for the combined treatment was approximately equal to the sum of the reductions for the two individual treatments.

Breathing practices may have a mutually reinforcing relationship with other physical and mental control practices. The experience with hyperventilation demonstrates that stress and

respiratory function mutually interact-stress can affect respiration and respiration can affect stress responses. This suggests that concomitant practices that reduce stress responses may enhance the beneficial effects of breathing practices. The evidence suggesting that psychological factors such as anxiety, distractions, and depression can affect respiratory factors such as nasal resistance and autonomic reflexes of the dive response is in line with this hypothesis.

Yogic breathing practices provide no known health threats to normal persons when carried out in accordance with the usual instructions and precautions. However, persons with cardiac abnormalities should have approval from a physician and be careful to avoid hyperventilation during rapid breathing and to avoid marked heart rate changes during breath holding.

To be on the safe side when yoga techniques are offered to the general public, the instructions should emphasize that rapid breathing should be stopped and performed less vigorously if dizziness or other signs of significant hyperventilation occur. Also, breath holding should be introduced gradually, without strain, and using proper techniques. Advanced practices with significant breath retention should be explored cautiously. These precautions are described in most yoga manuals and courses. It should also be noted that most yoga masters believe that abuse of advanced breathing practices pose significant health threats beyond the cardiac effects discussed here. These other potential threats have not yet been scientifically investigated; however, several anecdotal reports of psychological and physiological disturbances apparently related to unsupervised, excessive yoga practice have been described.

The potential stress management value of yogic rapid breathing techniques needs further study. The common sequence of breathing practices is complete breath, rapid breathing and alternate nostril breathing. The possibility that performing rapid breathing before a slow technique may enhance tension reduction deserves investigation.

No evidence of basal respiration rate slowing was found for six subjects after six months practice of Ujjayi (a slow breathing

technique) followed by rapid breathing, and without yoga stretching postures (Udupa, Singh & Settiwar, 1975). This result hints that the relationships among the postures and various breathing practices needs investigation; but, of course, conclusions are limited by the small sample size, the specific techniques selected, and the absence of relevant control groups.

## **CONCLUSION**

Ancient Indian literature is the source of different schools of Yoga. All the system have similar aims with little differences. It has been misunderstood as spiritual spirit. However in present era it has been accepted as the method of psychotherapy in all over the world with its surprising positive effects. The practice of yoga corrected the natural system of body, mental waves and maintains spiritual spirit with the help of self attempts without any chemical doses. However medicines (western) have negative impact on the system of body. During the course of the regular practice of yoga under the guidance of a trained yoga teacher the electron system of the body has been activated, which is known as sacred five. The sacred five is capable of burning the blockages of physical, mental, and spiritual spirit, which is the cause of all the abnormalities. During the course of practice it produces muscles and mental activity with internally directed focus, producing self-contemplative mental state, which has significant mental and physical value for all round health benefits through correcting sympathetic activity. However, there is a definite need for more directed scientific work to be carried out to elucidate the effects and the mechanisms of such effects of yoga on the well being of human body in health and disease.

During the course of yoga practices, breathing techniques have greater value not only in pranayam but also in asans and the process of meditation. The potential value of slow breathing, rapid breathing, and alternative nostril breathing diaphragmatic breathing, full breathing and techniques of asanas need further scientific studies. However, Balkrishna (2007) has present the case history of hundred of patients who have been benefitted in their varieties of diseases, which support the surprising effect of yoga without cost only with the help of self attempt. Yogic breathing practices provide



surprising benefits with no known health threats to normal person when it carried out in accordance with the usual instructions and precautions. However persons with cardiac abnormalities should get approval from a physician and carefully avoid super ventilation during rapid breathing and to avoid marked heart rate changes during breath holding. They have advised to do breathing exercise much slowly than those of normal people. The literature of yoga practice clearly show that breathing exercise of yoga should be stopped or performed less vigorously if any sign of abnormality would be experienced. Breath holding must be introduced gradually without strain with using proper techniques.

Scientists are suggested for systematic research not only based on case history only but also on the basis of scientific developed design and instrument. The evidence supports that psychological factors (distraction, anxiety, frustration, fear, etc.) strongly affect cardiovascular-respiratory relationships brings into focus the need to investigate and control these factors in experiments and in therapeutic applications of breathing practices deserves investigate. The importance of these psychological factors also implies that the degree of experience with a breathing practice deserves particular consideration. It cannot be assumed that a subject's initial encounter with a breathing technique accurately indicates the potential effect.

The alternate nostril breathing technique is widely held by practitioners a calm, alert mind and body, yet basic research on the psychophysical effects of the practice remains to be carried out.

After reviewing the all round benefits of yoga practice without economic pressure it is essential for Indian Administration to introduce yoga in the course at very stages of educational institution as compulsory subject, so that coming generation will be benefited and achieve real education for living a life of character with full satisfaction and sound physical, mental and spiritual health.

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# **99<sup>th</sup> INDIAN SCIENCE CONGRESS**

**January 3 - 7, 2012 Bhubaneswar**

## **II**

**ABSTRACTS OF**

**Platinum Jubilee Lecture and  
Young Scientist Award Paper**



**Platinum Jubilee Lecture**

**Imbibing the Concept of Occupational Safety and Health in Indian Education System**

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In India, the traditional and labor-intensive production systems are getting transformed in to more automated and mechanized system of production lacking much needed awareness about occupational safety, occupational and environmental hazards.

India has become one of the fastest growing economies of the world but still we have the stigma of being a country where the worst industrial disaster took place. In the year 1984, the occurrence of manmade disaster in Bhopal has clearly conveyed that how the inadequacy of on hand knowledge about nature, health hazards and control measures of hazardous chemicals can play havoc with human life. We have yet to work a lot to come out of that stain.

Small incidents or near miss of hazardous exposure threatening the workers' life frequently occur in the industrial establishments pointing towards lapses in the safety measures and poor safety culture. Unsafe working conditions are one of the leading causes of death and disability among India's working population. As per ILO estimates, around 403,000 people in India die every year due to work-related problems. In other words it can be said that more than 1,000 workers die every day from work-related diseases.

In the year 2009, Government of India declared much needed and awaited 'National Policy on Safety, Health and Environment at Workplace'. Its fundamental purpose is not only to eliminate the



incidence of work related injuries, diseases, fatalities, disaster and loss of national assets and ensuring achievement of a high level of occupational safety, health and environment performance through proactive approaches but also to enhance the well-being of the employee and society, at large.

The policy seeks to bring the national objectives into focus as a step towards improvement in safety, health and environment at workplace. In order to achieve the objectives of the National Policy, an action programme for creating the awareness is drawn for suitably incorporating teaching and training inputs on occupational safety, health and environment in schools, technical, medical, professional & vocational courses and distance education programmes.

Presently, the practice of incorporating knowledge and skills of occupational safety and health information and training in educational, vocational and professional curriculums has not been applied in Indian system of human resource development. Therefore, we have to develop better coordination and collaboration between the educational, vocational and professional institutions engaged in developing the skilled workforce and the industrial organizations utilising their knowledge and skills. It is essentially required to educate the workforce of tomorrow at the school level by integrating the safety and health issues in the curricula from an early age for making them aware of the problems and developing the safe and healthy work culture. Incorporating occupational safety and health as a part of curriculum of different vocational and apprenticeship courses will provide a mechanism for reducing work-related injuries and illnesses among young and new workers, thus enhancing occupational safety and health in India.

The strategy must aim at promoting a preventive culture where preventive health and safety measures should become the part of standard work procedure. The work culture must seek to avoid accidents and occurrence of occupational diseases rather than treating them in a fatalistic way.

**Young Scientist Award Paper**

**A Study of Maternal Child Rearing Correlates of Successful Intelligence**

**Shabnam**

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Successful intelligence is defined in terms of one's ability to succeed according to what one values in life, within one's socio-cultural context. One achieves success through a balance of adaptation to, shaping of, and selection of environments. One optimizes these interactions with the environment by recognizing and capitalizing on one's strengths and by recognizing and correcting or compensating for one's weaknesses. One does so by combination of analytical, creative, and practical abilities. The present study is an attempt to see maternal child rearing correlates of the different components (analytical, practical, creative, verbal, quantitative, and figural) of successful intelligence. Sternberg Triarchic Ability Test (STAT) and Parental Attitude Research Instrument (PARI) (mother form) was administered on a sample of 500 B. Tech. under graduate (from different branches of engineering) students of National Institute of Technology (NIT) Jalandhar, Punjab (India). Students belong to different places of India which give diversity in total sample. Simple correlation and factor analysis was done to analyze data. Some correlations are showing their relation in the development of successful intelligence. But overall all the obtained factors are not showing a clear-cut relation of maternal child rearing practices in the development of successful intelligence.



# 99<sup>th</sup> INDIAN SCIENCE CONGRESS

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## III

ABSTRACTS OF

**Symposium\*/Invited Lectures**



**\*Status, Role strain and Psychological makeup of Women in Modern India**

**\*Anthropological approaches for Healthy Society with reference to Role of Women**

**1. Evolutionary Epidemiology: Where is the Behavioral Heredity Hidden?**

**Daniel R. Wilson, MD, PhD**

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**Key Words:** *Evolution, Epidemiology, Epigenetics, Psychopathology, Phenotypic Reaction*

Family and twin studies have long attested to the importance of susceptibility factors in a variety of behavioral traits and syndromes that are at once both genetic and familial. Yet even amid modern molecular genomics, the genophenotypic machinery of human behavior remain elusive, notably that to do with psychopathology. Yes, repeated linkage and candidate gene studies implicate several chromosome regions and a few genes. However, they have not evidenced clear and convincing involvement of specific genes or even sequence variants. Yes, recent meta-analytic genome-wide association studies report strong associations. But studies of structural variation entail huge ranges of quite limited effects that account for only a small component of known heritability. All this has fed a number of faulty conclusions: ‘psychiatric syndromes must be quite genetically complex’; ‘schizophrenia is not categorically distinct from bipolar’; psychopathology is merely stochastic error with no evolutionary

advantage, current or past'. *Such conclusions are not only premature but quite likely incorrect.* Recently Jablonka and Lamb integrated the biology of molecules (including ultra-conserved sequences) with that of evolutionary developmental and behavioral. Thereby, they demonstrated that heredity entails inter-generational transmission not merely of genes, but variations passing from generation to generation by any means. That is, variation and evolution occur at several levels beyond the classical genetics of the 1930's 'New Synthesis'. There levels are: (A) epigenetic variation in given DNA strands (as DNA translation variations arise during developmental processes, are then transmitted in reproduction, to later feedback and modify germ line DNA); (B) transmission of learned behavioral traditions (as illustrated by food preferences in several animal species being passed via social learning to remain stable across generations); (C) symbolic inheritance, perhaps unique to humans, in which cultural traditions are linguistically communicated by speech and writing via semiotic capacities that confer group ethos and sensibilities. This paper will cast some light from these developments upon the genetic basis of psychiatric disorders. This is in keeping with foci stated by our program organizers, especially as they note a disillusionment 'since genetics has, thus far, explained only a small fraction of statistical variance in "*Suszeptibilitätsallele*". With these themes put forth, discussion may productively turn to mechanisms of evolutionary psychopathology; notably phenotypic reactivity (*i.e.*, 'mismatch'), among many other pertinent aspects of and considerations in evolutionary psychiatry.

## 2. Positioning Women Psychology in Indian Social System: Positive Approach

**Prof. G.P. Thakur**

Fellow, Indian Academy of Applied Psychology, &  
President, Indian School Psychology Association

*Key words: Impulsive, Empowerment, Intrinsic Motivation, Cognitions.*

Status of women in modern India is no doubt changing but slowly. In the past, by and large, society construed women as property and encouraged male domination. Women, as a result, normally suffered physically, psychologically, socially and sexually due to violent acts in home and outside. Researches in the past, revealed frequent incidence of violence towards women as punching, kicking, beating and rape. Such attacks were either “impulsive “or “pre-meditated and carefully planned “. It was also indicated that angry, jealous, depressed and bad child-hood experienced men showed such violence more frequently. Registered crime against women in India increased in recent years in almost geometric progression. Divorce cases filed were almost up 30% between 2005 and 2008. National policy of empowerment of women came into existence in 2001 where empowerment meant moving from a position of enforced powerlessness to one of power. Several positive steps have been taken in the country to empower women yet it is not so fruitful. The mindset of society is changing but very slowly. The real empowerment can only be achieved through psychological empowerment which is some sort of intrinsic motivation manifested in four cognitions reflecting an individual’s orientations to her work role. These cognitions are—meaning, competencies, self-determination and impact. Psychologists have to play a bigger role to achieve desired goal with suitable intervention strategies leading to women life satisfaction in economic, social and psychological spheres.



### **3. Current Trends and Future Prospects in Psychological Measurement**

**A.K. Sen**

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In the field of psychological measurement, history has accorded distinction to the pioneer work of Sir Francis Galton who first studied individual differences in mental abilities. He devised a large number of tests and measurements of individual differences and attempted to measure mental abilities by objective methods. An image analysis of the past clearly projects the view that Psychology in the present scenario, not only embraces the past events, but also intends to predict the future. The two interrelated goals of psychology are: (i) to discover scientific laws of behaviour and (ii) to apply these laws to new and unexplored has become a major discipline for solving various problems encountered by the individual. Using different analytic techniques like descriptive, inferential co-relational, Multivariate etc. valid information is elicited from univariate, bi-variate and also from Multivariate data sets. The present paper summarizes some of the useful techniques of data analyses particularly, Multivariate techniques of analysis in behavioural research. J.F. Guilford in his presidential address (APA) once said that if one can define a problem / variable, it can be measured. If it is measured, it can be analysed. If it is analysed, it can be controlled. If it is controlled, it can be improved. If it is improved, it can be developed and if it is developed, one may discover (the ultimate goal of research).

**4. Impact of Internet Usage on Adjustment of IT Students**

**S. John Michael Raj, Ph.D.,**

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***Keywords:*** *Internet, Adjustment, and Information  
Technology.*

Internet has occupied a pivotal place today. The usage of internet gets increased in a high speed level. And the usage of internet has systematic impact on the human behavior. The present piece of research specifically focuses on the impact of internet usage on the Adjustment of the IT students. 100 Internet users identified from the IT department, Bharathiar University, Coimbatore, Tamil Nadu formed the sample for the study. All the subjects are perusing for their MSc and MCA degrees. Their age ranged from 20- 24 years of age. The Internet User General Questionnaire developed by Pratar Elli and Browne (1999) and Bells Adjustment Inventory adopted by Lalit Sharma have been used to collect the relevant data. The data were subjected to one way Analysis of variance test. The findings revealed that internet using found to have influencing effect on the levels of Adjustment of the Internet users.

**5. Psychology for Empowering Self**

**G Venkatesk Kumar**

Professor of Psychology and Director

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Knowledge of life skills helps to overcome the problems of living of ordinary people rather than those who have been seriously deprived or with a psychiatric disorder. Life skills help people to live effectively and affirm their existence. Life skills counseling's philosophical basis is humanistic existential where the focus is on the individual and uses 'cognitive-behavioral' approaches to counseling. Most commonly life is regarded in terms of physical or biological life. However, the life skills counseling deals with psychological rather than biological life. The goal of psychological life is attaining human potential rather than physical health for the reason that human psychological life goes beyond physical existence in that humans have a unique capacity for self-awareness and choice. If one wants to take charge of one's life, one needs to think and act effectively. The way you look at your "self" includes the perceptions and meaning that are potentially relevant to the "self" and valued highly by the individual. This is the background in which this presentation seeks to discuss the entire gamut of life skills, vis-a-vis self empowerment, ranging from developing a realistic self-image through effective communication and self-reliance to managing one's emotions.

6. **Women Empowerment: Its Genesis and Intervention**

**Prof. Shamim A. Ansari**

Department of Psychology

Aligarh Muslim University, Aligarh

The question of women empowerment seems to be vague and beyond any one's clear-cut understanding. It is difficult to understand that for what there is a question of women empowerment? Is it for women to get liberty from family's traditional responsibilities to off the home affairs and if so then to what extent autonomy or liberty be given which may satisfy their ego and urge for independence? Moreover, it is also important to question that do women have no empowerment in the family affairs of the family organization which is one of the most important set-up where-from what products come-out are become instrumental for building healthy human personalities of its people and shaping the healthy trend in society as well as helping the nation to grow. The deliberation will address the above questions as well as the questions of women status which cannot be understood or seen by making pro-women laws and reservation for them but it seems to be the matter of self perception or perception of others. Hence, for any positive healthy change, attitudinal or perceptual changes are necessary. To bring about positive change in self and others perceptions, family environment is a vital and most important segment where parents and other family members play significant role in shaping personality and inculcating attitude and perceptions. Modernization has provided avenues for child rearing in the form of crèches, kindergartens and playgroup schools but in no case these institutions may provide healthy and emotionally warm child rearing practice, hence, the presence of either of the parents, especially the mother is necessary. The deliberation will focus on providing answers to the questions, as well as, will dwell upon the contentions highlighted above in the present Indian socio-cultural milieu.

**7. Discriminations and Prejudice against Women: Status and Role Strain among the Modern Women**

**B.A. Parikh**

Former Professor of Psychology, and  
Former Vice chancellor, V.N. South Gujarat University, Surat

Women, half of the population of the mankind is a universally disadvantaged class and is always under the stress throughout out the ages. Women have never been accorded a respectable status and an identity in the society. In the nineteenth century in India there was a dawn of renaissance and then gradually there have been many social reform leaders who have strived to improve the conditions of women. The present paper is on the discriminations and prejudices against women and the role strain among the modern women. This study is empirical based on data collected from variety of sources. The status of women in general and the modern women in particular has largely been subordinate irrespective of land, religion, language and race etc. Same is the fate and status of women in Gujarat and in India also. Women have been an object of discriminations and victim of prejudices from all sections of society. In all respects from this male dominated society. India is among the first five nations in the world where women are the targets of injustice and disadvantages. In India the birth rate of girl child is low. Girl fetus or girl child are killed deliberately as a tradition without any remorse. Women have been considered an object, not a person with feelings and emotions. Woman is a chattel and there is no respect that she has her feelings of sexuality. Several types of crimes are being committed against women; rape and harassment, double standards, killing her for 'Dijet', etc. The biological differences between man and woman do not lead to any difference in psychological traits abilities and aptitudes etc, it has

been proved that when given education and opportunities women are not far behind men in any area of work. Women today compete with men and have excelled in almost all aspects of life. Women have excelled in spite of the very non favorable conditions, because women today have to play multiple roles at a time; roles as a wife, mother, daughter-in-law and as the worker. In this situation where man would certainly have collapsed women have sustained. And as a result they suffer from the strain and tension resulting from this situation.

**8. Working towards a Healthier Society: A Focus on Women in Late Adulthood**

**Amrita Bagga,**

Former Emeritus Fellow and Former Head

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Control of infectious diseases, advances in the bio-medical field, and overall socio-economic development, all combined have led to a tremendous increase in human longevity in the latter half of the past century setting a historic precedent. While earlier it was the infectious diseases that plagued humans, now it is the non – communicable diseases increasing human morbidity and mortality. Most affected are the poor and the developing nations like India. Another well recognized global phenomenon of population dynamics is the feminisation of ageing, there being more number of women in older age brackets. Not long ago, it was taken for granted that what applied to the health of men was valid for women's health too. Current research has proved otherwise. Due to hormonal differences and marked post menopausal hormonal depletions, women's bodies respond differently to certain health conditions, thereby their problems becoming unique, needing special attention. Besides the CVD's diseases and many other diseases such as cancers, diabetes etc. which they share with men, older women are more prone to certain specific diseases such as osteoporosis and fractures, the frequency of these being significantly more in them. Shrinking bone mass and stooping affects their postures and consequently gait, making them more susceptible to falls, increasing risk of fractures, fear restricting their mobility forcing seclusion often leading to loneliness, and ultimately, affecting their quality of life immensely in their senior years.

## **9. Going beyond Stereotypes: Changing Gender Roles for a Healthy Society**

**S Gregory**

Department of Anthropology,  
Kannur University

Indian women had suffered from social subordination and suppression for centuries except perhaps in the early periods of the Vedic times. Law as well as Religion did not recognize the equality of man and woman. The woman had been destined, under the traditional and patriarchal set-up, to handle the domestic roles all alone and had been confined to the domestic sphere, with no say in the public sphere. This resulted in the marginalization of women, relegating them to a low position and creating in them a sense of total dependency and lack of self-confidence. However, today, the situation has been fast changing as a result of the increasing awareness of the exploitation of women at many levels and of their marginalized position in society. There are many activist groups and feminist radicals who have taken up the cause of women and are fighting for their rights. There has also been greater emphasis, in recent times, even in the government policies and programmers for motivating women to take an active role in the wider social, economic and political domains. The hitherto hidden and invisible contribution of women in the social and economic life is gradually coming to the limelight and their significant contribution in the whole production process is increasingly realized. Efforts are on at various levels to bring women into the mainstream, with the main objective to help women attain self-assertion and self-confidence, all manifesting in the increasing status of women in every aspect of life, which have helped women play a constructive role in the socio-economic development and nation-building. The present paper examines the changing gender roles in the context of multiple social interventions, pro-active initiatives and non-discriminatory gender participation in the multiple productive and decision-making processes and their status implications towards the formation of a healthy society



**10. An Overview of Psycho-Social Problems Experienced by  
Indian Working Women in Teaching Profession**

**Deepak Kumar Behera**

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The number of working women in teaching profession is increasing in our contemporary Indian society. The employment of women outside home has added to their duties and functions. The problems of women who combine the different roles of a wife, a mother and a working woman are multiple. Although more and more women are coming out in search of employment and their families also need their income but, the attitude towards women and their role in the family has not undergone much change. Even today, looking after the family and children is generally perceived to be primary responsibility of women. In addition, this perception that they alone are responsible for the domestic work, leads to a feeling of guilt when they are not able to look after the children or the family due to their official work, often resulting in emotional disorders. Teaching has always been one of the prior profession open to women. Teachers attribute high importance to both roles. Working women's problems at work (school and college) are manifold. They are not taken to be as equally efficient teachers as male and face discrimination in different educational institutions. Thus working women in teaching profession face more psycho-social problems now as a result of her changing roles and bearing dual responsibilities, one in family and other at job. Various psycho-social problems like role-conflict, job strain, anxiety, frustration, mental illness, distress, depression, stress, anger, phobias and other social and emotional distresses are likely to be set her. This attitude tends to create feeling of inferiority, uselessness or inability and leads to mental fatigue, stress related illness and high degree of job

dissatisfaction among working women in teaching profession. Working women's fears, anxieties, stress and strains dampen her morale. She has to trudge a weary and difficult terrain all her life because of her dual responsibilities at home and at the educational institution. Despite all her resilience, patience, fortitude and tolerance, sometime her spirits give way under the cumbersome obligation of their home and official duties. All the psycho-social problems prey upon her mental, moral, social, official and familial sphere. Against this backdrop, this paper focuses on the psycho-social problems experienced by Indian working women in teaching profession.

## **11. Student's Mental Health: An Emerging Area for Research**

**Sibnath Deb, PhD.**

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Student's mental health, a public health issue, is yet to receive adequate attention from the policy makers in India. Students' mental health is an important issue since suicidal rate among students is increasing along with increasing rate of anxiety, depression, and involvement in high risk behavior, early pregnancy as indicated by latest evidence. Some of the underlying causes behind all these problems are over-competition, academic stress, school disciplinary measures, wrong a renting style, peer influence communication gap between teacher-student and parent-child, lack of social support, existing social and educational systems and so on. Undermining views and opinions of young students in selecting their future career and subjects and not giving importance on their aptitude and interest are common. Latest findings indicate that anxiety is one of the most common psychological disorders in school-aged children and adolescents worldwide in India. In India every day 6.23 students commit suicide because of academic failure. Pondicherry is on the top of the list in terms o population-wise maximum number of suicide. Child maltreatment and abuse of children, especially in the form of corporal punishment and sexual abuse, is highly prevalent in India society. All the above factors either singularly or in combination affect mental health of the students. In the given situation, there is an urgent need to come out with a comprehensive policy and school-based intervention program for addressing mental, physical and social health of school students for optimum utilisation of their creative talent for making a better nation. Proposed Comprehensive Model which has been developed based on latest evidence will be discussed during presentation in the 99<sup>th</sup> Indian Science Congress.

12. **Portrayal of Women's Role and Status in Bollywood**  
*A Wide Angle View Through Two Recent Mainstream Indian Films*

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This paper seeks to answer the question: How does Bollywood represent women? It is based on the assumption that as an apparatus of representation above and beyond a mechanical process of image generation, cinematic phenomena may also be studied - through an analysis of both its content and conventions - as conscious construal of role, status, and psychological makeup of Indian women. In the massive, complex, and variable field that is Indian cinema *aka* Bollywood, bulk of popular films depict women as eye candy that serves to add to the glamour quotient. Scholarly attempts aimed at categorizing the stereotypical roles available for women in popular, mainstream Indian films have found that women are generally typecast to play the role of mother, daughter, wife, or courtesan / vamp. For decades, Indian women have made their mark as astronauts, bankers, bureaucrats, businesswomen, surgeons, pilots, and writers etc., but none of these accomplishments are represented in Hindi films where career-oriented women seem to have clearly lost to the traditional homemakers. However, a number of recent releases from Bollywood are seen as giving their female protagonists both a little more respect and a lot more screen time by undertaking to portray unconventional female characters. It is against this backdrop that this paper ventures into a detailed analysis of two recent Bollywood films, namely, *No One Killed Jessica*, and *Saat Khoon Maaf*, that have women protagonists playing the central role rather than just being accompanying partners required to flutter their eyelashes and turn into glycerine factories at the wave of the director's hand. The paper ends with a vignette / word picture of psychological makeup of women based on their portrayal in these films.

**13. Predictors of Learned Helplessness among Dalit Students in Higher Education in Tamil Nadu**

**Annalakshmi Narayanan**

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Learned helplessness connotes a condition in or an organism in which it has learned to behave helplessly, even when the opportunity is restored for it to help itself by avoiding an unpleasant or harmful circumstance to which it has been subjected (Seligman,1975). The present study attempts to examine the predictors of learned helplessness among Dalit students in higher education in Tamil Nadu. The sample consists of 255 Dalit Engineering College Students. Students Learned Helplessness Scale (Annalakshmi, 2010) was constructed exclusively to assess learned helplessness in students specific to academic setting. A host of predictor variables namely, Academic Resilience, Attitude towards Education, Academic Ethics, Academic Procrastination, Study Habits, Self Concept (Academic, Social, Presentation of Self), Student Alienation, Perceived Self-efficacy, Locus of Control, Academic Achievement were assessed using appropriate instruments. Multiple regression analyses showed that Normlessness, Perceived Self-Efficacy, Academic Ethics, Internal Locus of Control and Past Academic Achievement were best predictors of students learned helplessness among Dalit students. Remedial coaching provided to Dalit students in higher education may include special efforts to reduce learned helplessness by enhancing appropriate psychological strengths like Perceived Self-Efficacy, Academic Ethics, Internal Locus of Control, attempting to reduce normlessness, and enhance academic achievement right from higher secondary school education.

**14. Status, Role Stress, Daily Hassles and Depression of Modern Indian Women**

**D.J. Bhatt**

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In present time with increase in industrialization and urbanization, nobody can escape from the claws of stress. It varies from person to person and time to time. Life is really about change. Every day, each woman faces some kind of change big or small just deciding what to wear in the marriage-party or job can be challenge for some other women. If we examine the adjustment of the women in society, we find some are happy but some are not happy with their life or the daily experience. Sometimes there are actual threats to women-an accident, a fight with some, failed live events, a failure in love, unhappy marries-life, dispute with husband, divorce, dual role she had to play on the domestic front and the employment situation or losing job to name a few. All of these challenges, threats, and changes require women to respond in some way. These matters lead us to the concept of role stress Daily Hassles and depression in women stress management process. In this talk, the author highlights Indian studies on women viz., Anxiety, Depression, Anger, Fear, Sadness, Guilt, shame and daily hassles. At the end of paper the author suggests strategies for wellness in context of coping with stress, social factors, cultural factors and promoting wellness in one's life by Indian culture strategies e.g., Yogic Techniques, Meditation, Vipashaya-Sadhana, Pranayam, Spiritual approach and simple relaxation techniques.

**15. Medical Anthropology in the context Healthy Human Society.**

**A.K. Bhalla**

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Chandigarh

Through a narration of people's earlier understanding and perception about health, disease and its determinants present talk depicts magnitude of problems affecting health of inhabitants of developing countries, including India. It highlights importance of socio-cultural, behavioral, ethnic and environmental factors in the context of people's health. The concern regarding substantially higher mortality and morbidity rates observed amongst individuals representing economically weaker sections of society as compared to their counterparts from the developed world are expressed. Besides, exploring causes for higher death and disease rates noticed amongst Indian women and children residing in rural, semi-rural and tribal regions, emphasis on the timely institution of need based, culture-appropriate medical, nutritional and other interventions required to improve health status of individuals hailing from variety of socio-economic, cultural, ethnic and geographic backgrounds has been laid. It has been emphasized that by working in close association with national and international governmental and non-governmental organizations (NGOs) catering to health needs of people, medical anthropologists should develop new methods and models, which can a) generate awareness about the health problems and their causes b) realize capabilities to manage the problems, c) increase acceptability and utilization of available health services within people's cultural context at the grass-root level and d) inculcate a sense of value based responsibility amongst health managers and policy planners to whom burden of untimely death and disease essentially matters on the Indian Scenario.

**16. Social Cognition in Relation to Developmental Abilities/  
Disabilities and Achievement Motive among Rural  
Youth: A comparative Study in Some Rural / Semi-rural  
Localities of Bihar**

**Kartik Jha**

Professor, Department of Psychology  
Patna University, Patna

The paper examines how the Cognitive processing and psychological structuring of the observed behavioural orientations among rural youth may be facilitating or inhibiting their developmental abilities and disabilities, and consequently their attitude and motive for achievement. The aim is to diagnose and identify developmental abilities and disabilities among rural youth that may be facilitating or obstructing their participation and contribution to the organizational and interactional processes of Socio-economic growth. The purpose is to analyse the observed behavioural orientations and the underlying cognitive components in light of three sets of variables i.e., (A) Antecedent variables (Traditional influences), (B) Immediate variables (modern influences), and (C) Individual variables (Personality influences), so the observed behavioural interactional product of the said three sets of variables in relation to the facilitators and obstructers may be traced and located. Finally, to locate and determine the kind of knowledge and skills that would help promote the development abilities and control, eliminate, or transform the development disabilities. Indeed, the ultimate aim is to evolve a standard technique for diagnosing and determining the educational needs corresponding to the region based developmental needs of the youth, particularly of the rural youth, having access to universities.



**17. Some Psychological Dimensions of Empowerment of Tharu Tribal Women**

**Rakesh K. Srivastava, Ph.D.**

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Ghazipur - 233 310, U.P

*Key Words: Empowerment, Ethnographic, Psychological dimensions.*

In recent years half of the human population particularly the female half has received considerable attention from the Government, the press, and researchers including psychologists and other social scientists. World population report (1994) observes that empowering women means that women are free to use community services and legal rights on the basis of equality. Empowerment is not something that can be done from outside. Instead it is something which women need to do for themselves. Empowerment enhances their capacity to take charge of their life and environment through their own greater sense of self-worth. Recent researches in the area of women empowerment are based mainly on general population of women but very little effort has been made in the area of tribal women empowerment. By understanding tribal women psychologically, it would be possible for psychologists to suggest suitable measures for their empowerment. The present paper described ethnographic background and reviewed some significant studies related to the socio-psychological characteristics of Tharu tribal of Uttar Pradesh especially Tharu tribal women. However, psychological studies in this area are very limited. Review of the related studies suggested that proper attention should be given to the psychological characteristics of tribal women in planning and implementing measures for their empowerment. Implications for tribal women empowerment are discussed and some suggestions for future research in the area are also offered. Thus the knowledge of psychological characteristics of tribal women is of paramount importance in planning and formulating any developmental plan for their empowerment and betterment because empowered women can make a healthy family and thereby in making a strong and prosperous nation.

**18. Quality Indicators for Teacher Education**

**Dr. Ashutosh Kumar**

Dean & Head

Department of Education, Patna University, Patna

*Key word: Quality Indicators, Teacher Education.*

Today, the various nations across the globe are networked more closely than ever before. This has had a deep and profound effect upon the functioning of higher education sector and has literally transformed the way we look at all aspects of quality in higher education, particularly teacher education. The renewed interest in teacher education has been spurred by the free spirit and the new world enterprise, which seeks to create human talent pool that can adapt to new ideas, cultures and environment. The challenges faced by teacher education institutions raise pertinent questions for both the school systems and the governments. While, the school system has to grapple with the problems of teacher quality and the increasing student and societal expectations, governments are struggling to provide the teacher education system an environment that fosters innovation and match the requirements of the school sector. This calls for a breakthrough and bold thinking on the part of all the stakeholders. Through suitable interventions like institutional structures for quality we need to enhance awareness about creating a quality education system. In this age of competition, quality has to be managed strategically. Good institutions have well structured quality frameworks to make a range of decisions about their improvements. The National Assessment and Accreditation Council (NAAC) in collaboration with the Commonwealth of Learning (COL), set out to develop quality indicators for teacher education. The indicators are the outcome of the recommendations of senior teacher educators and experts in education from eleven Commonwealth countries. Using these indicators, which are introspective, the institutions can create internal quality structures for appraisal of the quality provisions of the system, which in turn would lead to continuous monitoring and improvement. The main objective in developing these indicators is to provide a tool for continuous quality improvement and to energize and sustain the institutions' quality enhancement efforts.

**19. Tribal Women, Behaviorism and Development: Looking at the Paniyan of Nilgiri Hills, Tamil Nadu**

**Jakka Parthasarathy**

Director (Rtd.), Tribal Research Centre, 7,344,  
VPN - Ithalar Post - 643 004

**Keywords:** *Tribal women, social behavior, Folklore stimulus.*

This paper seeks to examine the behaviorism and the impact of development on the life of the women of the Paniyan, a primitive tribal group, inhabiting Nilgiri District of Tamil Nadu. Paniyans are found only at the lower plateau of the Nilgiri hills in Tamil Nadu state of India. According to 2001 census, the total population of the Paniyan is 9121. Paniyans resemble the African tribes in their curly hair and thick lips. Indigenous literature states that Paniyans were the principle stock-in-trade for slave trade and they came to Malabar region of southern India after a shipwreck on the west coast. Earlier travelers of Nilgiri-Wyanad forests described Paniyans as a daring tribe employed for hunting tigers and panthers with spears and nets. They speak Paniya dialect. Men wear a mundu, a piece of cloth, around their waist and long towel around their body; women tie a white cloth around twice over the abdomen like a belt. The women wear base metal bangles and bracelets in their wrists and they embed dry leaves and seeds into the dilated ear lobes. They subjected to a subtle form of bonded labour by the local non-tribal land owners. The present study observed that no extension of paddy cultivation and forest operations will be successful without the Paniyan women labour. More than their men, Paniyan women are becoming violent and spurious with visiting strangers because of suppressive folk believes of neighboring dominant communities who treat Paniyans as criminals, notorious and uncleaned people. The study also observed that the tribal development implementators are feeling that Paniyan women are no longer shy, vanish as usual, but arguable for free safe living of their community on their territory. The study concludes that women self-help groups, tribal schools, tribe-well wishers, performing traditional arts, women decision power etc., to some extent push the Paniyans towards the main stream, but their women are still suspicious in accepting the undistributive multifarious tribal development.

**20. Kushana Ceramic Art at Mathura and Sanghol: An Archaeological Study**

**Dr. C. Margabandhu**

ASI (Rtd.) New Delhi

Mathura and Sanghol were great centers of art as main Kushana towns and ceramic (clay) art reached a high water mark of creativity and clay modeling excelled in all varieties and features. Both these sites have been extensively exposed and it is possible to view in proper form the characteristic features in a better perspective. In a way Sanghol depended upon Mathura for getting the needed artistic sculptures in mottled red sand stone for its main stupa. Taxila, Sanghol and Mathura- were great towns- all created by the Kushanas when they were on the move from the north-west to the east and further in the Gangetic valley. Further what are those factors that played a major role and features of the settlement conducive to such a development will also be emphasised there by revealing the cultural facets in artistic creations. An analytical study of their ethos will form the core issue of the paper.

**21. Executive Intelligence Playing Pivotal Role in Global HR Challenge**

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***Key Words:*** - *Emotional Maturity, Emotional Intelligence.*

As the organizations are going Global, the most crucial problems faced by most organizations lie with how to manage the change in the organization and how to make people acquainted with the changes and accordingly the major challenges faced by Human Resource Management have been grouped as: Workforce Diversity under Globalisation, Managing Knowledge Workers & Technological Challenges, Work Culture, Low Attrition Rate, Stress and Conflict. In the present study the different approaches towards solution to combat all the said challenges have been discussed with special focus on proper nurturing of Executive Intelligence which again seems to be the sum of the parts- Emotional Intelligence and Emotional Maturity, Absence of Emotional Intelligence leads to career derailment and poor Emotional Intelligence scores are due to: problems with Interpersonal Relationships and difficulty in adapting change. At the same time Emotional maturity of individuals has to be developed through Behavioral Traits like interpersonal Traits, Organizational Traits Dedication Traits and Self-Control Traits. Characteristics & Assessment of Emotionally Mature People have been also discussed with different real life cases.

## 22. School Psychology in India: Prospects for Women School Psychologists

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*Keywords: School psychology, School psychology survey, Women school psychologist, School education, ISPA.*

School Psychology in India is at the developing stage. The services of School Psychology are intertwined with educational services to the children. Indian educational services are analysed through All India Educational Surveys. Presently the seventh All India Educational survey report is available. The characteristics such as language, culture, religion, education and so on are deep rooted in the process of education. More than 130 million children are in the school classrooms. The Government of India is taking several initiatives to educate all her children between the age group of 6 and 14 years. The roles of women school psychologists are multifaceted. In India, the number of women school psychologists is increasing year by year. This is because of the school administrations showing keen interest in recruiting women teachers/counselors/ school psychologists at the primary and secondary levels. This paper analytically discusses certain basic issues related to prospects of women school psychologists in schools and school psychology services in India. The major objectives are (i) To find out the status of women school psychologists working in schools as school counselors, (ii) To examine the nature and scope of trained women school psychologists in India, and (iii) To explore the possibilities of empowering women school psychologists in school psychology services. The analytical discussion encourages several key issues on developing women school psychologists in India. It also encourages the policy makers to provide necessary support to strengthen school psychology services in India.

**23. Disaster Management and Mental Strength: Status of Women in Modern India**

**Sheetla Prasad & Utkarsh Pandey\*\***

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Allahabad

\*\*Disaster Management Consultant

**Key words:** *Disaster, Management, Mental strength, Decision - making, Climate, Impact, Skill, Risk, Reaction time, Natural beauty.*

The objective of this study is the management of natural and man-made disaster by promotion of skills with assessment of mental strength (MS) of the people. Mental strength is a psychological output for decision making. The degree of MS was calculated by mental strength index (MSI). It is a self-developed and standardized mathematical formula. This study was conducted on the coastal areas of South Goa on 300 samples (170 male and 130 female were in this sample). Non probability sample technique was used (quota sampling) for the study. Participants were observed with coordination of *Talukedar*. In the specific situation participant observation was also planned. Tests like Environmental awareness (EA), Environmental knowledge (EK), Decision making (DM), Decision action (DA) and Emotional intelligence (EI) were administered individually and illiterate population was coordinated by the local educated youths. It was observed that coastal areas of the South Goa are under risk and natural disaster is the common crisis in this zone. The location was observed and people interactions were done with administrative help of District Magistrate of South Goa. It was found that female mental strength was comparatively high than male. Male said the cause of disaster is change of climatic impacts but female believed that disaster is not only impact of climatic change roles of local people were in thought of female for disasters. Female have high decision making ability and their reaction times were low. Accuracy in decision making was also found higher in female in comparison to the male. This study is suggested that if women will be trained with healthy management skills then risks of natural disasters will be minimized of coastal zone of Goa and its natural beauty will also improved.

**24. Psychological Empowerment of the Alienated Groups of People in India**

**Prof. Shamshad Hussain & Hena Hussain\***

Professor Emeritus (Psychology)  
Former Vice Chancellor,  
Magadh & Nalanda Open University.  
\*Oriental College, Patna city

At present we much talk about empowerment of people in different walks of life: Political, Economic, Social and Educational Empowerments. For helping them in improving their worth and their effective participation in national development Psychological Empowerment is needed as it lies at the root of different types of Empowerments. The idea behind this move is simply to make the people armed or empowered to face the various challenges of life and environment to make their existence significant, meaningful and valuable. It is a fact that for proper growth and development of individuals Psychological Empowerment is essential. In other words, a sound and healthy Psyche is essential for achieving success in different walks of life. Psychological empowerment refers to the enhancement of self-esteem, recognition, level of motivation, deeper involvement, openness of mind, greater freedom from prejudice and stereotyping, development of correct and realistic understanding, assessment of one's limitations and assets, setting of a desired life goal, healthy attitude towards life, enjoying human relationship, determined efforts, a sense of happiness and satisfying attitude. Psychological empowerment makes a person capable of developing an organized self concept and Ego strength and a healthy perception and rational thinking in respect of their rights, privileges, prospects, security, belongingness, economic growth, employment opportunities, religious freedom and their place in present socio-economic and political set-up. Psychological empowerment further



refers to freedom from obsessions, pathological anxiety, excessive fear, sense of persecution and grandeur. The psychologically empowered persons enjoy healthy co-ordination between thinking-feeling and doing components of personality and who can manage their energy tune with energy in tune with differential demands of life. Such individuals try to develop their hidden creative potentials and make best use of them. They are capable of making right appraisal of the prevailing situation and develop correct orientation of time, place and person. Psychological empowerment reflects a fully developed personality with a healthy Psyche which lay foundation for healthy and enjoyable existence of mankind in a highly competitive world.

**25. Psychopathology of Violence against Women**

**Surendra Nath Banerjee**

Retired Professor

Indian Statistical Institute, Kolkata.

Women are victims of violence for ages together, not only in Indian subcontinent but also in world wise. The definition states that violence against women is “any act of gender based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in private or public life.” (United Nations, 1993, Article-1) Mainly there are two types of violence against women – domestic violence and workplace sexual harassment. Both domestic violence and workplace sexual harassment may be conceptualized as human rights violations. Sexual harassment generally is seen both as violence against women and a form of sex discrimination that prevents women from achieving their rightful place in employment and academic settings. Since sexual harassment victims still are predominantly women, men may attempt to use power and sexual harassment to subordinate women in the workplace. In domestic violence also victims majority of whom are women experience severe physical and psychological consequences. In the home setting, men use a form of more direct violence against women than with workplace sexual harassment, but the motivation is similar: to keep women in their place and under the control of men. It is difficult to assess the incidence of sexual harassment cross-culturally for a number of reasons. In some cultures, the concept does not even exist; definitions of sexual harassment vary in other cultures and methodological issues complicate cross-national comparisons. What is the psychopathology of these abusers? Researchers studying this population investigated several personality traits. These included: low self esteem, impulsivity, delinquency, jealousy, aggressive / hostile personality styles, poor communication / social skills, promiscuity, and need for power, depression, sociopathy, anger, unconscious sadistic desire and hostile attitudes toward women. What should be the way out to eradicate this domestic violence? The only way out is to treat the males who uses interpersonal violence. This can be done through psycho-education and counseling.

**26. A Study of Relationship between Values and Secular Attitudes of Secondary School Students**

**Tara Sabapathy**

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***Keywords:*** *Secular Attitudes, Values and Religion.*

India is a multi-religious, multilingual and secular democratic country. About 85 per cent of Indians are Hindus which also include Sikhs, Buddhists and Jains; 11 per cent Muslims; 2.5 per cent Christians and the rest include Zoroastrians and others. India is not a theocratic Hindu state, and religious pluralism and secularism is the core of state policy where freedom of religion is enshrined as a fundamental right of man with equal respect and status of all religions. The present study was conducted to study the Secular Attitudes of secondary school students of Bangalore city in relation to their Values. A sample of 180 secondary school students was selected by stratified random sampling technique giving equal representation to the three types of school management. The secular attitude scale and a test of values were administered to the students. A proforma was used to collect details of the biographical variables. The data was analyzed using Co-efficient of Correlation and 't' test. The results revealed that there was a significant positive correlation between secular attitudes and values of secondary school students. 'The t' test analysis revealed that students with higher levels of values had higher levels of secular attitudes. The study conclusively revealed the need and importance of enriching the value content in the school curriculum in order to develop positive secular attitudes among school students.

**27. The Need for Dermatoglyphic Studies in Persons with Teratology and With Genetically Related Immune Suppression**

**R.K. Pathak and Beldeu Singh**

Department of Anthropology  
Panjab University  
Chandigarh

Birth defects are known to occur in 3-5% of all newborns. Developmental defects of abnormal fetal development can be caused by exposure to chemicals and microbial toxins that is likely to be accompanied by immune suppression or depressed cell-mediated immunity and it may also be associated with mitochondrial dysfunction. During pregnancy, drugs and chemicals generate free radicals that can interfere with normal development while as medications, drugs are immunotoxic and immunosuppressive to various extents and their consumption can deplete minerals and antioxidants in the body. There is also genetic control in the development of the immune system and the production of cells of the immune system, and deletions, translocations and chromosomal aberrations are found to precipitate immune suppression. Dermatoglyphics are influenced by many genes located at a large number of loci and unusual dermatoglyphic patterns are often associated with chromosomal anomalies and some of these are characteristic and of great diagnostic value. Certain chromosomal aberrations and genetic anomalies such as translocations produce suppression in the immune system and are associated with the development of cancers and can serve as early markers of risk and must be studied for preventive measures. It is therefore recommended that people with developmental defects or unusual dermatoglyphic patterns and disturbances in the genome that results in genetic anomalies should be screened for immune suppression and should get proper counseling and monitoring for immune suppression before and after drug therapy. It is proposed that a centre be established for such purposes and for training medical personnel and immunologists.

**28. Eastern and Western Perspectives of Positive Psychology:  
The Rebirth of Consciousness.**

**Prof. Jitendra Mohan**

Professor Emeritus of Psychology

President: Asian Association of Applied Psychology

Department of Psychology, Panjab University Chandigarh

In a great paradigm shift and quantum change in the field of psychology, almost after a century psychologists have rediscovered their role, identity and agenda. This has changed the tunnel vision to open vision to enhance human potential, happiness and embellishment. Wisdom, consciousness, optimism, gratitude, creativity, sacrifice, hope, love, truth and dedication have re-emerged in the center stage of psychology in the twenty first century. It has got a tremendous acceptance of the younger generation and caught their imagination that the social sciences, history, arts, literature and philosophy have started appearing as stake holders in addition to the experimentalists, clinicians and entrepreneurs. It has shown that statistics, computers, formulations become more acceptable if you include the ancient wisdom and modern outlook in the pursuit of psychological well being and universal harmony. The values enshrined in the Upanishads, Greek philosophy, Chinese heritage and the emerging oneness in nature and man through the scientific researches and divine revelations have a lot of commonness. Education, science and art have focused on the future of mankind in terms of building human strengths beyond mere militarism, scientism and politico-economic-strategic domination. What Fromm, Rogers, Maslow, Bandura and others were indicating our friends like Seligman, Mihaly, Veenhoven, Linley, Unestahl set up a new movement. This has been furthered by Rao, Paranjape, Mohan

and others in India. This special presentation aims to deliberate on the ancient roots, medieval awakening, modern enlightenment and the present research based trends in relating the power of wisdom and compassion to further happiness, joy and creativity among adolescents, elderly, and the deprived. Special emphasis will be on the role of women in the evolution of positive psychology for deeper understanding and achieving millennium goals and global reconstruction.

**29.**

**Domestic Violence and Status of Women: Issues and Reflections**

**Sushma Pandey**

Dept. of Psychology  
D.D.U. Gorakhpur University  
Gorakhpur

Violence against women is an extensively studied area in social Psychology. However, issues related to intimate violence i.e., domestic violence are received major concern in social psychological researches over the last few decades. Domestic violence is witnessed at epidemic proportion around the globe and has challenged the very existence of human race in general and women population in particular. Causative factors of domestic violence are multifarious and consequences are very serious and damaging to the status of women. Present study endeavored to investigate the psycho-social dynamics of domestic violence and its linkage with unhealthy status of women in our society. The form and magnitude of domestic violence was assessed with the help of Domestic Violence Checklist (S. Pandey, 2006). Further Psychological factors i.e., marital conflict, coping with stress, empowerment and status of women were determined with standardized measures. Findings revealed alarming state of domestic violence in different strata of society. However, forms of violence (abuses) differed in rural and urban community and socio economic status of women. Further, marital conflict and stress were found positively related with different forms of violence (abuse), whereas, negative relationship between empowerment and domestic violence was found. Coping strategies (active and adaptive) were found inversely related with domestic violence whereas. Various forms of abuses were found negatively linked with status of women. Results further indicated that high conflict and stressed group reported frequent victims of domestic violence than their counterparts. On the basis of present findings some issues and reflections have been propounded in understanding and developing strategies to prevent domestic violence and its damaging consequences on development and status of women in modern India.

# **99<sup>th</sup> INDIAN SCIENCE CONGRESS**

**January 3 - 7, 2012 Bhubaneswar**

**IV**

**Oral / Poster Presentations**





## **ABSTRACTS OF ORAL/ POSTER PRESENTATIONS**

### **Psychology:**

#### **1. Academic Stress and Adjustment among High School Students in Ranchi**

**Anshumay Layek**

Post Graduate Department of Psychology

Ranchi University Ranchi

***Keywords:*** *Academic Stress, Adjustment*

The Present study is undertaken to examine the level of academic stress and overall adjustment among urban and rural high school students and also to see relationship between the two variables (academic stress and adjustment). For this purpose, 100 students of class X were selected randomly. Using stress scale and adjustment inventory it was found that the magnitude of academic stress was significantly higher among the urban school students, whereas rural school students were significantly better in terms of their level of adjustment. However, inverse but significant relationship between academic stress and adjustment were found for both the group of student.

## **2. Effect of Organisational Culture and Organisational Commitment on Organisational Citizenship Behaviour**

**Dhrub Kumar**

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***Keywords:*** citizenship behaviour.

In changing working condition delineated role expectations are becoming crucial for organisation's survivals are defined as organisational citizenship behaviour. Organisational citizenship behaviour is an "individual behaviour that is discretionary, not directly or explicitly recognised by the formal reward system, and that in the aggregate promotes the effective functioning of the organisation". Some recent empirical studies have indicated that organisational culture and organisational commitment play crucial role in enhancing organisational citizenship behaviour which, in turn, enhance both product quantity and product quality. To explore the relationship among different dimensions of organisational culture, organisational commitment and organisational citizenship behaviour, present studies were conducted on the sample of 220 public sector and private sector insurance employees of North Bihar. The data were computed using Pearson's coefficient of correlation and hierarchical multiple regression. Findings revealed that organisational culture and organisational commitment scores were positively related with organisational citizenship behaviour scores. The obtained hierarchical regression analysis also confirmed the predicting effect of organisational culture and organisational commitment on organisational citizenship behaviour. The findings were discussed in the light research evidences in these areas.

**3. The Effect of Parent's Education on Creativity**

**Archana Sinha**  
Dept. of Psychology  
Marwari College, Ranchi

**Keywords:** creativity.

The purpose of the study was to find out the effect of parent's education on creativity. With self reporting technique of parent education, Wallach-Kogan Battery of creative instruments was administered on 200 college going students of Ranchi to examine the effect of Parent's education on Creativity. The finding show that the subjects coming from high Parent's education was high on creativity and the subjects coming from low Parent's education was low on creativity. Thus the Parent's education were significantly associated with creativity index.

**4. Adjustment Pattern of Creative Tribals**

**Umesh Choudhary**  
Head, P. G. Dept. Of Psychology  
Kollan University, Chaibasa (Jharkhand)

**Keywords:** *social adjustment.*

The high creative tribals were found to be well adjustment than the low creative tribals. High creative tribals had better adjustment in their home, Society and Education in comparison to low creative tribals. The difference between the two means in significant beyond chance on home and social adjustment but significant differences were not found on educational adjustment. On over all adjustment the high creative tribals were found to be more adjusted than the low creative tribals and the difference between the two means was significant beyond chance signifying that the high creative tribals had a tendency towards better adjustment.

**5. Self-disclosure Patterns in Feeling-Ideas of Male Female Adolescents of Deoghar District**

**Pushplata**

Dept. of Psychology, A. S. College, Deoghar

**Keywords:** adolescents, determinants of personality.

Self-disclosure is one of the major determinants of personality. The purpose of this study is to investigate self-disclosure patterns in “Feeling Ideas” of Deoghar District. This study is designed to test the difference in self-disclosure towards feeling-Ideas of Deoghar District male and female adolescents. 100 Male and 100 Female adolescents were administered Sinha’s Self Disclosure Inventory to explore the self-disclosure patterns in the area of feeling-Ideas. Results show insignificant difference in self-disclosure in this area.

**6. Attitude towards Untouchability of Schedule Caste and Non - Schedule Caste**

**Surendra Bhushan**

Research Scholar, Dept. of Psychology, S. K. M. University, Dumka

**Keywords:** *Untouchability*

The present study aimed to investigate the attitude of College going students of Santhal Parganas towards untouchability of Schedule Caste and Non- Schedule Caste. The data of 100 Schedule Caste and 100 Non Schedule Caste was collected with the help of attitude scale and found the insignificant difference between two groups. Signifying that in the light of recent development the students of the both group do not accept the concept of untouchability.

**7. Meta-cognitive Awareness and Decision Making Style in Working Women of Odisha**

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Research Scholar, UNFPA,  
KISS / KIIT University, Bhubaneswar, Odisha

*Key Words: Meta-cognitive Knowledge, and Meta-cognitive Regulation*

Meta-cognition refers to Cognitive awareness of one's own cognition that guides a lot in Decision making style. With this idea 200 working women ( Age =25-30) from different job sectors of Odisha were tested using MAI Questionnaire by Schraw & Dennison, and the Decision Making Style Questionnaire by Robbins. Results revealed a significant relationship between MAI & DMS scores ( $r=.53$ ;  $p< .01$ ). The study implicates that working women should develop cognitive awareness that can help them in developing their strategic thinking which facilitates the decision making style .As a result they can navigate successfully within complex working environmental situations.

## **8. Anxiety-Uncertainty Management affects Interpersonal Communication in Adolescence**

**Subhasmita Lenka**

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Under KISS / KIIT University, Bhubaneswar

***Key Words:** Anxiety-Uncertainty Management, Personal Communication.*

Adequate communication skill is one of the important components of Life

Skill Education. Thus a comparative analysis were made in 200 Tribal Adolescents (Age 16 – 18) in their natural environment, using the test of Anxiety-Uncertainty Management of Gudykunst (examination based), and Inter Personal Communication ability test of Collier and Wayne. The result indicated that there is a significant negative relationship ( $r = - . 42$ ) between AUM and IPC conveying the idea that anxiety and uncertainty hinders the interpersonal communication in adolescence and further different markers of IPC were analyzed to improve their communicative skills.

## **9. Some Psychosocial Correlates of Gender Discrimination in Indian Society**

**Shakila Azim & Arvind Prasad\***

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***Keywords:** discrimination, economic.*

The article proposed to investigate the causes of the menacing problem modern Indian society in the form of gender discrimination leading to gradually decreasing female population in comparison to male population. It is proposed to examine if economic status and educational status makes a differences along with parental anxiety level and externality-internality variables of personality play any role in promoting discrimination against girls.

**10. A Comparative Study of the Emotional Maturity among Home Residential and Hostel College Student”**

**Pankaj S. Suvera**

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S.P. University, V.V.Nagar-388 120, Gujarat

***Keywords:*** *Emotional maturity.*

Aim of this research is to find out Emotional maturity among students so investigator selected two groups. One group has 70 students from Home Residential college student and other one group has 70 students from hostel college students. Data were collected from V.V. Nagar. Emotional maturity scale by Roma Pal (1988) has been used for data collection. 2x2 factorial design was used and data were analysed by ANOVA test. Result show, there is no significant difference in Home Residential and hostel college students. There is no significant interaction effect in Emotional maturity between residence and sex in college students. The boy's are more mature then the girl's.



**11. Essence of Yoga in Human Development**

**Niyati Kapil, Dharamshila Singh & Ila\***

Arvind Mahila College, Patna

\* Research Scholar, College of Commerce, Patna.

**Keywords:** *balanced life.*

The origin of the word ‘Yoga’ comes from the Sanskrit word “Yuj” meaning to yoke or join. It implies joining or integrating all aspects of human being – body with mind and mind with soul – so, to achieve a happy and balanced life and spiritually uniting the individual with the Supreme. In other words, yoga develops self – discipline and enhances physical and mental health in individuals. Yoga can enhance lifestyle at any age. For children, it is fun, learning yoga develops self – discipline and can enhance their physical and mental health. It is helpful for adolescents to keep their youthful flexibility. During pregnancy, yoga promotes good health in both mother and unborn child. For adults, it is stress reducing.

Yoga practice also helps players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in adverse situations. For older people, mild yoga exercise help them to retain mobility and may also relieve problems, like, arthritis, poor blood circulation, etc. Thus, yoga is not a religion, but it is a way of living whose aim is ‘a healthy mind in a healthy body’ in all ages.

**12. Measuring Impact of Gender on Sensitivity to Noise and Altruism.**

**Sadique Razaque**

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Vinoba Bhave University, Hazaribag, Jharkhand,

*Keywords: gender, sensitivity to noise, altruism.*

Needless to say, gender plays a pivotal role in determining the impact of anything on human being. Despite different in anatomy, men and women differ in Psychological Traits also. Keeping this nation in mind, a study was conducted to measure the impact of gender on sensitivity to noise and altruism. For this, 60 sample was selected from Post Graduate Department of Vinoba Bhave University – were selected through incidental – cum purposive sampling technique. The sample was divided into two parts. 30 sample was male Post Graduate Students and 30 sample was female Post Graduate Students. There Scales – Personal Data Sheet, prepared by the researcher himself, sensitivity to noise scale developed by Prabha Bhatia, Sunita Malhotra and I. S. Mohar in Hindi, altruism scale developed by S. N. Rai and Sanwat Singh were administered. Data was collected, tabulated and analysed, Mean, SD and t were calculated. It was found that male Post Graduate Students did not differed from female post graduate students on noise sensitivity. Furthermore, male and female post graduate did not vary on altruism. In nutshell, there was no difference between female and female students on sensitivity to noise and altruism. Many factors like similarity in academic qualification socioeconomic status, etc. are responsible for this.

**13. Parenting and Moral Development among Children**

**Shagufta Fakhruddin & Sabita Kumari**  
Research Scholar, College of commerce, Patna

*Key words: society & emotional.*

Morality is rooted in human nature; it is the supreme essence of a civilized society which distinguishes men from animals. By morality, it means internalization of virtues, values, ideas that are sanctioned by society and that become an integral part of the individual self through the process of development. Morality consists of three components, namely, emotional, cognitive and behavioural. Parenting is the key factor that influences moral development of children. Child-rearing practices adopted by parents affect how the child lives later in life. Hoffman (1982) found that parents play an important role in moral development of children. As family is the first social institution, it occupies prime place where the foundation stone regarding the character of the child is laid down. Recent researches have shown that young children are moral apprentices and they strive to understand what is moral. It is further observed that sensitive guidance of parents or adult mentors can satisfy their quest by providing lessons about morality from day-to-day experiences. The most important aspects that affects morality development is the relationship between parents and children that contributes to children's moral development. They are relational quality between parents and children, parental discipline, proactive strategies and controversial dialogue. All such factors help child to develop their moral values.

**14. Personality Differences among English Medium and Odia Medium School Children**

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**Keywords:** *Personality differences, Medium of Instruction, Mother tongue.*

The present study is designed to examine the personality differences among English Medium and Odia Medium School Children. The Sample comprised forty class IV Children, twenty each from an English Medium and an Odia Medium School. The Children's Personality Questionnaire (Porter & Cattell, 1972) modified by the authors and was administered to all the children. The English and Odia Medium Children were administered the English and Odia versions of the test respectively. Statistical analysis revealed significant differences between the two groups of children along nine of fourteen dimensions of personality. The English Medium School Children were found to be significantly more outgoing, emotionally mature, assertive, urgent, adventurous, sociable having both higher ego and super ego strength than their odia medium counter parts. The results were interpreted in terms of teaching- learning environments of both types of school.

## **15. Self – Concept of Learning Disabled and Normal Children**

**Anuradha Kumari, Shivajee Kumar & Alpana Sen Gupta**

P.G. Centre of Psychology, College of Commerce, Patna

*Key Words: Self Concept, Learning disabled*

Present study aims to make a comparative study of various self – concepts of normal children and learning disabled (LD) children. Purposive sampling was used to select 50 children. Out of which, 25 normal children from S.D Public School, Patna and 25 learning disabled children were selected from Samarpan (An Institute for Child Development Mental Health and Rehabilitation for Handicapped). Their age ranges from 11 to 16 Yrs. Self – Concept questionnaire (SCQ) was used to assess various, self – concepts, such as, physical, social, moral, educational, intellectual & temperamental. Seven hypotheses were formulated, of which four were confirmed through the obtained results. Normal and LD Children differed significantly on the measure of physical, educational intellectual and total self – concept, however they doesn't differ significantly on the measure of social, moral and temperamental self – concept. Thus, normal children showed better self – concept as compared to LD Children.

## **16. A Psychological Interpretation of Women Development Role of Science & the Path Ahead**

**Namita Kumari Das**

Panchayat College, Bargarh, Odisha

This study aims to explore the critical role of scientific innovations and technological advancements in alleviation of the plight of women, fulfillment of their basic and specific needs and become integral to their overall development. Two main approaches have been resorted to understand the present scenario of women development, review of related literature and interviews of women who belong to grass root level. The final section synthesizes findings and attempts to throw light that help to understand the development of women from psycho social stand point. Finally, the paper spells out actions to transform the lives of women.

## **17. Empowerment & Role of Women in Hill Agriculture In Uttarakhand**

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*Key words- Empowerment, Hill agriculture, Terrain, Drudgery Himalayas*

Women empowerment is comparatively new concept for the development of women folk. Gradually women's subordination and exploitation is a result of their powerlessness in Indian Patriarchal society. Empowerment is a complex terms and may be measured in terms of women's freedom to shape their life style, their control over resources, their access to basic facilities, their level of political participation, their ability to take their own decisions and get them accepted by family and society. The State Uttarakhand came in to existence on 9<sup>th</sup> Nov. 2000 due to the pressure generated by a long leadership less with non political movement. Uttarakhand movement has been the only one after independence India, which witnesses the spontaneous participation of mass including women. Rural women of Uttarakhand are known for their courage, perseverance and hard work. They are active in socio-political movements and striving to improve their lives. Women from remotest corner of the region became very active in new State formation movement, as they believed that the creation of separate State was necessary for the welfare of their community. However, in a state created to satisfy the demands of the holistic development of the areas and to bring the people into the national mainstream. But the quality of life of women particularly in the remote hill areas has not improved. These women share the same plight being shared by their counter parts in other rural areas of India, but the magnitude of their drudgery is very high due to a tough terrain, adverse weather condition, scarcity of agricultural land, paucity of basic facilities like water, electricity, health, fuel & fodder and more over large number of working male migrated to cities like Delhi & NCR, Dehradun etc. This paper shows how the women of Uttarakhand share the family economy by active participation in agricultural sector in comparison to men.

**18. Advance Preparation in Predictable Task Switching**

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Banaras Hindu University, Varanasi

**Keywords:** *Task switching, Switch cost, Preparation, Response stimulus.*

Task switching paradigm is frequently used to study our ability to frequently shift between tasks. Researches showed that responses are substantially slower and error rate were higher immediately after task switch and the switch cost could be reduced if opportunity for preparation for impending task was given. Time for preparation is usually provided by manipulating response stimulus interval (RSI), cue stimulus interval (CSI) and response cue interval (RCI) either between subjects or within subject. Researches divulge that preparation effect evident typically when preparation interval manipulated within subject. Present study utilizes predictable task switching paradigm while three RSIs were manipulated within subject. Result showed that switch cost reduced with increasing RSI

**19. Women's Psychology in Society Today**

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**Key Words:** *today's modern society, women's role.*

This paper deals with the role of women in the society today with special reference to Last Man in Tower by Aravind Adiga. It especially discusses the strain which she faces in the name of development, advancement and modernity. It touches the tussle of psychological aspects of a woman in this modern world and also attempts to examine the cause of burgeoning health problems in children because of the changed culture and life style of a woman.

**20. Adaptive Function Allocation in Flight Simulation Task:  
Psycho-physiological Evidence**

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**Keywords:** *Automation, complacency, adaptive function allocation.*

The present study makes an attempt to examine the effect of 10 minute manual intervention on monitoring performance in flight simulation task. Revised Multi Attribute Task Battery (MATB-Revised) was used in this study. Thirty three participants were employed in this experiment. Accuracy, false alarms, reaction time and heart rate variability were recorded as dependent measures. Results revealed significantly better monitoring performance in post- adaptive allocation than pre- adaptive allocation condition. Heart Rate Variability demonstrated low mental workload in post-adaptive allocation condition than its counterpart i.e., pre-adaptive allocation. Moreover, this 10-minute adaptive function allocation was not sufficient for long time benefit. This research was supported by Research Grant from the UGC to Prof. I. L. Singh, BHU, Varanasi.



**21. Visuo-Spatial Cue and Vigilance Task Performance**

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***Key words:** Attention, Vigilance, Orienting, Endogenous Orienting.*

Vigilance decrement is the prominent problem of vigilance studies since last six decades. Many researchers have been conducted since then to study the phenomenon of vigilance decrement. Researchers have shown orienting as one of the way to control this vigilance decrement. Orienting is shift of attention towards the target and it can be manipulated by using a cue. Shift of attention due to central cue is referred as endogenous orienting while shifting in response to peripheral cue is known as exogenous orienting. Available literature suggests that exogenous orienting is reflexive, involuntary and automatic on the other hand an endogenous orienting is voluntary and controlled. The focus of the present paper is to evaluate the effect of endogenous and exogenous cue in vigilance task situation.

**22. A study of Coping Style in Essential Hypertension**

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**Keyword:** *Stress, Coping Pattern, Essential Hypertensive.*

Hypertension has long been established as a strong independent and etiologically significant risk factor for cardiovascular disease. Despite progress in prevention, treatment, and control of high blood pressure, hypertension remains a major public health challenges. This article summarizes epidemiology of hypertension in India and the coping patterns of essential hypertensives. Further, an extensive effort was taken to study the gender differences in coping patterns among hypertensive's. A total of 200 samples were collected from population using the random sampling method. The sample comprised, of 100 Essential Hypertensive (50 male, 50 female) and 100 normal (50 male, 50 female). The tools such as, socio-demographic data sheet GHQ and coping checklist, were used. To know the broad range of emotional and problem focused coping strategies of Hypertensive, 70 item coping checklist developed by Rao and Prabhu (1989) was administered. Result revealed that test group differs significantly with normal on coping pattern. Male Hypertensive scored high cognitive negative, distraction, magical thinking and scored low on problem solving skill, magical thinking, religious and help seeking behaviour compared to normal male. As far as female Hypertensive are concerned, they scored low cognitive positive, problem solving, distraction, avoidance, religion and scored high on cognitive negative, magical thinking, help seeking and external attribution compared to normal female.

**23. Women's Contribution in Psychiatry**

**Aradhana Gupta & Sarita Misra:**

Dept. Of Psychology, DAV College, Kanpur

**Keyword:** *textbooks.*

Studying the history of psychology, one might wonder, where the women are. Have they been left out of psychology's history because they did not contribute to it, or for other reasons? However, the scarcity of women in psychology's textbooks does not accurately represent women's contributions to the field. Bohan (1995) states, "Women have in fact been present and active in psychology since its beginnings, but for a variety of reasons they and their work have been largely invisible to psychology as a whole" (p. 1). Nevertheless, women have faced more than their share of trials in order to be a part of the profession. Social forces generated by the Zeitgeist, or the current point of view held by the society as a whole, attempted first to prevent women from educating themselves, then to push them into specific areas of the professional field, approved as women's work, and finally to bury them in obscurity. However, as important figures like Mary Whiton Calkins, Helen Bradford, Thompson Wooley, and Leta Setter Hollingworth prove, many women prevailed against the opposition, making significant and lasting contributions to psychology.

**24. Indian Women in Science**

**Sarita Misra**

Dept. Of Psychology, DAV College Kanpur

***Keyword:*** *science and technology*

Universal tales of women's struggles to attain parity in the world of scientific research women are universally underrepresented in science and technology. India, viewed as a potential powerhouse of innovations, is no exception. True, the subcontinent's institutes of scientific learning are open to all its citizens, but potential female researchers still hesitate at the thresholds of laboratories. Few women have careers in science, the experts point out. Yet, science and technology offer many possibilities for improving women's situations. One expert says: in my notion of women in science and technology includes them as creators, appliers, and users of knowledge and as innovators more than just producers of knowledge. They can bring things together in new ways, not just perform laboratory science. One reviewer commented that there are two levels of interest of women in science and technology.

**25. Awareness of HIV/Aids among Contractual Teachers Working Under Sarva Shiksha Abhiyan (SSA)**

**Kailsh Pd. Yadav, Intekhab-Ur-Rahman, Iftekhar Hossain & Jawed Ashraf**

Dept. of Psy, B .N. Mandal University, Madhepura,  
Dept. of Psy, Patna College & Dept. of Psy, Gaya College, Gaya

*Key Words: HIV, AIDS, Epidemic, Teachers.*

The AIDS epidemic sweeping the world cuts across the conventional boundaries of nationality, race, sex and age. The AIDS virus has infected men, women and children in the developed as well as developing countries. The spread of AIDS thrives on ignorance, fear, denial, and resistance to change. The cost of this killer disease has been high interims of human health and lives across the country, disruption of social systems and economics. Apprehensions and misconceptions relating HIV/AIDS emanate from the fact that Public AIDS Awareness Programmes by and large is devoid of conviction and communication skills. By simply putting banners on public transport vehicles or outside Primary Health Centres (PHCs), hospitals, bus stands and other public places, one cannot generate public consciousness on such delicate issues and health concerns. Slow uptake of relevant information has been another pitfall of AIDS prevention package. Little or no effort is being made to break popular myths with regard to the epidemic.

**26. Personality Adjustment of Rural & Urban Students in Relation to Gender and Area Level**

**Sunita Kumari**

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S.V. P.G. College, Aligarh

*Key Words: Home, Social & Emotional*

The aim of the present research is to see the effect of personality adjustment behavior between Rural & Urban College going adolescent students between both sexes. Boys & Girls falling the age groups 15 to 18 yrs. old. Findings of in this research reveal that boys & girls students of rural areas have obtained lower scores of mean than the corresponding mean scores of Boys and Girls adolescent of urban areas in all the areas of personality adjustment viz. - Health, Home, Social & Emotional. All these means differences are significant at .01 level. But economic areas in rural students' scores obtained high in respect to urban subjects. In this areas is also significant difference at .01 level in total area the same trend has been seen and the mean difference is significant at .01 level.

**27. A Study of Value in Gender Difference between Rural and Urban Adolescent Students**

**Kiran Lata, Kavita Singh & Sunita Kumari**

Dept. of Psychology  
S.V. PG College, Aligarh

**Key Words:** *Economic, aesthetic.*

The present study was under taken to compare the study of value between rural and urban adolescent boys and Girls from Aligarh District (U.P.). The study was conducted on 240 boys and 240 Girls among rural and urban in the population with the help of study of value developed by Dr. R.K. Ojha and Mahesh Bhargav. The boys and girls taken from rural and urban areas were college going students. The scores were standardized and the application of the 't' test among six dimensions of value i.e. Theoretical, Economic, Aesthetic, Social, Political and Religious were obtained from both groups. Significance difference obtained in the dimensions of values – Theoretical – 7.55, Economic – 11.52, Aesthetic – 14.16, Social – 2.85, Political – 19.78 and Religious – 15.39 of the rural and urban adolescent boys and girls.

**28. Psychology, It is a Science of Mankind**

**Reeta Kumari**

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**Key Words:** *Psychological models, Clinical Psychologist, diagnosing mental illness.*

Psychology is the science of mind and intelligence. The nature of mankind Psychology explains human behavior and feelings like anger, fear, anxiety, grief, depression, forgiveness, hope, faith, joy, sorrow and many more. Psychological models provide treatment of disorder in behavior and feeling and also provide bread and butter to those who want to opt the career in the field of Clinical Psychologist.

**29. Social and Communication Skills of Autistic Children**

**Alpana Sen Gupta\* & Priyanka\*\***

P.G. Centre of Psychology, Collage of Commerce, Patna

*Key Words: Autistic Children, Social and Communication Skills.*

Autism is one of the most mysterious, perplexing and long-term developmental disorder. Its characteristic features are unresponsiveness to others or lack of social skills, poor communication skills and high repetitive and rigid behavior patterns. Such disorder is more common among boys than girls. The main aim of the present study is to improve their social and communication skills to make them more adjustable in family and society. Purposive sampling was used to select 20 autistic children (Boys = 17, Girls = 03) from Samarpan (NGO of Child Care Unit), Patna. Their age ranges from 08 to 18 yrs. Two tests were used, namely.(i)Scale for Identification of Autism (ISIA) was administered to identify such children.(ii) Madras Development Programming System Behaviour Scale Chi Square ( $x^2$ ) test, a non parametric statistic was used to analyze the results. Three hypotheses were formulated and all of them were confirmed through the obtained result. Findings showed that proper care and training can improve the social and communication skills of autistic children.



**30. Impact of Vipassana Meditation on Mental Health**

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*Keywords: Mental health, meditations, Vipassana.*

In the present competitive world, the human beings are leading their life as a machine, engaged in their daily routine mechanical life, to fulfill the wants and desires of manmade earthy things round the clock, though they don't have proper mental health. Man himself has lost the peace of mind in search of material things of earthly life. Under such stress of life he has forgotten everything and became lonely. Accept running after name and fame in the fast day to day modern life. For him all the relations of family and friends, have disappeared and became blind in front of material world. Man is moving far away from himself. As a result he lost the pages of his happiest movements of life, by an increased pressure of work, environmental pollution, food, polluted air all these things contributed to suffer from mental and physical illness and end of life. In a country like India, with a population of 120 crores every 82% of people for 100 in urban and 48% of people in rural, (MHA 2001) suffer from severe mental stress. Continued surrounding agglomeration busy – moving society, noise pollution and soon add up to the causes of this illness, due to which people suffer from mental and physical inactivity. Therefore, he/she regains his/her mental and physical equilibrium has to indulge himself/ herself in yoga or meditation, only then he/she can have a control over themselves. This was practically and preached by Gautama Buddha in the 4<sup>th</sup> BC and many saints are practiced and now also it is continued. This was initially used and practiced by Lord Gautama Buddha to maintain his mental well being and to keep a healthy tack of his senses. This Vipassana meditation till today is one of the most prevalent forms of mediation in the India and around the world.

### **31. Human Performance in Vigilance Task: Effect of Caffeine**

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***Key Words:*** *Vigilance performance, caffeine*

Vigilance is extremely important in warding off terrorist attacks of various kinds. The cost of failure of vigilance, in today's world, can be great loss of life as well as property. Vigilance refers to a person's ability to attend to a field of stimulation over a prolonged period, during which the person seeks to detect the appearance of a particular target stimulus of the interest. For example, military officers watching for a sneak attack are engaged in a high-stakes vigilance task. Researchers found that caffeine plays an important role in maintaining the level of performance in vigilance task across time-periods. The present study is an attempt to examine how the levels of caffeine in terms of cortical arousal would affect vigilance task performance. A 4 (Treatment: 0, 100, 150, 200 mg) x 4 (10-min blocks) repeated measures factorial design was utilized. Performances were recorded as correct detection, incorrect detection and reaction time. The obtained results revealed that caffeine modulates vigilance task performance. The findings may be essential for practical domains such as radar monitoring, baggage screening for airplanes, communications and warning systems as well as quality control in almost any setting.

**32. Personal Stress during Adulthood**

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*Key words: Personal stress, young adulthood.*

Due to contemporary life style young adult are more vulnerable to personal stress. This study was designed to assess the role of biological age and gender in personal stress of young adults, and to explore the relationship between personal stress, biological age group and gender. It is hypothesized that there will be difference between biological age group and gender with reference to personal stress. This cross-sectional study includes 2 x 2 between groups factorial design involving 120 participants selected by random sampling method, out of which 60 (30 males and 30 females) belong to in the age group of 18-21 years and 60 (30 males and 30 females) to the age group of 25-28 years. The results reveal that the participants of older age group are more personal stress than of the younger age group, and the males are more personal stress than the female. It is found out that the participants when become older they are more prone to personal stress. Implications and future direction of the study have been discussed in light of related literature.

**33. A Comparative study of learning disability children and non-learning disability children in the factors of self identity and anxiety level.**

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*Key Words: Learning Disability, Self Identity, Anxiety.*

LD is a neurological disorder that affects the brain's ability to perceive and responses. In India, around 13 - 14 per cent of all school children have LD were heterogeneous with different manifestations. The study examines whether there is any significant difference between the LD and Non LD children on self identity and anxiety of adolescents. Samples taken from Malappuram district of Kerala Two- way ANOVA- Factorial Design used for the analysis of AIQ- 1V( Dollinger et al 1996) & Beck anxiety inventory. Findings show differences on Self identity & anxiety among gender, classification and LD and Non LD.

**34. Role of Parent's Child-Rearing Attitude in the Development of Child's Personality**

**Nigar Ara**

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An attempt was made to explain the effect of child rearing attitudes on children's personality. Two samples were taken. Sample 1 consisted of 100 fathers and 100 mothers of the same family. The subjects were matched for age, education, income, residence, number of children and occupation. Sample 2 consisted of 100 adolescent subjects (50 boys, 50 girls). One adolescent child of each parent who was selected in sample 1 was included in this sample. They were matched for age and level of education. To measure parental attitude Parental Attitude schedule (PAS) developed by Singh (1975) in Hindi has been used. To determined children's personality dimension's (aggression, authoritarianism, extraversion, neuroticism and anxiety).

**35. Human Development and Social Exclusion in Bihar: A case of Mahadalit Community**

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In traditional caste system of India, Dalits have been taken as outcastes and untouchables in the Society. They have largely remained socially, politically and economically backward. Despite long claim of government and political institutions, extremely poor and deprived group of Mahadalits are still in a deplorable condition. Livelihood opportunities to them are not many, even today. Here an effort have been made to understand, how certain individual or groups are denied access to participation and how an individual or groups can be included due to personal capacity building or due to change in the cultural value system in social political, economic & cultural process of a given society or certain key indicators of human development. The four aspects i.e. occupation, education, public distribution system, housing and homestead land as well as related aspects are examined with historical back ground of a Mahadalit community. This paper is based upon the primary and secondary data collected with the help of qualitative and quantitative tools during my Ph.D. fieldwork.

**36. Relationship of Job Characteristics to Job Involvement Satisfaction and Intrinsic Motivation.**

**Sweta Kumari, M.Phil Ranjeet Kumar & Bhibha Kumari**

Research Scholar- Psy. Magadh University Bodh Gaya

***Key Words:*** *value preferences, professions.*

The sample of this study consisted of 50 Doctors and 50 Lecturers. Out of 50 Doctors 25 were male Lecturers and 25 were Female Lecturers. Doctors were selected on availability (none = probabilically) basis from the Government Hospitals situated in Patna and 25 Male and 25 Female lecturers who were available from the teaching staff of the University of Magadh. Porter's (1961) adopted and modified questionnaire of perceived Need Satisfaction was used. The results indicate that there is hardly any difference in the perceived need value preferences (PNVP) of different professions of lecturers and doctors.

**37. Development of Diversity in the Mindset of Indian Adolescents**

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*Key words: Diversity, Mindset, Adolescent.*

Diversity in the mindset means that the thoughts, feelings, and behaviour in an individual are varied, some of which could be consistent with each other while others could be inconsistent and even contradictory. The presence of inconsistent and contradictory thoughts, feelings, and behaviour reflect a discrepant mindset. Indians show these contradictory beliefs, values and action orientations without any dissonance. For example, they are spiritual as well as materialists, idealists as well as opportunists, collectivists as well as individualists having highly personal thoughts, feelings and fantasies, hierarchically orientated but having different and conflicting hierarchies and so on. They organize their thoughts, feeling and action according to the context - Desh, Kaal and Patra. Such a discrepant mindset is likely to be acquired during Indians' primary socialization in the family. The socializing agents might be producing discrepant signals and the children might be sensing and acquiring them as a part of their incidental learning. Although socialization of Indian children is a collective responsibility of the whole family, parents play a highly influential role.

**38. Values, Beliefs and Practices of Indian Middle Class People**

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*Key words – Middle class, Mentality, Values, Beliefs and Practices*

The study aims to examine the mentality of Indian middle class people with the reference of their values, beliefs and practices. Generally people, particularly in Indian culture, do not disclose themselves honestly on sensitive issues and give socially desirable responses. Keeping in view, both formats - respondents and informants were employed in the study. Thus, the questionnaire had two parts. In part one having the informant format, respondents were put in the informant's role and asked to predict what the people in the society believe, value and practice. In part two having the respondent format, the respondents were asked to express their own believes, values and practices. Results showed that respondents rated others significantly high on the aspects such as social comparison, opportunism, power and superiority, selfishness, insecurity, uncertainty, traditionalism etc. as compared to themselves. Additionally, it also revealed that respondents somehow projected themselves when they perceived others.



**39. Mastering Your Mind to Nurture Good Habits through  
Psycho Neurobics**

**BK Chandra Shekhar**

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Mind is understood with many metaphors. It is compared with a horse, a mirror, a screen, the software of human computer and so on. **Understanding the right concept of mind** – Mind is one of the faculties of self. Mind is used by self for creating thoughts, emotions, desires, attitudes and recalling past memories. It is compared to a horse, which gallops and runs automatically with its hidden impressions and latencies. It is also compared with mirror or so many things. But the right concept is still not understood by many. The right concept is disclosed by God himself through Adidev Prajapita Brahma Baba. **Knowing the nature of mind** – To win over any one, we must know the nature of that person. Similarly to win over our mind, we must know the nature of mind. Arjuna asked Lord Krishna how to win over the mind? He compared mind with a restless monkey, an elephant, a strong wind etc.

**40. Individual Differences in Vigilance Performance**

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***Key words:*** *Stress-states, Extraversion, Introversion, Vigilance.*

Performance decrement over time has been a recurrent finding in many studies of vigilance behavior in cognitive science as well as cognitive neuroscience. The majority of investigators report large individual differences in susceptibility to decrement. The personality dimension of extraversion and introversion has been implicated by many researchers as a correlate of decremental performance in vigilance tasks. The researchers agree that extraverts should manifest more decrement with time. But in several other experimental studies greater vigilance decrement for extraverts was not supported. Additionally, it is also expected that the typical stress states variables like mental demand, frustration and arousal were contributing significantly to vigilance decrement. Thus, the paper attempts to highlight the role of extraversion-introversion personality variable on vigilance performance. Further this paper emphasize on the importance of stress states construct which might affect vigilance performance.

**41. A Comparative Study of Public and Private Sector Professionals**

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*Key Words: Personality, Self Concept, Ambivert, Independence.*

In the present study the six factors of personality namely extroversion /introversion, self concept, independence, temperament, adjustment and anxiety and their relationships with one another is explored. We also seek to ascertain whether the nature of interaction would determine the success at the workplace. The study was conducted on 50 employees 25 of which were a part of a private sector enterprise in Mumbai who were in team leading roles. The other 25 employees were from public sector enterprise in one of the state capitals in North India. The study revealed that almost all respondents were found to be ambiverts and highly independent. Employees of the public sector enterprises were identified as possessing good temperament and high self concept in comparison to the employees of the private sector.

**42. Cognition – Emotion Interface dynamics in the context of mindfulness**

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***Key Words:*** *Mindfulness.*

Mindfulness is a state of being attentive to and aware of what is taking place in the present (Brown and Ryan, 2003). In Buddhist tradition, the concept of mindfulness represents a quality of consciousness termed bare attention (Brown et al., 2007). Mindfulness strengthens executive functioning (Holzel et al., 2007). Therefore, it is pertinent to see as to how different levels of mindfulness interact with emotional contexts during performance on working memory task. The study aimed at investigating the specific role of mindfulness in handling the cognitive load contingencies during emotional context based working memory performance. The sample of comprised of 200 boys in the age range of 15 to 19 yrs.( mean age = 17 yrs.) was drawn from various Government Model Senior Secondary Schools of Chandigarh, in India .The methodology included a computation of repeated measures ANOVA and other descriptive statistics and t-values. Results highlighted interesting trends with overall high performance on working memory in the positive context and the least under negative emotional context with neutral context based performance occurring in between and more so for the low mindfulness group across different cognitive loads.

**43. Attitude and Information about Child Health among Santhal  
Rural Tribal Women**

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**Key Words** : Attitude, Information, Child Health.

The present study attempted to explore the attitude and information about child health among Santhal rural tribal women. In addition, the impact of age of the sample group on attitude and information towards child health was studied. For this purpose two hundred rural tribal women were selected from four age groups namely: 15-24, 25-34, 35-44 and 45-54 years. In each of the four strata, 50 women were selected randomly. A child care scale was administered on the sample, which consisted information related to immunization, signs of dehydration, ORT, growth monitoring and milestones of development. The results revealed that: (i) The extent of attitude towards child health was very low (ii) the areas of ignorance and misconceptions were quite large and widespread and (iii) age of the tribal women did not have significant effect on attitude and information about child health. It can be recommended to increase the extent of attitude and information about child health with the help of intervention study.

**44. Environmental Sanitation Awareness in Sarna Tribe and Low Caste Hindu College students: A Comparative Study**

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*Key Words: Sanitation.*

The present paper is based on a sample of one hundred 9<sup>th</sup> and 10<sup>th</sup> grade college students who were selected on a stratified random basis. The stratification was based on religion. The aim of the study was to compare the extent of environment sanitation awareness in relation to home and surrounding in Sarna Tribal and low caste Hindu College students. Using Home sanitation and surrounding sanitation awareness scale, it was found that the extent of home sanitation and surrounding sanitation awareness were more among low caste Hindu than Sarna tribe.

**45. Happiness among School and College Teachers: A Psychological Study**

**Abdul Khalique \* Renu Saxena\*\* and Zeba\*\*\***

Ranchi University, Ranchi

*Key Words: Happiness, College, School.*

The present research is exploratory in nature. The main emphasis of this study is protecting mental health by developing positive human strength i.e. happiness. The present study is an attempt to find out the state of happiness in teaching community of Ranchi. The sample consists of 125 teachers of different schools and colleges of Ranchi. Participants were given a self generated questionnaire. Results indicated that by and large teachers were happy. The main sources of happiness were achievements of family members, company of friends and good environment at work place.

**46. Curiosity among tribal and non-tribal school students**

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Ranchi University, Ranchi

**Key Words:** *Curiosity.*

The purpose of the present study was to examine the curiosity among tribal and non-tribal school students. The sample for the study consisted of 80 school students selected by stratified random sampling technique. The stratification was based on ethnicity (tribal and non-tribal), gender (boys and girls) and place of residence (rural and urban). Children's curiosity scale of Kumar and General intelligence test of Tondon were administered. The result showed that non-tribal school students were more curious than tribal school students. Boys were more curious than girls. There was no significant difference found between rural and urban school students on curiosity level. High intelligent students were more curious than low intelligent students

**47. Security-insecurity among high school students**

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R.U, Ranchi

**Key Words :** *Security-insecurity*

The present study was designed to find out the Level of security-insecurity among high school students. The sample consisted of 80 high school students, selected on the basis of stratified random sampling technique. The students were divided into 3 groups according to ethnicity (tribal & non-tribal), gender (boys & girls) and place of residence (rural & urban). Shah's security-insecurity was an administered. The result showed that there was no significant difference between tribal & non-tribal and boys & girls, but urban high school students were more secured in comparison to rural high school students.

**48. Self-confidence with reference to types of areas and sex among Secondary and Higher Secondary School students.**

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Anand (Gujarat)

***Kew Words: Self Confidence***

The Present study aims to investigate the effect of “Self-confidence with reference to types of areas and sex among Secondary and Higher Secondary School students. Self-confidence is a central concept which is used in everyday expression. While talking about the self, we often use to express ‘I ‘and ‘me’. There are some major steps for self confidence as well as for preparing for the world of success, building knowledge and accelerating towards success. The past researchers namely R R Verma, P K Goswami, K Sharma, and Chandraprabha Jain have applied the self-confidence test to the physically handicapped students. In their study it was found that education has played a significant role in the development of self confidence (Indian Journals of Psychometric and Education 2006). The present researcher has used three independent variables namely (A) types of institution, (B) types of areas (urban and rural areas) and (C) types of sex (Male and Female) to examine the effect on Self-confidence.



**49. Socio-demographic Correlates of Migration of Tribal Rural Women in Jharkhand**

**Vinod Kumar Sharma & A.N. Pathak\***

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\* College Inspector, S.K.M. University, Dumka.

***Key Words:*** *political leaders*

Migration of tribal rural women is a burning problem for developing country like India. Migration of tribal rural women that includes young (15 to 25 yrs.) and old (40-50 yrs) from Jharkhand has been a major concern for social scientists as well as political leaders. For over a hundred years, the tribal of Chotanagpur and Santhal Pargana Region of Jharkhand have been steadily migrating out of their homeland in search of new places of residence so as to improve their quality of life. Seasonal as well as permanent nature of migration has been observed. In tribal rural women there is higher migration of the Christian than the Sarna from Jharkhand as researches reveal. It is because of education and social exposure of Christian that motivated them to migrate for their development in comparison to Sarna as they are less educated and socially exposed. Researches done in the field of migration reveal that tribal woman in Jharkhand state are less educated and untrained due to poverty. They do not have equal right in property like men folk. Their women are compelled to go far away for work and livelihood at the cost of sexual exploitation by the middlemen and employers. Thus tribal women in Jharkhand have migrated to urban areas like Assam, Bengal, Maharashtra, Punjab, Haryana, U.P. and Delhi etc. for employment at very low wages. In the study it was found that the percentage of tribal women migrants is higher than that of non-tribal women migrants. Christian women migrate more than non-Christians.

**50. Socio-Demographic Correlates of Psychiatric Patients: A Retrospective Study**

**Vinod Kumar Sharma & A.N.Pathak\***

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\* College Inspector, S.K.M. University, Dumka.

***Key Words:** population*

In present scenario psychiatric problem has been a major concern for the mental health practitioners. Change of life style under socio-economic-political factors disturbs human life a lot that ultimately leads to some kind of disturbance labeled as psychiatric problems. The World Health Organization (WHO) has declared 2001 as the year for mental health in recognition of the burden that mental and neurological disorders pose on people and families affected by them. Despite of it nearly 10% of total population suffers for these disorders (WHO, 2001). The present study has been carried out with the objective to examine the socio-demographic correlates of psychiatric patients attended in DMHC, Dumka, Jharkhand. Total 100 samples were taken on random basis. Detailed information was taken as per the objective from the case record files (CRF) under socio-demographic details of the patients attended in OPD of DMHC, Dumka. After collection of required information, data was tabulated and statistically analyzed by using descriptive statistics in percentage (%). Diagnosis was based on ICD-10. Findings suggest that there is much more difference in the socio-demographic status of male and female patients under psychiatric disorders and other cases.

**51. A Comparative Study of Tribal and Non-Tribal College Students In Terms Of Adjustment and Deprivation**

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***Kew Words:** adjustment level*

The present study was aimed to know the adjustment competence of tribal and non-tribal college students in the light of deprivation. The study sample comprised of 80, 40 from each group of tribal and non-tribal. To collect data, Personal data sheet, Bell Adjustment Inventory and Deprivation scales were used as tools. Under statistical analysis t-test and  $X^2$  were done. The results made it clear that: Tribal and non-tribal college students differ significantly on adjustment level in the four major respective areas, viz.: home, social, health and emotion. Tribal and non-tribal college students were having different level of deprivation level in the respective sub- areas, viz. social, emotional, parental and educational.

**52. Adoption Practices of Doctors Regarding Consumer Protection Act in Kanpur Nagar**

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Faculty of Home Science,  
C.S.A. University of Agriculture & Technology, Kanpur

***Kew Words:*** *emergency care*

The study was conducted to find out the adoption practices of doctors regarding consumer protection act. Purposive sampling design was used for selection of respondents. Cent percent medical professionals reported that they “clearly explained the necessity of treatment to the patient” and “observed the punctuality in consultation”. ‘Providing emergency care on humanitarian grounds identified (Rank I), whereas, “Asking for prior consent for giving emergency treatment was (Rank II). Seventeen percent medical professional doctors “Never” call magistrate for recording dying declaration. Less than 94 percent respondents did not issue death certificate where cause of death was not known. About 54 percent respondents suggested “Appropriate alternatives for the best interest of the patient”. It is concluded that majority of the professional doctors in Kanpur Nagar were conscious towards their “duties of standard,” “emergency care” and follow “professionals ethics.” They were also using “standard equipments” and “conscious about money expenses of the patient.”

**53. Some socio-psychological correlates of prejudice in Hindu school students**

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**Key Words:** *Prejudice, Ethnocentrism, Personality*

The study reports data on some socio-psychological correlates of prejudice in Hindu school students. Sociological correlates studied are gender (male/ female), caste-status (high/low) and place of residence (rural/urban) and psychological correlates are anxiety, authoritarianism, conformity and rigidity. The subjects for the study consist of 200 Hindu school students of grade XI, stratified on the basis of the above sociological correlates. There are eight sample sub-groups and in each group 25 cases are selected randomly from Ranchi. The tools applied on the sample for collection of data consist of Personal data questionnaire, prejudice and personality scales. Analysis of data reveals that urban males are more prejudiced than urban females; low castes are more prejudiced than the high castes and the rural people are more prejudiced than the urban ones. Likewise, males seem to be more conforming than females; low castes more authoritarian and high caste and rural sample more conforming.

**54. Organizational Climate of Rural and Urban  
Secondary Schools of Jharkhand**

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Ranchi University, Ranchi

***Key Words:*** *Organizational climate, academic motivation,  
indigenous culture*

In the present study a comparison of organizational climate of rural and urban secondary schools of Jharkhand was made. Out of 105 secondary schools selected 55 were rural and 50 were urban schools. School's organizational climate was assessed by using Organizational Climate Description Questionnaire developed by Halpin and Croft (1963). It was interesting to find that organizational climate of rural schools was better than urban schools. Rural Schools were found to have open and autonomous climate whereas urban schools have controlled climate.

**55. A study on Consumer Attitude and Satisfaction towards Selected Internet Service Providers (ISPs) In Patna City**

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Dept. of LSW

Allama Iqbal College Bihar Sharif, Nalanda

*Key words: Internet Service, Consumer Attitude.*

Being an emerging technology internet service is the great support to our modern world. Many service providers have come forward to offer various internet services. This study highlights the consumer attitude and satisfaction towards internet service providers. Internet is an emerging technology and it is a boon to this competitive world. Internet is a popular medium, which can provide tones and tones of information to the people and also facilitates entity's promotion and growth. Broadband is the most happening technology today and internet service providers are competing with each other to provide high speed Internet bandwidth at low cost to both enterprises and common people. The overall conclusion of this study is that the uses of the internet and the users of internet are increasing rapidly; it is all because of enormous growth in the internet service. This paper examines the consumer attitude and satisfaction towards selected Internet Service Provider in Patna City.

**56. Women in Science and Technology – Barriers and Suggestions**

**Sindhu Omer & Sarita Misra**

Dept. Of Psychology D.A.V College, Kanpur

***Key Words:*** *Women, Education, Barriers, Strategies*

A woman has potential input in a family, society and nation. To start with the home, a mother's role is very important and demanding. The attitude of the future citizens of the nation depends upon the upbringing of the mother. An uneducated, undeveloped mother doesn't realize the importance of the education or development of her children. Women should be educated and allowed to be included in decision making. But there are many barriers which interfere with women's development in education. Male managers, if not sensitized, can also become a hindrance in promoting a woman in decision making. Parents and husbands can also be obstacles for the female promotion into society. Finally, government policies can hinder the development of women if those policies are not implemented or monitored. This paper discusses how these barriers can be overcome by developing strategies to create a more inviting climate for women in society. It also illustrates a few female role models who proved that they are capable to be leaders and scientists in society.



## **57. Strategies for Motivating Girls in Science and Technology**

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Dept. Of Psychology D.A.V College, Kanpur

**Key Words:** *Girls, science and Technology, Motivating Strategies*

This paper describes some strategies which have proved to be successful in motivating girls to study science, which the authors have conceptualized, developed, implemented and evaluated in classroom situations and which they would like to share with others having similar concerns. This paper gives an overview of some strategies. The authors are very much concerned about the low participation of girls in science and technology and this issue of promoting these subjects among girls has been a cause of concern for the researcher into investigating ways to increase the intake of girls in science and technology. It is being recognized that the economic development depends on the quality of its human resources, and education is the main provider of the manpower required. Researcher also gives a glimpse of girl's glory and some example of women's development. Further the research emphasis on science and technology with a view to enhancing the quality of teaching and learning in our schools.

**58. A Comparative Study of Personality Profile among Urban & Rural Women**

**Nidhi Mishra & Sarita Mishra**

D.A.V. College, Kanpur

***Key words:*** *Personality Profile, Rural and Urban, Acceptance – Rejection.*

The study was conducted on accepted and rejected mother group of rural and urban location. The objective of the study was to see personality profile among accepted & rejected mother group of rural and urban location. Keeping in view, The PARQ (Mother) is considered to be most suitable tools for use in the present study. These tests are originally constructed and standardized by Rohner and Indian adaptations were made by Prof. Jai Prakash. Results show that accepted mother group of rural and urban location differs significantly at 0.01 level. In the same way rejected mother group of rural and urban location also differs significantly at 0.01 level.

**59. Electrochemistry of Psychosis Drug Action**

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*Key words: Electron tunneling, electrochemical, dopamine, drug action.*

In 1906, Charles Scott Sherrington coined the term “synapse” to describe the specialized gap that existed between neurons. Neurons communication can by “refluxes”. Synaptic potentials are either excitatory or inhibitory. Excitatory post synaptic potential (EPSP) is a graded potential while inhibitory post synaptic potential (IPSP) occurs when synaptic input selectively opens the gate for positively charged potassium ions to leave the cell and negatively charged chloride ions to enter the cells. Ionic concentration alters membrane potentials and periodic production of action potentials is known as “spontaneous firing.” In 1930, Otto Lowei suggested chemical and electrical synapses. Electrical transmission is by dendrite to dendrite while chemical is by axon to dendrite. The gap between the synapses for electrical transmission is 3-20 nm while for chemical it is 20-30 nm. Quantum calculations reveal the possibilities of electron to tunnel this gap (nm range) and these single electron processes are responsible for transmission (on-off switches). Currently the research is focused on dopamine and its influence on human behavior. Drugs like methamphetamine alter the DA transmission either by entering DA vesicles in axon terminal or block the transport by pumping back into the transmitting neuron.

**60. Gender Difference in Attitude towards Mental Illness  
among College Students**

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**Smita Hemrom,**

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*Key words: Gender difference, attitude, mental illness*

The aim of present study was to find out the gender difference in attitude towards mental illness among college students. A total of 60 (30 male and 30 female) PG students of Ranchi University were selected by purposive sampling and 50 item Checklist for Attitude towards Mental Illness s was administered. In results, there is significant gender difference was found in attitude towards mental illness. In conclusion, students have lack of awareness and knowledge about the nature of mental illness. Thrust should be given on programs to unleash the clouds of understanding regarding mental illness among the professionals and general public at large.

**61. Empowerment of Women through Science and  
Technology Intervention**

**Sabiha Yunus & Ira Tripathi\***

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*Key words: millennium goal*

Science and Technology has long been recognized as a driving force for economic growth and well being of individuals and communities. Undoubtedly it can be vastly enriched through women's evolvment, which closely links to the empowerment of women through Science and Technology. It is not the concern of one nation only, but there are many players and stakeholders in the aim to reach this millennium goal. Women empowerment may be through innovative scientific activities, integrating action oriented literacy, sound microfinance and micro-enterprise training as well as understanding of legal rights and advocacy. Apart from the efforts of the U.N.O., multilateral bodies and civil society, the positive role of women also depends on the supportive attitudes of their local family unit, the local community in each village and town.

**62. Science and Technology Empowering Women Reducing Work-Family Conflict**

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\* P. G. Dept. Of Psychology, A. N. College, Patna.

***Key Words:*** - *Science, Technology, Women, Empowerment.*

Work-family conflict is a form of inter-role conflict in which the role pressures from the work and family domains are mutually incompatible in some respect. Science & technology has accelerated the pace of development by removing geographical barriers through which women can circumvent constraints placed on their physical mobility thus empowering themselves to play a positive role in their own development and the development of the society. The present study was attempted to find out the impact of science and technology in reducing the work-family conflict among women from different professions. The sample consisted of 100 working women out of whom 50 were from the IT sector like Engineers, MCA etc. & the other 50 were from the Medical & Managerial fields like Doctors and MBAs etc. (non-IT sector) having age range 25- 50 years. Random cum Purposive sampling was used. Work-Family Conflict Scale by Netemeyer et al. (1996) was used. The results revealed women from the non-IT sector having higher work-family conflict.

**63. Alteration in the Psyche and Physiology of individuals due to the changes in Diurnal Rhythm.**

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**Key Words:** *Diurnal Rhythm, Change in Psyche, Behavior Alteration.*

The alteration of the diurnal rhythm can be due to the prolonged disturbance of the day night schedules seen in the employees of many companies, factories, police men doing the night beat, railway drivers, guards doing the night shift etc. The manifestations of such disturbances can be observed, externally, in the behavior and the psyche of the workers, moreover the prolonged exposure to such conditions can also lead to physiological changes. The present study was conducted in Moradabad among the brass factory workers working the night shift. The study shows changes in the psychological and physiological conditions of the subjects as compared to their other counterparts working the day shift. The major changes observed in the subjects were altered sleeping habits, changes in the sleep pattern, heightened instances of stress, insomnia, a loss in the temporary and permanent memory, headaches, depression, marginalization and suicidal tendencies, changes in mental orientation moving towards becoming introvert, adjustment problems and behavioral changes. The physiological changes observed were loss of vitality, decrease in the active and passive immunity, increase in the stress levels, increase in incidences of skin disease, poor digestive prowess, increase in the body temperature etc.

**64. A Study of Achievement motivation of tribal and non tribal students**

**Shambhu Prasad Singh & Kala Nand Thakur\***

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Dept. of Psychology, S. P. College, Dumka

***Key Words:*** *level of aspiration*

The study was conducted on a sample of 100 tribal and 100 non tribal college students of Santhal Pargana with a view to investigate the level of aspiration among the two groups. Administration of Bhatia's Achievement Motivation Test revealed that non tribal students have significantly higher level of aspiration than tribal students. On the basis of the finding of the study it may be found that the level of aspiration of non tribal students is higher than tribal students. It shows that socio- cultural deprivation exists till now among the tribal students.



**65. A Socio-Psychological Study on Trafficking and Migration of  
Tribal Women of Dumka District in Jharkhand**

**Renu Dewan**

Dept. of Psy, Ranchi Women's Collage Ranchi

Migration is a socio-psychological phenomenon. It creates conditions for deep-rooted changes in social and cultural life of both the migrant community and the host community. 'Migration has been defined broadly as a permanent or semi- permanent change in residence'. No restriction is placed upon the distance of the move or upon the voluntary or involuntary nature of the act, and no distinction is made between external and internal migration' (E. S. Lee, 1969). Several studies on migration indicate that the process, volume and direction of people in their movement from one place to another are influenced by a number of such factors as geographical conditions, economic hazards, non-availability of regular and reliable occupations, educational opportunities and achievements and several other social and psychological conditions. Among which, the demographic and economic factors have received more attention than the others. But above all, migration is a socio-psychological phenomenon.

## **66. Transition in Anthropometric and Physiological profile of Women during Pregnancy**

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*Key words: Anthropometry, transition, pregnancy*

Pregnancy is a landmark of female's reproductive life during which rapid morphological changes occurs. The present work was undertaken to study the change in anthropometric and body composition parameters among pregnant females and was compared with non-pregnant women. The study included 233 pregnant and 35 non-pregnant women. Anthropometric measurements included weight, height, skin fold thicknesses and circumferences. Body composition and physiological parameters were measured. Statistical analysis revealed higher mean values among the pregnant females which successively elevated through the pregnancy periods. The maximum change was observed during the progression from 2<sup>nd</sup> trimester to 3<sup>rd</sup> trimester.

**67. Child Rearing Practices And Emotional Intelligence**

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*Key words: Emotional intelligence, parental style*

Family plays a vital role in the development of intellectual capacity. Aim: this study is intended to find out the impact of childrearing practices on emotional intelligence of children. Method: In this study a total of 200 college students with age ranging from 19-25yrs were selected as sample from different area of Varanasi district. As a tool, Indian adaptation of Emotional intelligence Scale (Bhattacharya et al, 2004) and Parental Attitude Research Instrument were used to assess the emotional intelligence and child rearing practices. Result: Result showed that significant difference between high and low emotional intelligence groups. Result also revealed that hostility, uninvolved and authoritarian parental attitude are significantly related to low emotional intelligence.

**68. School Environment and Emotional Disturbance among School Children**

**Umapati Singh**

Dept. of Psychology

Magadh University, Bodh- Gaya

*Key words: Talent, Average Children class Room behaviour.*

Emotion is an affective experience that compares generalized inner adjustment and mental and psychological stirred-up states in the individual and that shows itself in behaviour. Since time immemorial, education has been the backbone of civilization. Today the need for education has only increased. Total literacy of the country is the aim of every government yet we find many dropouts from only the government schools but also private schools. It is surprising to note that the maximum number of dropouts stop schooling at the onset of adolescence. The reasons for children dropping out of school, especially at the onset of adolescence are mainly due to emotional imbalance. Another important reason for emotional disturbance is the school environment.

**69. Effect of Locus of Control on individualism-collectivism and Achievement Value of a Group of Government Hospital Staffs**

**Anand Kumar Singh & Krishna Kumar\***

ICTC "Counselor"

P.H.C. Alauli (Khagaria)

**Key Words:** *Achievement Value, Government Hospital Staffs*

The purpose of the study was to examine the effect of Locus of control on individualism collectivism and Achievement Value of a Group of Government Hospital Staff. For the purpose 120 staff was selected from different Government hospitals of Khagaria District in Bihar and their locus of control were ascertained by Roller's E- I Locus control scale. Measures of I-C attitudes and Achievement values were also collected from the above staff group by two different standard instruments. Results were treated by correlation test and 't' test. The findings of the study indicate that the staffs with internal locus of control have significantly higher achievement value and individualistic attitude than the staffs with external locus of control. On the other hand, staffs with external locus of control have significantly high collectivistic attitude than the staffs with internal locus of control.

**70. Father Child interaction in working and non working mother's family**

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**Key Words:** *Working mother.*

The present study was undertaken to compare the father child interaction in working and non working urban mother's family. 40 full times and 40 non employed mother's family in Bihar were taken as sample. Self constructed questionnaire to assess the father interaction with the children were used. Father Child interaction was taken in terms of quality as well as quantity. Quantity means hours of work spent with their children and quantity means playing with children, encouraging interaction with the environment and enforcing alteration towards external environment, answering question properly sharing affection etc. Finding showed that dual career family's father spent more time and more interaction with their children than in single career homes. It is due to the fact that husband with working wives have to share contain responsibilities and child care task than those with non-working wives.

**71. Effectiveness of Anuloma –Viloma Pranayama on the Psychophysical Health of the Aged**

**Deena Nath Mishra**

Dept. Of Psychology, L.N.M. University, Darbhanga

***Key words:*** - *Anuloma- Viloma Pranayama*

The present study was attempted to find out the effect of Anuloma- Viloma Pranayama on the health of aged persons. Pranayama has been reported to be beneficial in improving autonomic nervous system relieving stress related disorders. In fact, in India a large number of elderly people are suffering with feeling of loneliness, depression and other psychosomatic disorder. The census (2001) related to elderly people, revealed that in India 75% elderly persons are living in rural areas, about 48.2% of elderly persons are women, out of home 55% are widows and large percentage (30%) of the elderly are below poverty line. The sample for the present study consisted of 60 males in the age range of 60 to 80 years. The result of the study supported the hypothesis that group doing Anuloma-Viloma Pranayama were found to have better physical as well as psychological health suggesting that Pranayama has an important role to play on the health of the aged.

**72. Impact of Empowerment on Status of Women**

**Mira Rani, Surabhi Rani**

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Empowerment is essential for all round development of Indian women. The future of development and society lies in the future of women. Women in our country constitute 48% of total population in which 43.88 lakh women engaged in organized sector and 17.77 Lakh in private sector, Anand (2001). The status of women in India has been subject to many changes over the past few millennia, (Bibhudatta Pradhan, 2007). From equal status with her in ancient times (Jayapalan 2001), through the low points of the medieval period (2006) to the promotion of equal rights by many reforms the history of women in India has been eventful. The National Policy for the Empowerment of Women (2001) admits that there still exists a wide gap between the goals associated on the constitution, legislations, policies, programmes related issues on the one hand and the situation of reality of the status of women in India on the other hand. The 73<sup>rd</sup> & 74<sup>th</sup> amendment 1993 has given 33% reservation to women in local bodies. Bihar Govt. has 50% reservation to women in panchayati Raj in 2006 for the purpose of empowering women folk of Bihar.

**73. Attitude of Collage Teachers and NTPC Employees towards Privatization**

**Raj Kishor Kumar**

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**Key Words:** - NTPC, Collage teacher.

The research paper aimed to study the attitude towards privatization among college teacher and NTPC Employees. The sample consisted of 100 Collage Teachers of Patna University and 100 Employees of NTPC, Barh. Their age ranged from 24 to 47 years with a mean of 31.23 years. For measuring ATP, Tarni Jee's Attitude towards Privatization Scale 1993 was used. Results reveal significance difference between the mean in their attitude towards privatization.



**74. Teens Social Isolation & Depression**

**Priyanka Tiwari**

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*Key words: Social isolation, Depression, Teenagers*

The present study was undertaken to investigate social isolation and depression among teenagers, and to examine the gender differences in social isolation and depression. The sample of this study consisted of 300 teenagers (150 boys and 150 girls) in age ranging from 16 – 18 yrs from Delhi region on basis of Incidental-Cum-Purposive Sampling technique. Social isolation and depression was measured by Youth Problem Inventory. The findings indicated that there was a positive correlation between social isolation and depression. Significant gender difference was found in social isolation and depression. Girls were high on rate of depression and social isolation as compared to boys.

**75. Self Concept and Occupational Aspiration of Dalit Students**

**Akram Faiz**

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The study was conducted on a sample of 200 degree level college students coming from Dalit and non-Dalit castes and from rural and urban residential areas with an eye to investigate the effect of socio-cultural deprivation and residential area on self-concept and occupational aspiration. In the total sample of 200 students there were 100 students from Dalit castes (50 urban and 50 rural) and 100 students from non-Dalit castes (50 urban and 50 rural). Administration of Rastogi's (1979) 'Self Concept Scale' and Grewal's (1998) 'Occupational Aspiration Scale' revealed that non-Dalit students have significantly higher self-concept and vocational aspiration than Dalit students. Residential area significantly influences self-concept and vocational aspiration of both Dalit and non-Dalit students. There exists significant positive correlation between self-concept and vocational aspiration of students.

**76. Attitude of Muslim Female Doctors towards Family Planning**

**Akhlaque Ahmad**

Dept. of Psychology, Z. A. Islamia College, Siwan

The present study was conducted on a randomly drawn sample of 200 doctors practicing in Patna. The sample comprised of 100 Muslim and 100 Hindu doctors. Doctors were from both rural and urban areas. 'Family Planning Attitude Inventory, was used which has been developed by Paliwal. It was used to assess the effects of community and residential area on attitude towards family planning. The main findings of this study were that community and residential area cast their effects on attitude towards family planning. Hindu doctors hold more favourable attitude towards family planning than Muslim doctors. And rural doctors hold less favourable attitude towards family planning than urban doctors.

**77. Parent-child relationship and academic achievement of School Students**

**Bharati Roy**

University Department of Psychology, Ranchi University, Ranchi

*Key Words: Parent-child relationship, High achiever & Low achiever.*

The present study aimed at examining the impact of Parent-child relationship on academic achievement of School Students. The study was conducted on 200 school students (100 boys and 100 girls) of Ranchi between ages of 14 to 16 years. The marks obtained in class tenth of Central Board of Secondary Education was used as the indicator of academic achievement. Subject were classified into two groups namely high achiever (Students obtained over 70% marks) and low achiever (Students obtained below 45% marks), Parent-child relationship questionnaire developed by Singh was administered on the students. On the t-test, the two groups differed significantly on different dimensions of PCRQ.

## **78. Alcohol and Drugs - Major Cause of Violence, Crime and Sexual Immorality**

**Shashi Kala Singh**

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*Key Words - Alcohol & Drugs*

The present paper highlights that the non- medical use of alcohol and other psychoactive drug has become a matter of serious concern in many countries. While alcohol abuse is more or less a universal problem, the incidence of drug abuse varies from place to place. Estimated 12-20 million people smoke marijuana in the US, 30-50 per cent of all high school students had made marijuana an accepted part of their life. Experience in Sweden indicates that drug dependence reached a peak in the age-group 12-20 years and the problem is less among girls. The problem of drug dependence has reached epidemic proportions in many countries. The social problem arising from alcoholism is serious, caused by pathological changes in the brain and the intoxicating effects of alcohol. Alcohol abuse is associated with an increased risk of committing criminal offences, including child abuse, Domestic Violence, Rape, Burglary and Assault. Alcoholism is also associated with loss of employment that can lead to financial problems. Drinking at inappropriate times and behavior caused by reduced judgment, can lead to legal consequence, such as criminal charges for drunken driving or public disorder, or civil penalties for torturous behavior, and may lead to a criminal sentence.

**79. Short Term Memory as a Function of Presentation Mode**

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***Keywords:** Short-Term Memory, Visual, Auditory and Auditory.*

The present study is aimed at exploring the Short- Term-Memory (STM) as a function of presentation mode of 100 undergraduate non psychology students (50 boys and 50 girls), age ranging between 18 and 22 years. These subjects were of normal physical and mental health and had no visual or auditory impairments. Result reveals that the amount of recall of the material varies significantly from one condition to the other in each pair. So far as the direction of this observed variation is concerned, it becomes evident from data that recall in the visual condition is greater than that of the auditory condition and hence visual mode of presentation turns to be superior to the auditory mode. The mean value of recall is significantly greater in the case of auditory – cum – visual condition than in the case of visual alone, similar situation obtains where the mean value of recall is significantly similar in the case of auditory presentation than in the case of auditory – cum – visual presentation. Thus result shows that the amount of recall is increased when the subjects are provided with double cues, namely, visual and auditory simultaneously for retention of material in STM experiments.

**80. Effect of Yoga & Stress on Adolescent Students**

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***Key Words:*** *Academic performance.*

Academic performance is concerned with the quantity and quality of learning attained in a subject or group of subjects after a long period of instruction. Excessive stress hampers students' performance. Improvement in academic performance and alertness has been reported in several yogic studies. The main objective of the study was to assess the effect of yoga on academic performance in relation to stress. The study started with 800 adolescent students; 159 high-stress students and 142 low-stress students were selected on the basis of scores obtained through Stress Battery. Experimental group and control group were given pre test in three subjects, i.e., Mathematics, Science, and Social Studies. A yoga module consisting of yoga asanas, pranayama, meditation, and a value orientation program was administered on experimental group for 7 weeks. The experimental and control groups were post-tested for their performance on the three subjects mentioned above

**81. Personality Differences between Criminals and Non Criminals**

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**Key words:** *Person criminal, property criminal, life satisfaction, emotional stability, alienation and identity crisis.*

The study aimed at distinguishing Person- and Property Criminals from Non-criminals on four personality characteristics viz., life satisfaction, emotional stability, alienation and identity crisis. For these 100 Person Criminals, 100 Property Criminals and 100 Non criminals matched in respect of age, sex, education and family income were interviewed with the help of concerned objective psychological tests. The finding revealed that the Person Criminals were least satisfied with life, least emotionally stable, highly alienated and had utmost identity confusion. Property Criminals in comparison to Person Criminals were more satisfied with life, more emotionally stable, less alienated and had lower level of identity confusion. Non criminals, however, had shown the highest level of life satisfaction and emotional stability and the lowest levels of alienation and identity crisis.

**82. Test Anxiety as a function of Gender and Socio-Economic Status**

**Sauli Mitra**

Research Scholar, in Psychology, Ranchi University, Ranchi

***Key Words:*** *Test anxiety, Gender & Socio-economic status*

The study was conducted on the school students of Dhanbad district. The aim of the study was to find out the difference of Test Anxiety between High and Low socio-economic groups of student. The sample of the study consisted of 80 school going boys and girls selected on stratified random basis. The stratification was based on socio-economic status (high and low) and gender (boys and girls). Indian Adaptation of Sarason's Test Anxiety Scale for Children (TASC) by Dr. A Kumar was administered on the subjects. Results indicated that there is no significant difference between high and low socio-economic group of student on Test Anxiety Scale for Children. Significant difference was found between boys and girls on test anxiety scale ( $t=2.33P < 0.05$ ).

**83. Parental Divorce and Adjustment among Adolescents.**

**Smriti Kana Mitra Ghosh**

Research Scholar in Psychology, Ranchi University, Ranchi

**Key Words:** *Parental Divorce, Adjustment, Adolescents & Behavioral Problems.*

The aim of the present investigation was to study the impact of parental divorce on adjustment level of adolescent. Sample consisted of 38 subjects. Out of these 18 were adolescents of divorced parents and 20 were adolescents of non-divorced parents of whom 18 were male and 20 were female adolescents selected from Ranchi, Bokaro and Dhanbad town. All the participants were given the tools of Adjustment Inventory for School Students. The result showed that adolescents of divorced parents and non-divorced parents differed significantly from each other in all the dimensions and the overall scores of adjustment. The adolescents of non-divorced parents were found to have significantly better adjustment ( $t=8.7, P<0.01$ ). Male adolescents have shown better adjustment than female adolescents on the total adjustment.



**84. AIDS & HIV Infection: Ethical Responsibilities of  
Counseling Psychologists**

**Rajesh Raman Kumar Singh**

Research Scholar

Nalanda Open University, Patna

*Key Words: AIDS, HIV, Ethics & Legal Framework*

AIDS [acquired immune deficiency syndrome] and HIV [human immunodeficiency virus] infections is the leading cause of death for men age 25-45 and women age 25-34 in Metropolitan Cities of India. It is the leading cause of death in India for people with hemophilia and for people who are intravenous drug users. The tragedy has been magnified by relatively high infection rates among several groups that are the objects of latent and not-so-latent bias from the health care professions as well as the more general culture. Within the profession of psychology, a national survey found that almost 1 out of 5 (23.5%) psychologists practicing as psychotherapists treated homosexuality per se as pathological (Pope, Tabachnick, & Keith-Spiegel, 1987). The bias in the general culture is likewise widespread and may include violence (Herek, 1989). Hence, it is a legal duty of Counseling Psychologists to protect or warn third parties suffering from AIDS and its prevention.

**85. Therapeutic Relationship as the Foundation for Treatment with Adult Survivors of Sexual Abuse**

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***Key Words:** Therapeutic Treatment, Adult Survivors of Sexual Abuse*

Survivors of sexual abuse enter psychotherapy with special needs that challenge some of the traditional therapeutic assumptions. The therapeutic relationship, which is the foundation for treatment with abuse survivors, often must shift in nature and quality to address these needs. The main goal of treatment is the integration of self and affective experience. To facilitate this process the authors discuss the establishment and maintenance of an "affective edge" which allows for direct attention to and intervention with the trauma memories and the accompanying affect.

**86. Emotional Intelligence and Conflict Management among  
Management students in Patna**

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Patna University, Patna

*Key words: Emotional Intelligence, Conflict Management.*

Emotional Intelligence and Conflict Management have become more significant in today's global corporate world. It becomes imperative that students of higher learning must pay more attention to the components of emotional intelligence which will help them in managing the conflicts easily and effectively. This paper goes to study emotional intelligence and its applications in various organizational settings to improve the managerial performance by resolving conflict. This study is based on 300 management students of Patna based business schools who responded to a structured questionnaire. The study found that students with more experience exhibit high emotional intelligence. The research also provided some evidence of gender difference on emotional intelligence and conflict management styles among management students.

**87. Personality Profile of Intellectually Gifted Children**

**Bharati Roy & Anita Arora**

Department of Psychology, Ranchi University, Ranchi

Giftedness was defined as superior intellectual functioning (Stanley, 1997). More recent definitions include multiple criteria such as task commitment, creativity and academic achievements in addition to superior intellectual functioning (Hong and Milgram 1997). In Hollingworth's Report (1942) gifted children has been recognized to be at risk for interpersonal isolation, low self-esteem, depression, suicide and hypersensitivity. Gifted children have been identified on the basis of a number of criteria. The criterion most commonly used to determine a gifted learner has been the I.Q. score. The range of I.Q. scores considered indicative of giftedness has varied from 115 to well over 150 (Laycock 1979). With I.Q. 125 to 140 perhaps the most frequently used range. Renzulli (1980) argues that no single I.Q. cut off point should be established, but that "gifted behaviour" rather than "being gifted" should be the criterion for giftedness or exceptional talent. According to him gifted behaviour is defined by three criteria- above average ability, task commitment, and creativity. Outstanding talent in right brain or creative enterprises is not being recognized as giftedness, not solely "left brain skills or excellence in verbal fluency (Passow 1981; Sisk 1980). Thus I.Q. scores are expected to play a decreasing role in the identification of giftedness. Achievement scores have, in some cases been found to be more realistic measure of gifted accomplishment (Moore, Hahn and Brentnall, 1978).

**88. Cognitive Style as a Function of Prolonged Deprivation and Gender**

**Iftekhar Hossain & Vinay Kumar**

Department of Psychology, Patna College, P.U

**Key Words:** *Cognitive style, Need Achievement, Aspiration*

The study was conducted on 80 male and 80 female respondents to examine the effect of prolonged deprivation and gender on cognitive style of the respondents. For the purpose, Prolonged Deprivation Scale by Mishra and Tripathi and Witkin's Embedded Figure Test along with a PDS were administered on respondents to measure the degree of deprivation and cognitive styles in terms of field dependence and field independence of the respondents respectively. The obtained data were analysed using a parametric test namely t-test. The deprived group of respondents was found more field dependent, while the non-deprived group of respondents was found more fields independent. The first finding might be interpreted in terms of lower level of intelligence, need achievement and aspiration on the part of the deprived group. Further, female respondents of both the groups were found more field dependent than the male counterparts. Thus, cognitive style is a function of prolonged deprivation and gender.

**89. Need Structure and Prolonged Deprivation**

**Nutan Sinha & Bimla Saxena\***

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\* Dept. of Psy. B. D. College, Patna

**Key Words:** *Prolonged-deprivation, need-structure, achievement.*

The study was conducted on 200 undergraduate college respondents of Patna town. The purpose was to examine the effect of prolonged deprivation on need structure of the respondents. The study includes the three components of need structure besides socio-economic deprivation. They are achievement motivation, level of aspiration and risk-taking behaviour. For the purpose Mukherjee's SCT, Singh's Level of Aspiration Scale and Chaubeys Non-risk-taking Scale besides PDS were used to measure achievement motive, level of aspiration and risk-taking motive respectively. t-test was employed to analyse the data. The results revealed that non-deprived respondents excelled over their deprived counterparts in terms of achievement motivation, level of aspiration and risk-taking behaviour.

**90. Religiosity, Conservatism and Women's Desire for Social Freedom**

**Asha Rani**

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**Key Words:** Religiosity, Conservatism, Hindrance.

The present study was conducted on 160 women respondents belonging to Chapra town. The main purpose was to examine the effect of religiosity and conservatism on their desire for social freedom. For the purpose, Bhushan's Women's Social Freedom Scale, Singh and Prasad's Religiosity Scale and Mohsin's Conservatism scales were used on the respondents to measure women's desire for social freedom, religiosity and conservatism respectively. The obtained data were treated using t-test. It was found that religious women were found with lower level of desire for social freedom. The rationale behind this finding is that religious people are normally bound to think and act within the boundary of religious values, ethical values and social values which do not permit social freedom. Similarly, conservative persons are more religious minded and hence they are forced to behave within the boundary of religious, ethical and social norms and hence it is natural that conservatism must act as hindrance for women's desire for social freedom. Thus, it is concluded that religiosity and conservatism both hinder women's desire for social freedom.

**91. Hostility, Guilt Feeling and Conflicts among Drug Dependants**

**Yashwant Kumar**

P. G. Centre of Psychology, M. V. College, Buxar

**Key Words:** Hostility, Guilt feeling.

The study was conducted on 80 drug addicts and 80 non-drug addicts to see the difference between the two groups in respect of certain psychological correlates namely hostility, guilt feeling and feeling of conflict. For the purpose Hindi version Scale of Salts and Esteins (1963) by Sowaid (1972) along with PDS were employed to measure hostility, guilt and conflict of the respondents. The obtained data were analysed using t-test. The drug dependent respondents were found with higher on both hostility and feeling of conflict and lower on guilt feeling than their normal counterparts. The finding might be interpreted on the ground of more aggressiveness, weaker ego-strength and poor self concept on the part of drug dependants as compared to normal respondents. Further, male respondents are found more prone to drug dependence as compared to their female counterparts. The finding might be interpreted on the ground of greater responsibility, higher level of stress due to over engagement and ambition on the part of males as compared to females. It was concluded that: (i) Drug addicts differ from non-drug addicts in respect of psychological correlates under study. (ii) Males are more prone to drug addiction.



**92. Women's Desire for Social Freedom and Their Children's Problem Behaviour**

**Anita Prasad**

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**Key Words:** *Problem behavior.*

The present study was undertaken to examine the effect of women's desire for social freedom on children's problem behaviour. The sample comprised of 120 undergraduate children of working and non-working mothers equal in number selected from Munger. It was based on incidental-cum-purposive sample. Peterson's Problem Behaviour Checklist, Bhushan's Women's Social Freedom Scale along with PDS was used to identify the children's problem behaviour and women's desire for social freedom respectively. The data were analysed using t-test. It was concluded on the basis of results that (i) working women are more prone to desire for social freedom and, (ii) social freedom is conducive to their children's problem behaviour.

**93. Self Concept In Relation To Locus of Control And Conservatism**

**Kishore Kumar & Viveka Nand Singh\***

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**Key Words:** *Locus of Control, conservatism, self-concept*

The present study was conducted on incidental-cum-purposive sample of 200 undergraduate male respondents belonging to Patna town. The main purpose was to see the effect of locus of control and conservatism on self-concept of the respondents. In order to achieve objectives Makhiza's Self Concept Scale, Rotter's Locus of Control Scale, Mohsin's Conservatism Scale besides a PDS were used to measure self-concept, locus of control and conservatism of the respondents respectively. The scales were employed on the respondents and obtained data were analysed using t-test. The results confirmed that the male respondents having internal locus of control were found having more self-concept than their counterparts. Conservatism and self-concept are negatively correlated. So, a conservative people are more dogmatic, orthodox and less flexible resulting into less likely to have the poor self-concept. It was concluded that, (i) internal locus of control is conducive to self-concept while external locus of control hinders it. (ii) Conservatism interferes with self-concept.

**94. Psychological Characteristics among HIV Infected Person**

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***Key-Words:** HIV, Infection, Anxiety, Depression, Conservatism, Rigidity.*

The present study was undertaken to study about some psychological characteristics among HIV infected persons. For the purpose 50 HIV infected persons and 50 normal belonging to the same family to which patients belong, were selected for examination. The respondents were selected from hospitals of Patna, Mokamah and Muzaffarpur. The objective was to make a comparison in respect of anxiety, depression, conservatism, rigidity and neuroticism respectively. Anxiety, depression, conservatism, rigidity and neuroticism were measured using Sinha's Manifest Anxiety Scale, Beck's Depression Inventory, Mohsin's Conservatism Scale, Vijaya Laxmi's and Singh's Rigidity Scale and Jehan's Hindi Adaptation of Eysenck Personality Questionnaire respectively. Besides these, a PDS was employed to get the necessary information about the respondents. The obtained scores were analysed and treated using t-ratio. The results revealed that, the HIV infected respondents excelled in almost every psychological dimension under reference as compared to their counterparts belonging to normal groups.

**95. Antecedent Factors of Occupational Stress among Entrepreneurs**

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*Key Words: Occupational stress, Entrepreneurs, Self-concept.*

The present study was conducted on 60 male and 60 female entrepreneurs selected from the organizations of Patna town. The purpose was to examine the effect of locus of control, self concept, ego-strength, SES, social support and sex on occupational stress among the respondents. Hasnain and Joshi's Locus of Control Scale, Mohsin's Self-concept Scale, Hasan's Ego-strength Scale, Bhardwaj's SES Scale, Asthana's and Verma's Social Support Scale along with PDS were employed on the respondents. The respondents were administered Srivastawa's and Singh's Occupational Stress Scale. They were compared using t-ratio. The results revealed that : (i) the respondents of internally locus of control group, low self concept group and low ego-strength group excelled in occupational stress over their counterparts belonging to externally locus of control group, high self-concept group and high ego-strength groups respectively, (ii) the respondents belonging to high SES and low Social Support excelled in occupational stress over their counterparts belonging to low SES and high social support respectively, (iii) male respondents excelled over female respondents in terms of occupational stress.

**96. Nutrition and Creative Potential**

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**Key Words:** *Nutrition-deficient, Creative potential.*

The present study was conducted on 124 nutrition-deficient and nutrition perfect undergraduate tribal & non-tribal respondents of Ranchi (Jharkhand) equal in number. The main purpose of the present study was to compare the tribal and non-tribal respondents in terms of mal-nutrition and its impact on creativity. For the purpose PIB and Mohsin Scale for General Intelligence were employed on 200 respondents. They (N=124) were selected in such a way that they must be equal in respect of tribal and non-tribal respondents, equal in respect of nutrition perfect and nutrition deficient respondents. Thereafter Baker Mehdi's Creativity Test (both verbal and non-verbal) were employed on selected 128 respondents. The obtained data were analysed using t-test. The results revealed that: (i) nutrition perfect respondents excel over their nutrition-deficient counterpart respondents in respect of creative potential, (ii) non-tribal respondents showed superiority on tribal respondents both in respect of verbal as well non-verbal creativity.

**97. Female Feticide and Modernity**

**Suniti Suman**

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**Key Words:** *Offence, Achievement, Aspiration, Motivation, Ambitions.*

The present study was conducted on 50 working and 50 non-working female respondents to examine the effect of modernity and working as well as non-working dimensions on the action of female feticide. For the purpose, a Questionnaire developed by Sulaiman & Kumar, Singh's Modernity Scale and a PDS were used to measure the action of female feticide, modernity of the respondents respectively. Working women respondents showed more frequency of committing the offence of female feticide as compared to their non-working women counterparts. The rationale of the finding is that working women have higher level of achievement, aspiration and motivation than non-working women counterparts. Therefore, they participate in socio-economic competition even at the cost of female feticide. Further, the respondents belonging to high modernity group showed more frequency of committing the offence of female foeticide as compared to their counterparts belonging to low modernity group of respondents. The reason is that the concept of modernity consisted of several components including one or two children. Such ambitions are considered to be satisfied only when the obstacle, of the birth of female child be avoided. On the other hand dogmatic or less modern persons do not have such ambitions and hence they are less likely to commit such type of crimes. Thus, it is concluded that working and non-working dimensions and modernity are contributors to the frequency of female feticide.

**98. A Cross Sectional Study of Personal Values and Problems**

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\*Research Scholar, P. G. Dept. of Home Sc., P.U., Patna

**Key Words:** *Sectional affiliation, Values.*

The study was conducted on an incidental cum-purposive sample of 160 respondents equal in respect of high and low caste respondents selected from colleges located in Patna. Values system has its significant effect on our cognitions and interpersonal relations. The purpose of the study was to examine the effect of sectional belongingness on values system and problems among high and low caste respondents. For the purpose, Sherry's P.V. Questionnaire and Verma's Youth Problem Inventory besides PDS were used for measuring values and problems of the respondents respectively. The obtained data were analysed using t-ratio. The obtained results revealed that: (a) Sectional belongingness has significant effect on the growth of personal values namely aesthetic value, religious value, social value, and health value. (b) Low caste adolescents face more personal problems than high caste adolescents.

**99. Ego-Strength, Dependence Proneness and Alienation**

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**Key Words:** *Ego strength, Dependence Proneness, Alienation*

The present study was conducted on an incidental-cum-purposive sample of 200 undergraduate respondents belonging to Patna town. The main purpose was to examine the influence of ego-strength and dependence proneness on alienation of the respondents. Alienation refers to a feeling of strangeness or separation from others, a lack of warm relations with others. Ego-strength refers to the capacity to tolerate anxiety, tension and conflicts. Dependence proneness refers to a response tendency which is instrumental in obtaining social reinforcement. Alienation, ego-strength and dependence proneness were measured using Dean's Alienation Scale by Singh and Sinha, Sinha's D.P. Scale, Hasan's Ego-Strength Scale respectively. Besides these, a Personal Data Sheet was used to get other necessary information about the respondents. The Scales along with PDS were employed on the respondents and data were recorded as per the direction of the manuals concerned. The data were analysed using t-test. It was concluded that alienation is a function of ego-strength and dependence proneness.



**100. Deprivation In Terms Of Anxiety and Adjustment**

**Anita Jamuar & Anju Tiu**

Dept. of Psychology G.G. College, Gardanibagh, Patna

**Key Words:** *Deprived, Non-deprived.*

The present study was conducted on 100 deprived and 100 non-deprived respondents belonging to undergraduate classes of Patna town. The purpose was to examine the effect of deprivation on anxiety and adjustment of the respondents. For the purpose Deprivation Scale by Mishra and Tripathi, Anxiety Scale by Sinha and Adjustment Scale by Mohsin and Shamshad were used to measure deprivation, anxiety and adjustment of the respondents. Besides these, a PDS was used to get other necessary information about the respondent. The scales were employed and obtained data were analysed using t-ratio and r-test. It was concluded that (i) deprivation significantly influences anxiety and adjustment (ii) anxiety and adjustment are significantly and negatively correlated.

## **101. Self-Acceptance in Terms of Locus of Control and Adjustment**

**Jago Chaudhary**

Dept. of Psychology, Jagdam College, Chapra

**Key Words:** *Endogenous, Exogenous, Self-Confidence.*

The present study was conducted on 120 undergraduate female respondents belonging to Patna town. The purpose was to examine the effect of locus of control and adjustment on self-acceptance. For the purpose Self Acceptance Scale by Kakkar, Rotter's Locus of Control Scale adapted by Kumar and Srivastava and Hindi Adaptation of Bell's Adjustment Inventory by Mohsin and Shamshad were used to measure self acceptance, locus of control and adjustment of the respondents respectively. Besides these, a PDS was used to get the other necessary information relating to the respondents. The scales along with PDS were employed on the respondents and data were obtained as per the instructions of the manuals of the tests concerned. The data were analysed using t-test. Respondents having endogenous locus of control were reported having more self acceptance. The finding might be interpreted on the ground that an individual having endogenous locus of control depends more on his internal resources leading to greater self-concept and self-reliance. Further, respondents having better adjustment patterns were found with better self-acceptance. This finding might be interpreted on the ground that self-acceptance includes both exogenous and endogenous locus of control which results into better adjustment patterns. It was concluded that - (i) Endogenous locus of control is conducive to self-acceptance while exogenous locus of control interferes with it. (ii) Healthy adjustment is conducive to self-acceptance while poor adjustment hinders to it.

**102. Female Feticide and Need Structure**

**Arun Kr. Singh & Madhwi Singh**

P.G. Centre of Psychology, A.N. College, Patna

**Key-Words:** *Level of Aspiration, Risk-taking, Contribute*

The present study was conducted on incidental-cum-purposive sample of 120 respondents to examine the effect of need structure on female feticide of the respondents. For the purpose, Sulaiman and Kumar's Questionnaire, Mukherjee's Achievement Motive Scale, Singh's ALS and Chaubey's Non-Risk-Taking Scale were used to measure the action of female foeticide, achievement motivation, and level of aspiration and risk-taking behaviours of the respondents respectively. Besides these, a PDS was used to get the other necessary information about the respondents. The scales were employed and data were obtained as per the directions of the manuals concerned. The data were analysed using t-test. The respondents belonging to high achievement motivation group, high level of aspiration group and high risk-taking group showed superiority than their counterparts in respect of the frequency of female feticide. The finding is interpreted on the ground that the persons with higher need for achievement motive, higher level of aspiration and high risk-taking are more inclined to develop themselves economically even at the cost of female feticide. Thus, it is concluded that the components of need structure undertaken in the study contribute to the frequency of acting female feticide.

### **103. Socio-Cultural Aspect of Female Feticide**

**Parasuram Singh & Supriti Suman**

Dept. of Psychology, M.U. Bodh Gaya,

***Key Words:** Endeavour, Female Feticide, Cultural-affiliation.*

The present endeavour was conducted on 70 tribal and 70 non-tribal respondents selected from Hazaribagh towns. The main purpose was to examine the effect of culture and socio-economic status on the frequency of female feticide of the respondents. For the purpose a Questionnaire developed by Sulaiman and Kumar was used to measure the frequency of female feticide. Besides these, a PDS was used to get other necessary information about the respondents. The Questionnaire along with a PDS was employed on the respondents and data were obtained. The obtained data were analysed using t-test. Non-tribal respondents were found having more frequency of female feticide than their counterparts belonging to tribal culture. The finding is interpreted in terms of awareness among non-tribal people enjoying economic pleasure and social accomplishment more as compared to their tribal counterpart respondents. Further, respondents belonging to high SES were reported with more frequency of committing the crime of female feticide. The finding can be interpreted on the ground that the people of high SES follows the principle of, “more they have more they earn”, for which to commit this crime is one of easy means. On the other hand the people of low SES are not so much motivated for achieving SES and hence they are less likely inclined towards committing this crime. Thus, it is concluded that cultural affiliation and SES are significant factors contributing the frequency of female feticide.

#### **104. Personal Values of Physically Challenged**

**Laxhmi Narayan Singh & Sataya Ratan Prasad Singh\***

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\*Dept. of Psychology, J.J. College, Gaya.

**Key Words:** *Physically Challenged*

The present study was conducted on 100 physically handicapped and 100 normal to investigate into the impact of physical disadvantage on respondent's knowledge value, power value and family prestige value. Incidental-cum-purposive sampling technique was used to select the respondents. The disadvantaged group of respondents was selected from the hospitals, clinics & private nursing homes of Patna and Gaya towns and normal respondents were either their attendants or relatives or both. PVQ by Sherry & Verma was used to measure the values under study. Besides these, a PDS was used to get other necessary information about the respondents. The results reveal that normal respondents excelled in all to values under reference.

#### **105. Social Support, SES and Modernity**

**Bikash Krishna Singh**

Dept. of Psychology, S.M.D. College, Punpun

**Key Words:** *Modernity, Conducive, SES*

The present study was conducted to examine the effect of SES and social support on modernity. The sample consisted of 200 undergraduate respondents selected from Patna. For the purpose Modernity Scale by Singh, SES Scale by Bhardwaj and Social Support Scale by Asthana and Verma were used to measure modernity, SES and social support of the respondents respectively. Besides these, a PDS was used to get other necessary information about the respondents. The data were obtained as per directions of the manuals concerned. The obtained data were analysed using t-ratio. It was concluded that SES and social support are conducive to modernity.

**106. Adjustment, Anxiety and Social Support In Relation To Cultural Affiliation**

**Sushila Chouhan**

P.G. Dept. of Psychology, V.B. University, Hazaribagh (Jharkhand)

*Key-Words:* Cultural Affiliation, Adjustment, Anxiety, Social Support.

This study was conducted on 100 Tribal and 100 Non-tribal undergraduate student of the colleges located in Hazaribagh (Jharkhand). The purpose of the study was to examine the effect of cultural affiliation on adjustment, anxiety and social support of the respondents. For the purpose, Hindi Adaptation of Bell's Adjustment Inventory by Mohsin and Shamshad, Sinha's Manifest Anxiety Scale and Asthana's and Verma's Social Support Scale were used to measure adjustment, anxiety and social support of the respondents respectively. T-test and r-test were employed for analysis of the data. Non-tribal respondents showed better adjustment, lesser anxiety and high social support as compared to their Tribal counterparts. Anxiety and adjustment were found significantly and negatively correlated.

**107. An Investigation into Some Non-Intellective Correlates of Domestic Violence**

**Dinesh Kumar**

P.G. Centre of Psychology, College of Commerce, Patna

**Key Words:** *Domestic Violence, Cultural affiliation, Social support.*

The present empirical study was conducted on 100 working and 100 non-working women equal in respect of tribal and non-tribal culture selected from Deoghar (Jharkhand). The purpose of the present study were: (i) to access the effect of cultural affiliation on domestic violence of the respondents, (ii) to investigate into the effect of desire for social freedom on domestic violence of the respondent, (iii) to see the effect of social support on domestic violence of the respondent and (iv) to examine the effect of working and non-working dimension on domestic violence of the respondent. For the purpose Kumar's Domestic Violence Scale, Bhushan's Women's Social Freedom Scale, Asthana and Verma's Social Support Scale were used to measure domestic violence, desire for social freedom and social support of the respondent respectively. Besides these, a PDS was used to get other necessary information about the respondents. Scales along with PDS were employed on the respondents and data were obtained as per manuals concerned. The respondents were categorized into high and low groups in respect of desire for social freedom and social support using their respective median cuts. Thereafter, these groups were compared in respect of domestic violence scores. The data were treated using t-test. It was concluded that domestic violence is promoted by non-intellective correlates such as tribal culture, high desire for social freedom, low social support and non-working dimensions respectively.

**108. Adjustment, Values and Interests of Television Viewers**

**Kusum Kumari & Maya Singh**

Dept. of Psychology, G.B.M. College, Gaya

**Key Words:** *Adjustment, Value, Interest.*

A group of 100 television viewers and a group of 100 television non-viewers were compared in terms of their adjustment, personal values and personal interests. Mohsin Shamshad Adjustment Inventory, Verma's Values Scale, Singh's Interest Scale were used for measuring adjustment, personal values and personal interests of the respondents respectively. Besides these, a PDS was employed on respondents. The data obtained were analysed statistically using chi-square test. It was concluded that television viewing significantly influence the adjustment, values and interests of the respondents.

**109. Effect of Sex and Parenting Style on Need Structure**

**Shaukat Ara & Kiran Pathak\***

P.G. Centre of Psychology, College of Commerce, Patna

\*Dept. of Psychology, A. S. College, Deoghar

**Key Words:** *Need structure, Democratic, Authoritarian*

The study was conducted on 200 respondents belonging to democratic parenting style and authoritarian parenting style equal in number selected from Patna. The purpose was to examine the effect of sex and parenting style on need for achievement, level of aspiration, risk-taking and sense of security of the respondents. For measuring achievement motive, aspiration level, security/ insecurity and risk-taking, Mukherjee SCT, Singh's Aspirational Level Scale, Shanti Singh's Security/insecurity Scale, and Chaubey's Non-risk Taking Scale were used respectively. The obtained data were analysed with the help of t-test. It was concluded that male and female respondents belonging to democratic parenting style excelled over their counterparts in terms of need structure dimensions under reference.



**110. Some Antecedent Factors of Depression**

**Nirmal Kumar Singh & Raghunandan Singh**

Dept. of Psychology, B.D. College, Patna

**Key Word:** *Antecedent, Depression, Ego-strength, Cognitive style.*

The present study was conducted on 200 undergraduate male and female respondents of Patna town equal in number with the purpose to examine the effect of some psycho-social factors like ego-strength, cognitive style, conservatism & Social Support on depression of the respondents. For the purpose Jamuar's Manifest Depression Inventory, Hasan's Ego Strength Scale, Witkin's EFT, Mohsin's C-Scale, Asthana's and Verma's Social Support Scale were used to measure the depression, ego-strength, cognitive style, conservatism and social support of the respondents respectively. Besides these, a PDS was used to get other necessary information relating to the respondents. The results indicated that (i) Depression is attributed by low ego-strength, field dependence mode of cognitive style and conservatism (ii) Depression is also attributed by low social support of the respondent.

**111. Some Antecedent Factors of Alienation**

**Ashok Kumar Singh & Devendra Kumar Singh \***

Dept. of Psychology, K.S.M. College, Aurangabad

\*Dept. of Psychology, S. Sinha College, Aurangabad

**Key Words:** *Cognitive style, Conservatism, Locus of control, Alienation.*

The study was conducted on 200 respondents to examine the effect of cognitive style, conservatism and locus of control on alienation. Witkin's Embedded Figure test, Mohsin Conservatism Scale, Hindi Adaptation of Rotter's Locus of Control by Kumar and Srivastava, Singh and Sinha's Hindi Adaptation of Dean's Alienation Scale along with a PDS were used to measure the cognitive style, conservatism, locus of control alienation and to get the necessary information of the respondents respectively. It was concluded that field dependence, conservative externally locus of control group of respondents are more prone to alienation.

**112. Adjustment in Terms of Socio-Familial Factors**

**Priyadarshini Narain & Nandini Mehta\***

P. G., Dept. of Psychology, P. U., Patna

\* P. G. Center of Economics, J. D. Women's College, Patna

**Key-Words:** *Adjustment, Social support, Nuclear family.*

The present study was undertaken to examine the effect of size of the family, type of the family, SES, parenting style and social support on the adjustment patterns of the respondents. Adjustment is the interaction between the inner demands and external demands of the individual. A person is said to be adjusted to the extent he or she is able to maintain a balance between his/her demand and demand of the environment. Parenting style refers to manifestation of parental behaviour in relation to children's primary socialization. The sample includes 200 undergraduate respondents belonging to the colleges of Patna town. For the purpose, Akhtar's Parent Child Relationship Scale, Mohsin Shamshad Bell's Adjustment Inventory, Asthana's and Verma's Social Support Questionnaire were used to identify the respondent of democratic and authoritarian parenting style, to assess the adjustment patterns and to measure the social support of the respondents respectively. Besides these, a PDS was employed to get other necessary information relating to the respondents. The scales were employed and data were obtained as per the instructions of the manuals concerned. The data were analysed using t-test. It was concluded that small family, nuclear family high SES democratic parenting style and high social support are conducive to healthy adjustment.

**113. Self Acceptance and Self Actualization in Context with Locus of Control**

**Nilam**

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Dept. of Psychology, Allama Iqbal College, Biharsharif, Nalanda

*Key Words: Locus of Control, Empowerment, Self Acceptance.*

The present study was conducted on 120 women respondents belonging to Patna town. The purpose was to examine the effect of locus of control on self-acceptance and self actualization dimension of women empowerment. It was hypothesized that: (i) internal locus of control would be found to be more conducive to self acceptance and self-actualization. (ii) Working women would be found to be more psychologically empowered than their counterparts. For the purpose Rotter's Locus of Control Scale, Kakkar's Self Acceptance Scale and Sharma's Self Actualization Inventory were used to measure locus of control, Self acceptance and self-actualization dimensions of women empowerment of the respondents. Besides these, a PDS was used to get other necessary information about the respondent. The data were obtained as per manuals of the scale concerned. The data were analysed using t-test. The results upheld the hypotheses. It was concluded that self acceptance and self actualization dimensions of women empowerment is a function of locus of control.

**114. Acculturative Stress among students: contribution of Emotional Intelligence and Length of stay**

**Bharat Chandra Sahoo & Surendra Kumar Sia**

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Pondicherry University, Pondicherry

*Key words: Emotional Intelligence, Acculturative Stress,  
Length of Stay*

In the present scenario, acculturative stress is one of the important elements among non-local students in different institutions and universities. India is a multi-cultural and multi-linguistic country. Due to the greater demands in higher education, students are interested to pursue their career anywhere in India. This migration to new places can affect the emotional regulation and adjustment of these students. That is why they may experience some sort of acculturative stress. The present study sought to determine the relationship of Acculturative Stress with Emotional Intelligence and length of stay, and to identify the best predictors of acculturative stress. The study was carried out upon 100 post graduates students of Pondicherry University who do not belong to Southern part of India. Attempt was made to have proper representation of boys and girls as well as different linguistic groups in the composition of sample. In this study, Emotional Intelligence scale (Sahu, 2009) and Acculturative Stress Scale (Jibeen and Khalid, 2010) were used for data collection. Correlational research design was followed the present study. Product moment correlation and multiple stepwise regressions were used for analysis the data. Major findings indicate that emotional intelligence is a significant predictor towards the dimensions of acculturative stress. The findings have been discussed in line with implications for institutional authorities as well as counselors.

**115. A Comparative Study of the Problems and Depression of Elderly People**

**D.J. Bhatt**

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Saurashtra University, Rajkot-360 005

*Key words: Back Depression Inventory (BDI), sample.*

Present study was an investigation of nature of problems and depression of the elderly people in Amreli district across social-status and with socio-personal variables of the subjects. Overall, 240 old persons (120 Men and 120 Women), ages 61-65 and 66-70 were covered in the study through random sampling technique. The 2x2x2 Factorial design was applied for independent variables viz. sex, age and area. F-test was used for analysis and interpretation. Data were collected by using two standardized psychological Tests i.e. B.D.I. and Bcop both. It was found that old women indicated more problems with their life compared to their old men counterparts. Aged old people felt more problems than old people. Rural old people expressed low problems than urban old people. There was significant difference between old men and old women with regard to their depression. Below 65 year old people exhibited less depression than above 65 year old people? The finding also revealed that urban old people were more depressed with their life compared to rural old people. In short, findings were discussed in the light of Behaviour check list and frustration theory.

**116. Role of Women in Family Adjustment and Promotion of Prosperous State of Home Environment**

Pramod Pandey & Sheetla Prasad  
**Ewing Christian College Allahabad**

**Key words:** Self developed survey.

The objective of this study is identification of role of women in health of family and prosperity of home environment. This research was conducted on 150 subjects. 75 were females in this study. Self developed and standardized scale was administered and degrees of adjustment were categorized in three levels, high, average and low. Prosperity of the family was the base of the survey of the families. It was found that good adjustment of women in the family leads to prosperity. Home environment was coherent and the status of the family was improving. The fact was verified by empirical study and statistical standards.

**117. Study the level of stress among college teachers**

**Rajani Shree**

Department of Psychology Ranchi University, Ranchi

**Key Words-** *Stress, College teachers*

The aim of the present investigation was to study the level of stress among college teachers of Ranchi. A sample of 50 college teachers (25 male and 25 female) has been selected through non-probability incidental sampling technique. Singh Personal stress source inventory (SPSSI) was used to measure the level of stress. Data was analyzed using mean, standard deviations and 't' ratio. The mean of male college teachers is 52.52 and a female college teacher is 61.32. The difference between the means is significant and the t-value is 5.27. This indicates that the level of stress is higher in female college teachers than male college teachers.

**118. Scientific View on Life and Spirituality: A Blessing or a Curse**

**Awadhesh Kumar Maurya & Baby Chaurasia**

Department of Psychology,  
Mahatama Gandhi Kashi Vidyapeeth, Varanasi.

*Key Words: Scientific View, Life, Spirituality*

We live in the age of science. We commute by automobiles and airplanes and communicate by email and mobiles. The media and the Internet provide us the latest information from all over the world. Movies filled with hi-tech special effects entertain us. Air condition and room heaters keep our life comfortable despite climate inconveniences. The list goes on. Science has transformed almost every aspect of our lives. Of course few of us may have concerns about the pollution and environmental problems that it has led to. But over all people feel that science has benefited us immensely. On the other hand, purpose of human life is to grow spiritually. This means being less self-serving and materialistic, and more reverent toward the assumed spiritual realm. The conditions for the soul after death are often believed to depend on the extent to which a person adheres to the spiritual values during life. The exact details for these beliefs vary greatly. The specific aspects or forms of spirituality that provide meaning and purpose are different for different people.



**119. Perceived self-efficacy and Psychological well-being of Educated and Uneducated Rural Women**

**Jay Singh, Yukti Gill & Krishna Kumar Mishra**

Department of Psychology Banaras Hindu University Varanasi

*Key words: Perceived self-efficacy and psychological well-being.*

The main objective of the present study was to examining the association of self- efficacy and psychological well-being. Role of education in these two was also tried to be evaluated. Study was carried out with 200 rural women (100 educated and 100 uneducated) of age range 20-40 years. Participants were given Hindi Version of the General Self-Efficacy Scale and PGI Well-being Scale. Results show significant difference in self-efficacy and well-being of high and low educated women. Regression analysis reveals that self-efficacy and education are strong predictors of well-being. Results will be empirically discussed.

**120. Emotional Intelligence, Creativity and Self-Concept of Boy and Girl Adolescents**

**Shambhu Upadhyay & Rajendra Prasad Gupta\***

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\* M. G. Kashi Vidyapith, NTPC Campus, Saktinagar- Sonebhadra.

*Key words: Emotional Intelligence, Creativity, Self-Concept.*

The present study attempts to explore gender differences in emotional intelligence, creativity and self-concept. Relationships between these variables will also be examined. The sample was comprised of 100 (50 boys and 50 girls) students of 13 to 18 of age from Varanasi district. Respondents were given Self-Concept Questionnaire of Saraswat (1971), Emotional Intelligence Scale by Ajwani and Setthi and Creativity scale by Chauhan and Tiwari (1974). Results revealed a significant gender differences in emotional intelligence but not in creativity and self-concept. Result further showed significant positive correlation between emotional intelligence, creativity and self-concept. The results will be empirically discussed.

**121. Trust in Automation: Issues and Perspectives**

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***Keywords:*** *Automation, Information, Trust, Operator.*

This paper reviews research literature pertaining to trust in automated systems. Based on the review, it is being inferred that trust in automation has many similarities with trust in the interpersonal domain, but also several unique dynamics and influences. Researches have focused primarily on trust in automation that has an executive or control function, and to a lesser extent, has considered trust in automation that is designed to present information to operators. Although there are many similarities between trust in automation and interpersonal trust, the dynamics of trust in automation also have some distinct qualities. Several sets of factors are likely to impact on the development of trust in automation, including properties of the automation, properties of the operator, and properties of the context in which interaction with automation occurs.

**122. A Study of Adjustment of Adolescents with Special Reference to Their Gender and Education**

**Mukesh S.Prajapati**

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***Key Words:*** *secondary schools.*

The aim of present study is to examine the adjustment pattern of secondary and higher secondary school boys and girls. The sample consisted of 160 boys and girls. Equal number of boys and girls were selected from the secondary and higher secondary schools of Ahmedabad. The adjustment areas were measured by the High School Adjustment Inventory (HSAI) constructed by Singh and Sengupta. The collected data were analysed using 't' test. The results showed that the secondary school going boys are more adjusted in social area than secondary school girls. Higher secondary school girls are more adjusted in home and health area compared to boys. Higher secondary school boys are more adjusted in health and emotional areas than secondary school boys but secondary school boys are more adjusted in Educational area compared to higher secondary school boys. Higher secondary school girls are more adjusted in home, health and social area of adjustment compared to secondary school girls. But secondary school girls are more adjusted in Educational area than higher secondary school girls.

**123. Dalit-Women in India: How Free? How Equal?**

**Bhola Nath Ghosh**

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*Key words: Dalit Women, Empowerment, Status, Position,*

Dalit women themselves, their experience of suffering, exclusion are based on three-fold marginality by virtue of gender, caste and class. 'Atrocities' against Dalit women are an inherent part of the caste system which uses violence to reinforce the caste norms. Dalit women have been the victims of patriarchy as much as other women, and still suffer huge impediments to a peaceful existence. Dalit- women's identity and status still continue to exist and they still remain at the bottom of the intellectual and affluent strata of the contemporary Indian society in spite of different numbers of policies and action. Politics, democracy, equality through media & information technologies are unable to deliver on the issues of Dalit-women discrimination. This paper tries to highlight the ground reality of the suppression, struggle and torture, Dalit women face every day in their miserable lives.

**124. A Study of Security-Insecurity among Disadvantaged Youths**

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Paharpura Bihar Sharif, Nalanda

***Key words:*** Deprivation

A study was undertaken to examine the level of security-insecurity among disadvantaged youths. The sample comprised 300 college students of Ara having an average age of 19.5 years. Based on available literature it was assumed that high disadvantaged Ss would show higher level of insecurity in their personality as compared advantaged Ss. For studying level of security-insecurity and degree of disadvantage Hindi version of PDS (Prolonged Deprivation Scale) and Maslow's Security-Insecurity Inventory were administered respectively. Analyses of data revealed a significant difference between advantaged and disadvantaged groups in respect of security- insecurity. The assumption was upheld by the findings.

**125. Does Power and Approval Motives Regulate Adolescents Altruism?**

**Yukti Gill, Jay Singh & Krishna Kumar Mishra**

Department of Psychology Banaras Hindu University Varanasi

*Key words: Altruism, Power and Approval Motives, Adolescence*

The present paper discusses the association of power and approval motives with adolescent altruistic behavior. Gender difference was also tried to calculate. The present study comprised of 140 students (70 boys and 70 girls) of age range 13-19 years. Participants were given Self-report Altruism Scale, Power Motive Scale, and Approval Motive Scale. Results indicate that altruism is positively correlated with approval motive and negatively correlated with power motives. Results also revealed significant negative prediction of altruism by Power motive and significantly positively predicted by Approval motive. No gender difference was found in all three variables. Results of the present study will be empirically discussed.

**126. Exogenous orienting, cue target interval and vigilance task performance**

**Shalini Dubey, Anil Kumar Yadav, Trayambak Tiwari & Indramani L. Singh**

Cognitive Science Laboratory, Department of Psychology,  
Banaras Hindu University

***Keywords:** Orienting, Exogenous orienting, Cue target interval.*

Orienting toward the location at which a target stimulus is about to appear facilitates both detections of its onset and discriminative decisions about its perceptual properties. Researchers have shown that the interval between cue and target affect performance differently in endogenous and exogenous modes of orienting. Exogenous orienting is more effective when interval between cue and the target is short while endogenous orienting is more effective at longer cue target interval. In present study phenomenon of exogenous orienting was tested using vigilance task paradigm and two cue target intervals were manipulated. Results showed performance benefit in shorter cue target interval.

**127. Subjective Well-Being and Stress of Working and Non Working Women**

**Baby Chaurasia, Awadhesh Kumar Maurya & Rashmi Singh**

Department of Psychology,  
Mahatama Gandhi Kashi Vidyapeeth Varanasi

***Key Words:** Non-Working Women, Subjective Well- Being and Stress.*

The present study aimed at exploring the relationship between subjective well- being and stress of working and non-working women. Sample of the study consisted of 100 working and non-working women (working women-50, non-working women-50). Their age ranged between 25 to 40 years. Their education was at least graduation and above. Subjective Well- Being Inventory by Nagpal & Sell (1985) and Stress Scale by Singh (2002) were administered on the sample. Results indicated statistically significant difference between working and non- working women on subjective well- being but there was no significant difference between working and non- working women on stress. The findings of the results also show that subjective well- being and stress is positively related for working women and negatively related for the non-working women.



**128. Media Exposure and Psychological Empowerment of Rural Women**

**Rashmi Singh & D. B. Singh\***

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Dept. of Sociology, Govt. Degree College, Dhanapur, Chandauli

***Key Words:** Psychological Empowerment, Psychological well-being.*

The present study investigated the impact of media exposure and education on psychological empowerment in terms of psychological well-being and self-efficacy of rural women. 400 rural females having age range of 20-40 years were assessed for their Mass media exposure (using the number of electronic and print media accessed to them and the duration of association and type of program viewed). They were then administered the measures of well-being and self efficacy. Results of the study revealed a significant effect of media exposure and educational level on self-efficacy and psychological well-being of rural women. The study concluded that exposure to various print and electronic media and educational inputs have the potential to enhance the pace of empowerment of rural women in terms of the self efficacy and well being. It is argued that effective initiative by concerned agencies in this direction would change the scenario of rural women in India.

**129. Marital Adjustment between Female Married Doctors and Nurses**

**Monalisa Mishra & Shambhu Upadhyav**

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Mahatama Gandhi Kashi Vidyapeeth Varanasi

*Key Words: Female Married Nurses and Marital Adjustment.*

The goals of the present study were to look at the marital adjustment level of female married doctors and female married nurses and to highlight some techniques to manage the married life with working load. The study was conducted on a sample of 200 female married women (100 doctors and 100 nurses between 25 to 45 years of age). Comprehensive Marital Adjustment Inventory (1993) was used. Statistical analysis of the study is conducted by the mean, SD, for the different sets of data. Impact of work status was analyzed by applying one way ANOVA. Result revealed that there is statistically significant difference between 2 different medical professionals (doctors and nurses) on marital adjustment. Results obtained showed female married doctors had higher level of marital adjustment in comparison to nurses.

### **130. Educational Role of Dalit Women and Men**

**Gopi Kant Mishra**

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We examine in this section the current educational status of dalit boys/men and girls/women based on most recent available data. We examine the situation in the country as a whole and also bring out variations between the states and regions. The state-wise analysis is restricted to fifteen major states where dalits constitute a significant proportion in the population. They comprise 16 per cent of the Indian population. There are marked state and regional variations in terms of their proportion. Punjab has the highest proportion of dalit population at 28 percent. U.P., Bihar, M.P, West Bengal have sizeable proportions of dalits. Among the larger states Gujarat has the smallest percentage at 7.41 per cent. It should be stated at the outset that available statistical data varies in terms of quality and reliability and hence data from a number of sources need to be used in combination to arrive at some reasonably accurate picture. Micro studies and surveys provide supportive complementary insights. The primary concern is with educational achievements of dalits at school and college level. In the context of the continued failure to universalize elementary education, access continues to be an issue of central significance to the educational fortunes of dalits.

**131. Evidence of "Sleep Learning" from Tribal Adolescents**

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Department of Psychology,  
Banki Autonomous College, Banki Cuttack,

***Key Words:*** *Sleep learning, off-line, Induction.*

Neuro-physiological basis of sleep is an exclusively growing branch in psychology, of which, "Sleep learning" (the way to harness the power of subconscious during sleep, where the induction of information processing occurs from an external source) is an "off-line" memory processing phenomenon. Fifty adolescents of KISS, were individually administered, a task of learning 10 French words in a CD for 36 minutes daily for 10 days, during Delta wave in sleep. The results revealed a progressive curve on percentage of recall from the 3<sup>rd</sup> day (20 %) to 10<sup>th</sup> day (50 %), supporting the phenomena of sleep learning.

**132. Gender Difference of Emotional Intelligence at Work-Place**

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Bhavnagar Gujarat

*Key words: Emotional Intelligence & work place*

The present study was undertaken to find out emotional intelligence among Government sector and Private sector employees. The sample comprised of 120 employees out of which 60 were Government sector employees and 60 Private Sector employees (Male = 30, Female = 30). Samples were randomly selected from various government and private sectors in Bhavnagar District (Gujarat). The employees were assessed with Emotional Intelligence inventory; the scale was constructed by Dr. S. K. Mangal and Mrs. Shubhra Mangal (2009). The 2X2 factorial design was used for study. 'F' test is used for statistical analysis. The result showed that there is difference in stress (i) There is no significant difference of Emotional intelligence between government sector and private sector employees (F=1.48). (ii) There is no significant difference of Emotional intelligence between male and female employees (F=2.44). (iii) Here is no significant difference of Emotional intelligence between types of work and gender (F=1 1.91). (iv) There is significant difference of Emotional intelligence between government sector and private sector employees (I 7.70).

**133. A comparative Study of Stress Level and Emotional Adjustment of Working and Non-Working Women**

**Alka Jaiswal**

Dept. of Psychology MDDM College, Muzaffarpur-842002

***Key Words:*** *Behavior Rating Scale.*

The present study is an attempt to find out a comparative study of stress level and emotional adjustment of working and non-working women (working as college teacher, non-working as housewife or home worker) of urban area at Muzaffarpur district in Bihar. The sample consists of 50 women (25 working and 25 non working). Glezer Behavior Rating Scale was used to measure Type A and Type B behavior (Stress level). Mohsin-Shamsad Adjustment Inventory was used to measure emotional adjustment of the sample. The result showed that there is meagre difference in stress level of working and non-working women. However, the difference in emotional adjustment of working and non-working women is significant.

**134. Perceived Need for Autonomy, Need for Power and Need for Achievement among Employees of Organized Sector and Employees of Unorganized Sector**

**Dishari Gupta,**

Research Student Calcutta University

***Key Words:*** *Achievement, Organized Sector, Unorganized Sector.*

Human beings are indeed the most valuable asset of our society. Their constant support and tireless slog make the organizational goal seem attainable. Since there is a dearth of studies on workers who belong to the unorganized sector a need was felt to study this sector, mainly because this sector is gradually acquiring the status of a major contributor in the growth of Indian economy.

**135. Emotional Intelligence and Perceived Need for  
Achievement of Female Rural Entrepreneurs**

**Ishita Chatterjee & Dishari Gupta**  
Calcutta University

***Key Words:*** *Emotional Intelligence, Need for Achievement.*

The present study investigates the emotional intelligence and perceived need for achievement of female rural entrepreneurs. It is a survey research. Purposive sampling technique was conducted on a sample of 50 female and 50 male entrepreneurs from villages of West Bengal. The male sample served as control. Suitable hypothesis were framed and verified. Emotional Intelligence Scale developed by Schutte et al and Ray-Lynn "Achievement Orientation Scale" was used to measure emotional intelligence and perceived need for achievement. The findings of the study highlight the psychological strengths and weaknesses of female entrepreneurs. Further the findings reveal that women are capable of playing active role in bringing technological innovation if they get proper training and support.

**136. Problems of Girls Education through Women  
Empowerment Areas: A Psycho-Social Analysis**

**Subalal Paswan & Ramdeo Prasad\***

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\*Raghopur, Pow Fatehpur, Gaya

**Keyword:-** *girls education, dropout, women's empowerment.*

The Study aimed to ascertain a psycho-social analysis of the factors influencing incidence of reduced admission as well as dropout girl students at primary & secondary school level. Fifty schools of urban area of Gaya town and 50 schools of rural area of Bodh Gaya block were finally selected as sample of study. Five years of schools records from each school was surveyed (2000-2005) covering number of admission and number of failed vis-a-vis dropout girl students. Reasons were also determined through questionnaire and interview. Analysis of data revealed that admission of dropout in' case of girls was 38.9% as compared to boy with 16.5% which was more than two and half times. However there is still a gap between boys and girls literacy rates, high dropout rates of girls in schools is also alarming. Many factors are responsible for the non-enrolment and high dropout rates of girls. With the help of suitable statistics the chief factors identified were the poor economic condition of the family, heavy load of domestic work, caring for the siblings, early marriage, inadequacy of infrastructure facilities, the fear of sexual harassment, distance of school from home and negative attitude towards co-education. The findings proved useful for a Central & State Government, administration, educational planners and policy makers.



**137. Political Participation among students of Panjab University**

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Dept. of Psychology S.N. College,  
Shahmal Khira Deo Rohtas

*Key words: Political participation, Religious group.*

The first objective of this study is to examine the extent of political participation in male and female students. The second objective is to study the influence of religion i.e. Hindu/Sikh on political participation. The extent of political participation is high in Punjab University students. The obtained data reveals that each Hindu male/female group and Sikh male/female group, the percentage of political participation is high. It means that sex does not impact in the political participation of Panjab University Students. In the comparison of Hindu and Sikh group of students on political participation's' ratio is 1.30 which is not significant. It means that religion does not influence in the political participation of Punjab University Students. The present study suggests that there is a need of political participation for the proper functioning of democratic institutions.

**138. Class-Room Behaviours of High and Low Achievers In School**

**Lal Babu Singh**

Dept. of Psychology  
V. K. S. University, Ara

*Key words: obedient, shy, nervous.*

The Study aimed at investigating class-room behaviors of High and Low achievers in School. The sample was 190 male students of class X having similar socio-economic background. A questionnaire containing items measuring class-room behaviors was administered on the respondents. The results revealed that the High achievers were more attentive, obedient, co-operative and less disruptive, less shy and less nervous in class-room compared to low achievers.

**139. Family Therapy and Principles of De-addiction.**

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*Key Words: Family Therapy, Principles, Dependence, Recovery*

Addiction is a multi-dimensional one, affects every aspect of the afflicted person's life. At the individual, family and social level, in relationship and even cause's problem of survival The problem has a recurring effect and only a total change in social attitude can bring only meaningful solution. Family therapy involves using a family's strengths and resources to find ways for the person to divert his/her dependency on drugs and alcohol. The impact is then put on the family to help bring the persons through it. From the scientific point of view, it is an effective mode of treatment for substance abusers if certain principles are followed.

**140. Mental Retardation: An In-depth Understanding**

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***Keywords:*** *Retardation, Types, I.Q.*

This paper presents an overview of the meaning of mental retardation, its clinical types and treatment. Mental retardation is a problem on which no focus was given by the specialists in the field of mental health until the middle of the present century. Following the World War II, a new and vigorous interest developed in the study of Mental retardation. The meaning of Mental retardation is that it is a sub-normal condition of mental development. At first it was called as amentia which means "deficiency of intellect". The literal meaning of the word amentia is "without mind". But it is not correct to call mental retardation as amentia because the idiots also have certain amount of mind and brain. Hence it is wise to call it as a state of mental development in which the condition is below normal level.

**141. Aggression and Delinquency: A Comparative Study**

**Sheo Sagar Prasad**

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*Key words: Delinquents and Non-Delinquents, Questionnaire.*

The present study was undertaken to make a comparative study of the aggression pattern of delinquents and non-delinquents. In this study a sample of Sixty (60) delinquents and non delinquents were taken. The sample was drawn from both delinquents and non-delinquents group. From each group thirty (30) male delinquents and thirty (30) male non- delinquents were selected. The sample, which was used in this study, was drawn from remand homes and from high schools. In the present study, delinquent behavior was taken as independent variable and aggression as dependent variable. To measure aggressive behaviors, Pati's aggression questionnaire (1976) Hindi Version was used in this study. After collecting data from the subjects, mean and standard deviation were computed from the scores obtained by subjects. Subsequently t-test was also computed for findings of the present study. It was found that the male delinquents were found to be significantly more aggressive than the male non-delinquents.

**142. Groupthink: A Study**

**Pramod Kumar Singh**

Pathrahi, Ramjanaki Mahdir, khutauna, Madhubani

Groupthink is a type of thought exhibited by group members who try to minimize conflict and reach consensus without critically testing, analyzing, and evaluating ideas. Individual creativity, uniqueness, and independent thinking are lost in the pursuit of group cohesiveness, as are the advantages of reasonable balance in choice and thought that might normally be obtained by making decisions as a group.[1] During groupthink, members of the group avoid promoting viewpoints outside the comfort zone of consensus thinking. A variety of motives for this may exist such as a desire to avoid being seen as foolish, or a desire to avoid embarrassing or angering other members of the group. Groupthink may cause groups to make hasty, irrational decisions, where individual doubts are set aside, for fear of upsetting the group's balance.

**143. Impact of Maternal Employment on Well-Being of a child and Parent- Child Relations**

**Abha Ekka**

Research Scholar, P.G. Department of Psychology, R.U. Ranchi

*Keywords: Motherhood, Womanhood, Working, mothers.*

The present study is an attempt to explore the impact of maternal employment on well-being and parent-child relationship. Motherhood confers upon a woman the responsibility of raising a child. This process also changes the way in which she is perceived in society and at her workplace. Significant social and personal adjustments are necessary to cope with such type of situation. A working mother balances her home and work and enjoys the stimulation that a job or career provides. She gains financial independence along with motherhood completing the womanhood. Breaking the traditional belief that a working mother is not a good mother, a working mother can be a good mother and can prove to the society that ultimately she is an "ACHIEVER".

**144. A Study of Relationship between Personality Characteristics and Dogmatism of Urban Females**

**Kirti & Kalpana Kumari**

Dept. of Psychology College of Commerce, Patna

***Key Words:*** *Personality, Dogmatism*

The concept of personality of an individual has intrigued and baffled psychologists from the very conception of science. Different definitions have been enunciated to explain 'Personality'. Dogmatism or closeness of mind has been studied as a personality trait. The present study is an attempt to describe some personality characteristics and dogmatism among urban women. Dogmatism has been conceptualized as a belief pattern which manifests in particular type of personality having certain characteristics such as adjustment and anxiety particularly among women. The present study has been undertaken specifically to (i) study the relationship between some personality variables and dogmatism in urban women, (ii) Verify whether high or low dogmatic women differ in terms of adjustment and anxiety. Several hypotheses were framed to study the relationships and 80 urban females, matched in respect of age, education and SES were selected. Two groups of high and low dogmatic urban women were constituted on the basis of their dogmatism scores. Hindi version of BD scale by Singh (1974), Mohsin-Shamshad Hindi adaptation of Bell Adjustment Inventory, Sinha Anxiety Scale (1977) were used to assess the variables. The results showed that high dogmatism was positively correlated to less adjustment and high levels of anxiety. Also, low dogmatic group of urban females showed better adjustment and low levels of anxiety.

**145. A Comparative Study of Adjustment Problems of Working and Nonworking Women.**

**Binay Kirti**

Research scholar, J. P University .Chapra (Bihar)

*Key words: Problems of Adjustment, and non-working women.*

The main objective of the investigation has been to see the effect of employment on adjustment problems in different areas. Employment appears to be influencing adjustment positively and adjustment problems negatively in the areas of home, health, social, emotional and overall. The study is aimed to compare adjustment problems of working women and non- working women of the same territorial areas. The sample consisted of 80 working and 120 non-working women selected from Siwan district (Bihar). The incidental- cum- purposive sampling technique was used for this study. Both the groups were matched in age- range, marital status, education and residential areas. The Mohshin- Shamshad adaptation of Bell adjustment Inventory was used. This scale measures four adjustment areas-namely, home, health, social, emotional as well as over all adjustment. High scores on this inventory indicate poor adjustment and low scores indicate healthy adjustment.



**146. Socio Physical Problems of the Aged Widow A Case  
Study of Giridih Town**

**Ratna Samanta Datta**

Sri R.K. Mahila College, Giridih, Jharkhand

*Key Words - Aged widows, problems- Hindu, Christian, Santhal.*

Widowhood is a very typical and critical life of the female and they have to lead their life under the control of rules and regulations prevailing among the respective societies. Considering the situation of the aged widow, the author has tried to ponder over the socio- physical problems of the aged widows of different societies of Giridih viz- Hindu, Muslim, Christian and Santhal Tribe. But focus has been given to explain about the social problems of the aged widows of study area. It has been observed that the widows of Hindu and Muslim societies are worst sufferers than the widows of other two communities. Santhals are taking every care for well being of the aged widows because they are considered as the assets of the society. Some concrete suggestions have been made for improvement of the problems of the aged widows of the area in particular and widows in general.

**147. A Study of Some Sociological Correlates of Health Modernity.**

**Nilam Verma,**  
Dept. of Psychology  
Sri R.K. Mahila College, Giridih

**Key words:** *Health Modernity, Sociological correlates, Religious affiliation.*

In the present research it has been tried to determine the role of religion, residence and age groups in Health Modernity. On 400 male sample (divided in 4x2x2 factorial design) has been measures Health Modernity scale developed by Singh. The results have shown that religion plays no significant role in Health Modernity. Both Hindu and Muslims have poor Health Modernity. The urban subject has shown significantly higher Health Modernity than rural subjects. Younger subjects have shown significantly higher Health Modernity than senior subject. These are the main finding of this research. Keeping a view above findings it is suggested to start a programme to educate to society towards healthcare.

**148. Preventive Measures against HIV/AIDS**

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Human Immuno-deficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) are threatening to human life. HIV is a virulent virus which enters the human body through sex contact, blood contact and from mother to her baby during pregnancy, delivery and breast feeding. Within a period of 10 years HIV damages the immune system and develops symptoms of AIDS and subsequently kills the victim. There is neither vaccine nor cure of AIDS. So, preventive measures should be undertaken against HIV/AIDS by everyone.

**149. Personality Correlates of Alcoholism and Drug Abuse**

**Sonal Garg & S. C. Sharma**

P.G. Dept. of Psychology, Begusarai (L.N.M.U)

**Key words:** *Drug-abuse, Introversion, Neuroticism, Atrocity.*

Alcoholism, drug abuse and dependency are global problems and almost every country and society is concerned with them. Their abuse has killed more people, sent more victims to hospitals, generated more police arrest, broken up more marriages and homes. In India too, alcohol is common among different sections, generally among the poor (Mahadalits) and among the people of higher status. Atrocity on women is a corollary of alcoholism. Several cases of assault on women by the drunken husbands are reported everyday in different corners of the country even causing death. Psychological and interpersonal factors play major role in developing dependency on alcohol. It has been found that there is some alcoholic personality; such persons tend to be more emotionally immature. The present study confirms that introversion and neuroticism serve as major factors of alcoholism.

**150. HIV/AIDS Awareness among Tribal Adolescents and Youth of Jharkhand**

**Raj Kishore Ram,**

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*Key Words: HIV/AIDS awareness, Misconceptions.*

HIV/AIDS awareness can be operationally defined as one's awareness regarding the nature of AIDS, causes of AIDS and reducing the risk of HIV infection and AIDS, including family planning, sexuality and sexual behaviour. To know the level of awareness on HIV/AIDS among tribal adolescents and youth of Jharkhand eight hundred samples were collected from Ranchi and its adjoining rural villages. Stratified random sample was used to select cases. In the present study, it has been found that tribal youth are more aware to HIV / AIDS than the tribal adolescents.

**151. Causes of Conflict among Employees (With Special Reference to an Industrial Setting)**

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School Of Studies in Sociology, Pt. R.S.U. Raipur (C.G)

*Keywords: Conflict, Industry, Employees, Behavior.*

The present study focuses on causes of conflict among employees keeping in view of the education, environment and salary of the employees. Man's behavior plays a part in all phases of Industry. This means that psychological problems permeate all its aspects. Industrial strife, morale and attitude are responses which men make to their working conditions and directly influence the way in which labour will work and co-operate with management. Conflict requires closer examination of reasons behind individual's deviant behavior. 200 respondents (workers) and 100 officers are selected through purposive random sampling technique and data are collected in self constructed interview schedule.

**152. A study of Relationship between Emotional Intelligence and Academic Achievement**

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*Key Words: Emotional Intelligence, academic achievement.*

The aim of the research was to study the relationship between emotional intelligence and academic achievement. On the basis of the marks obtained by the subjects (self - reported) in 12 classes, the subjects were divided into three group viz high, middle and low academic achievement group. 90 subjects (30 -30 each in each group) aged 16 to 20 years were selected for the study. Mangal Emotional Intelligence Inventory (MEII) developed by Dr. S. K. Mangal (Rohtak) and Mrs. Shubhra Mangal (NOIDA) was used to collect the data. To test the hypothesis correlation coefficient was calculated. Result showed that there is no significant relationship between emotional intelligence and academic achievements. Thus it can be concluded that performance of the students in their academic field is not correlated with their emotional intelligence. But the role of EI cannot be completely neglected. To come to a generalized conclusion the concept warrants further research.

**153. A Study of Relationship between Self-Concept and Psychological Androgyny among Working and Non-Working Women.**

**Prema Gupta**

Dept. of Psychology, A. N. College, Patna

The present investigation was undertaken mainly to compare self-concept and androgyny among working and non-working women. The sample consisted of 200 individuals, drawn from different sections of the society. Masculinity Femininity check-list developed by Sinha (1986) was used. Self concept scale was drawn from the different sources available in the literature. T-ratio was used to determine the level of significance of difference between self-concept and androgyny. The findings of the result confirmed that working women were more androgynous compared to non-working women. The findings also revealed that working women perceived themselves to be having more positive self-concept than the non-working women.

**154. School Adjustment as the Factor of Dependence  
Proneness of Respondents**

**B.P.Sinha, S.K, Singh\*, & Pratibha Kapahi\*\***

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\*\*Research scholar, L.N.M.U Darhanga

*Key words: Dependence Proneness, Respondents'  
school.*

The present study aimed at examining the effect of dependence proneness (DP) of respondents on their school adjustment. For this purpose, 200 school students were randomly selected and were studied on dependence proneness scale and school adjustment Inventory. They were divided into two groups (high and low on DP) on the basis of Mdn scores. Significance of mean difference of adjustment scores (area-wise and on the whole) of these two groups were tested by computing t-test. Results revealed that high dependent prone respondents were significantly better adjustment in all the three areas of school adjustment as well as in the whole adjustment to their low counterparts.

**155. Gender Differences in Psychosocial Well-Being of Elderly**

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***Key Words:*** *Psychosocial Well-being of elderly*

Widowhood affects both old men and old women. Studies comparing their status and problems have shown that older widows experience loss of status, loneliness, alienation, anxiety towards their future, negative self-feelings, diffidence and dependency. Older widowers experienced reduction in status, minimized support from family and friends, dependency, loneliness etc. But, on the whole women, unless very sick, could find many useful home making and grand parenting roles more easily than men. In traditional India, when a husband dies the wife becomes a widow. Her status, as a widow changes to an unimportant and dependent position. Socially she is ostracised, marginalized and derogated so much that in some communities she is even regarded as a "bad omen" at religious and auspicious social functions. The older widow thus suffers from a triple jeopardy namely widowhood, womanhood and old age.



**156. Parent-Child Relationship, Coping Pattern and Subjective Well-Being Among Children**

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***Key words:*** *parent-child relationship, coping pattern, subjective well-being.*

Adolescents are under great pressure to perform which is often seen in increased drop-outs, suicide, psychophysical illnesses like juvenile diabetes and hypertension, recurrent physical complaints, acting out, and homicide among our adolescents. However, a supportive climate at home in the form of loving and understanding parents work as social capital for promoting the effective coping with the challenges of life and helping them realize their potential while maintaining their subjective well-being. The present study is designed to find out the relationship between parent-child relationship, coping pattern and the subjective well-being of adolescents. 100 adolescents are purposively selected and according to their subjective well-being (SWB) score are grouped into those with low SWB and high SWB. The two groups are measured on their coping pattern and their relationship with parents.

**157. Behavioral Problems of Orphan Non-Orphan & institution-aided adolescent Students With Regard To Anxiety**

**Joshy .V.A**

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***Key Words:*** *Self-Identity, Anxiety, self - Esteem.*

Self- Identity is the overall image or awareness one has about oneself. The objective of the study is to identify the levels of self- identity on anxiety of three categories of adolescents namely, orphan, non-orphan and institutionalized. The samples selected from higher secondary schools, orphanages and institutions in and around Thrissur Dt. form the population. The tools used for the study are AIQ- IV (Dollinger et al. 1996) and Beck's Anxiety Inventory). T-test and Two- way ANOVA- factorial Design is used for analysis. There is a significant difference in the levels of self-identity between three groups.

**158. A Comparative Study of Learning Disability Children and Non Learning Disability Children in the Factors of Self Identity and Anxiety Level.**

**Aiswarya Rasmi M.N.**

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*Key Words: Learning Disability, Self Identity, Anxiety.*

LD is a neurological disorder that affects the brain's ability to perceive and respond. In India, around 13-14 per cent of all school children have LD were heterogeneous with different manifestations. The study examines if there is any significant difference between the LD and Non- LD children on self-identity and anxiety of adolescents. Samples taken from Malappuram district of Kerala Two- way ANOVA- Factorial Design used for the analysis of AIQ-1 V (Dollinger et al 1996) & Beck anxiety inventory. Findings show differences on Self identity & anxiety among gender, classification and LD and Non-LD.

**159. Life in Cyberspace: A Conceptual Framework**

**Asmita Shukla<sup>1</sup> & Soma Parija**

Indian Institute of Technology Bhubaneswar

*Keywords: personality, achievement, internet addiction disorder.*

The availability and essentiality of internet has increased exponentially in recent years. Research has shown that personality and loneliness influence the life in cyberspace. The present study reviews the earlier research and on the basis of that proposes a conceptual framework of the virtual human with internet use and online flow experiences mediating the relationship between personality, loneliness, and depression, achievement and quality of life. The relationship between these variables act as antecedents of internet addiction disorder as when an individual suffers from depression, his/her achievement and quality of life deteriorates; they are more prone to internet addiction disorder.

**160. Human Resource Development in Special and Inclusive Education: An Indian Perspective.**

**Sanjay K. Prasad,**

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Inclusive Education with reference to children with special needs cannot be separated from special Education. Since special education is not limited to classroom teaching rather needs a range of support services in terms of developing self-help and daily living skills. It is in this consideration, a range of service providers are required to be prepared along with the teachers, who could cater the needs of children with special needs for their overall development and mainstreaming. The above requirement is global to a great extent, but this paper give you an overview of the strategies adopted in India for meeting the diverse needs of children with special needs. Presently, as per the census 2001 about 2 million children are having their special needs due to their sensory and physical impairment and mental retardation. However, WHO report says, it is 4 million, which includes the children having learning disabilities, Autism, ADHD and other associated problems. To meet the diverse need of such a large population, RCI a constituent body of Govt. of India, has recognised 16 categories of professionals and personnel. Apart from this, National Trust, established by Govt. of India to manage the rehabilitation of Mental retardation, Cerebral Palsy and Autism is also preparing a cadre of personnel called "Care Giver"

**161. Adjustment Pattern of Boy's and Girl's In Different Socio-Economic Groups**

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\*BNMU, \*\*LNMU

**Keywords:-** Attachment, Parents, Gender difference, Cuddling.

Attachment is a powerful and natural part of life. Individuals can be attached to almost anything - their pets, homes, friends, cloths etc. It can develop in many ways and for many reasons. Emotional attachment begins with physical attachment for example - touching and cuddling between infant and parents. Babies who are given adequate food, water and warmth, but deprived of living touch show retarded emotional and physical development (lovely, 1969). The present study was conducted to assess the difference in attachment behavior of children in upper and lower socioeconomic groups. For this purpose it was hypothesized that children of upper socioeconomic group would have more attachment toward other person, while those of lower socioeconomic class would have more attachment toward their parents. For the verification of this hypothesis 60 children of both sexes were selected. Personal data and attachment information were collected from parents. The result showed those majority children of upper socio-economic class had higher attachment toward other persons while those of lower socio-economic group had high attachment toward their parents. Thus the hypothesis formulated in this context was confirmed.

**162. Gender Difference in Attitude towards Mental Illness  
among College Students**

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\*Clinical Psychologist, DMSP, Jamshedpur

*Keywords: Gender difference, attitude, mental illness*

The aim of present study was to find out the gender difference in attitude towards mental illness among college students. A total of 60 (30 male and 30 female) PG students of Ranchi University were selected by purposive sampling and 50 item Checklist for Attitude towards Mental Illness was administered. In results, significant gender difference was found in attitude towards mental illness. In conclusion, students have lack of awareness and knowledge about in nature of mental illness. Thrust should be given on programs to unleash the clouds of understanding regarding mental illness among the professionals and general public at large.

**163. A Study on Attitudes of Adults towards Future**

**Shanti Kumari**

L.C.S. College, Darbhanga (Bihar)

*Key words: Attitude, Behaviour, projective technique.*

Religions behaviour, political activities, way of earning livelihoods and buying selling goods- all actions of a human are governed by his attitude. Thus an attitude determines a characteristic or consistence mode of behaviour in relation to relevant stimuli, persons, groups or events. In the present study, I shall do survey on attitudes of adults towards future. In this survey, I shall use a specific category scale for the measurement of personality and attitude of a man by projective method. The projective techniques - the sacks sentence completion test (S.S.C.T.) and the Thematic Apperception Test (TAT) both are used to measure social attitudes and individual attitudes in various respect. The above methods are chosen as they are more accurate and useful.

**164. A Comparative Study of Perceived School Environment  
by Truant and Non-Truant Students**

**N.K. Verma & Kumari Rupa Jaiswal**

*Dept. of Psychology.*

*T.M. Bhagalpur University, Bhagalpur*

The study was conducted on 50 truant and 50 non truant students of class X to examine their perception of school environment. The students were selected on the basis of report of class teacher about students' attendance record. They were given School Environmental Inventory (Mishra, 1989) which measures perception of students on six dimensions of school climate namely (i) creative stimulation (ii) cognitive encouragement (iii) permissiveness (iv) acceptance (v) rejection and (vi) control. Significant differences in perception of school environment by truant and non truant students have been found. Truant students perceived school environment more restrictive, controlling and less permissive, accepting, creative stimulant and encouraging to cognitive development than non truant students. The difference with respect to permissiveness and cognitive encouragement was sharp between truants and non truant student.

**165. A Study of the Effect of Yoga Therapy on the Ego-Strength of the Age**

**B.N. Sinha & Shreya Shree**

Dept. of Psychology, T. M. B. U. Bhagalpur,

To assess the effect of yoga therapy on the Ego-Strength of the aged, 250 aged volunteers (age 60 to 70 yrs.) were selected using the coincidental sampling technique. The Sub-Scale of the Sinha and Singh (1987) Differential Personality Scale was utilized using the one group pretest - post test design. It was found, as expected and hypothesised, that Yoga Therapy did significantly increase the Ego-Strength of the aged. The finding is consistent with the general observation as also empirical findings in this area.

**166. Various Type of Problems Faced by Senior Citizens**

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**Keywords:** *Religiosity, Isolation, Senior citizens.*

Present study was conducted to explore the problems and impact of widowhood on religiosity and isolation among senior citizens. A total of 97 subjects with age range from 60 to 72 years were selected on availability basis. Among them there were 57 widows and widowers (27 widow and 30 widowers) and 60 subjects (30 males and 30 females) whose spouses are alive. Efforts were made to control education and socio economic status. They were administered Bhushan's religiosity scale and isolation subscale of Singh's alienation scale, t-test revealed significantly greater religiosity for subjects with their spouse dead than subjects with their spouses alive. Widows were significantly more religious than widowers. An insignificant difference between mean isolation score of subjects with spouses alive and subjects with spouses dead was obtained. However, widows were found to be significantly more isolated than widowers.



**167. Effects of Level of Job Stress on the Mental Health and Job Satisfaction of Managers - A Psychological Study**

**Sarita Misra**

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*Key Words: Job Stress, Mental Health and Job Satisfaction.*

This paper examines the effects of level of job stress on the mental health and job satisfaction of managers. The participants were Managers, Officers and Supervisors of a successful business organization of Kanpur City. Three psychological tests namely "JOB STRESS" developed by **Dr. A. K. Srivastava & Singh (1981)**, "JOB SATISFACTION" developed by Hardev Ojha and "MENTAL HEALTH" developed by **Dr. A.K. Srivastava & Jagdish (1983)** were administered on the sample individually. One-way Analysis of Variance was applied to test the significance of main effect Level of Job Stress as independent variable along with their intersectional effects. It was observed that High, Moderate and low stressed grouped significantly differed in two areas of mental health at .01 levels. A significant correlation between low level of job stress was found having more job satisfaction. Again it was that Low stress group was significantly correlated with High Job Satisfaction. While rest not significantly correlated.

**168 Relationship of Forgiveness with Psychological Well  
- Being in Adult life**

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Indore

Forgiveness is a healing journey for body and soul. Many of the world religions have advocated the concept of forgiveness as a productive response to transgression. Forgiveness is a willful process in which the forgiver chooses not to retaliate but rather respond to the offender in a loving way. The psychological literature tends to focus on the benefits of forgiveness for the forgiver and the role of forgiveness in the therapeutic and healing process. The psychological response that is forgiveness includes the absence of negative effect, judgment, and behavior toward the perpetrator and the presence of positive effect, judgment and behavior. Forgiveness is a suite of prosocial motivational changes that occurs after a person has incurred a transgression. People who are inclined to forgive their transgressors tend to be more agreeable, more emotionally stable and more spiritually or religiously inclined. When people forgive, the probability of restoring benevolent and harmonious interpersonal relations with their transgressors is increased.

**169. Gender Differences in Neuroticism, Extraversion and Self Esteem amongst Adolescents**

**Punam Singh & Uma Pati Singh\***

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Adolescence is surely the period of greatest challenge and confusion in any student's lifetime. Children at secondary school have to deal with a constant battle between the privileges and enjoyment of youth, and the responsibilities of adulthood. For children aged between 11 to 18 years, an identity crisis occurs and continues throughout their educational life. During this period adolescents have physical changes, while they are simultaneously trying to identify the position of their peer groups. Added to this, adolescents are striving for independence from their parents, and recognition of this is required in order to enhance their self-image with both their peer group and their parents. During adolescence, the primary focus is on establishing a positive ego identity, peer group recognition and development of social skills all of which have an impact on self- esteem.

**170. Psychosocial Effect on Marital Adjustment of Educated and Non-educated Women**

**Kumari Renu & Mir Samiullah\***

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\*Alma Eqbal College, Department of Psychology, Bihar Sharif

Undoubtedly, Indian womanhood is still backward as compared to women of western country. Growth of education of women in India is coming up in all sphere of life. They are joining the Universities and Colleges in large number. The present paper is designed to investigate the differences in psychosocial effect on marital adjustment of educated and non-educated women. Educated and non-educated women (100 in each group) of Patna and Hazaribag (Jharkhand) were administered and marital adjustment questionnaire to study the psychosocial effect on marital status. The result revealed that educated women were better adjusted than the uneducated women.

**171. A Study of Negative Affectivity, Social Inhibition & Depression among C.H.D. & Kidney Patients.**

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Dept. of Psy, Saurashtra University, Rajkot

***Key words:** Negative affectivity, social inhibition, Depression.*

The purpose of the present research was to investigate difference between C.H.D. and Kidney patients on Negative affectivity, social inhibition and Depression. The total sample consisted of 120 patients, among those 60 were C.H.D. patients and 60 Kidney patients selected from different hospitals in Rajkot and Bhuj district (Gujarat). The research tool for Negative affectivity and Social inhibition (Type-D personality) scale was measured by Denollet.J (2005) and Depression scale was measured by Lonard. R & Deragratis scale was used in this research. Here't' test was applied to check significance of difference between means. The finding of the study revealed that there was no significant difference between C.H.D. and Kidney patients on negative affectivity but there was significant difference between C.H.D. and Kidney patients on Social inhibition. The obtained result of type D personality that there was no significant difference between C.H.D. and Kidney patients on Type D personality, but there was significant difference between C.H.D. and Kidney patients on depression.

**172. Efficacy of Existential Psychotherapy among Substance Abusers.**

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Existential Psychotherapy perceives clients as living in human worlds, therefore when he enters in psychotherapeutic session he is not alone, but rather brings with him a whole world. To some client's meaning emerges with ' life and death' ' destiny and freedom' 'isolation and connection'. Existential therapists try to aid individuals to find meaning and cope with their lives. In this paper, efficacy of existential psychotherapy has been assessed through Spiritual Involvement and Beliefs Scale. Findings highlighted the importance of psychological and environmental factors on health. Interventions in existential psychotherapy has thrown light about the understanding of the client's World, sharing existence in the moment, confronting existential anxiety and gaining responsibility for living and living authentically.

**173. Mental Health of Rural Adolescents**

**Shubha Prasad**

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One's Status of health is one of the most important determinants of his happy life. Psychologically it happens to be the most important state of human existence that an individual or society longs for. Thus mental health is a core issue of human existence. The present article was aimed at finding out the effect of demographic variables such as age and sex on mental health of rural adolescents. The sample consisted of 140 subjects (70 males and 70 female). They were randomly selected from four village of Gaya district .The mental health inventory by Augustine was used in the study, the data was analyzed using t' test and ANOVA. Result showed significant influence of age on mental health It was found that younger ones (18- 20 years) had good mental health status when compared to the older ones (24-25 yrs).

**174. A Study of Anxiety among university students  
Shalini Kumari**

Research Scholar, P.G. Department of Psychology  
Ranchi University, Ranchi

**Key Words** - *Anxiety, Socioeconomic status (SES)*

The efforts have been made to examine the Anxiety level of University students of Ranchi University, Ranchi. Sample of the study consisted of 100 post- graduate students comprising of 50 boys and 50 girls. They belonged to middle Socio Economic Status, whose age groups ranged from 22 to 26 years and were randomly selected. Sinha Anxiety Scale was administered on the sample to examine their level of Anxiety. The result revealed that there will be no significant difference between the level of Anxiety of boys and girls. The result of this study is also supported by some other study e.g. Khan et al., (2006) and Inam et al., (2003).

**175. Adjustment Problems among Retired Persons  
Suhina Chatterjee**

Research Scholar P.G Department of Psychology  
Ranchi University, Ranchi

**Key Words:** *Retired persons, Adjustment.*

In the present study an attempt has been made to identify the adjustment problems among Retired Persons. The sample of the study comprised 50 retired government persons residing at various locations in Ranchi, of which 25 were male and 25 were female, of two age groups. Shamshed-Jasbir Old Age Adjustment Inventory was used to identify adjustment problems. Data was analyzed using mean and standard deviations and 't' values. The result of the study revealed that male and female retired persons did not differ from each other on different dimensions of adjustment problem except on marital adjustment. The single and married retired persons differ significantly on adjustment. Age has no impact on adjustment.

**176. A Study of Need for Achievement and Risk Taking In  
Govt. Employees and Self Employed Entrepreneurs**

**Indira Pathak & N.N. Mishra**

Dept. of Psychology, Ranchi Women's Collage Ranchi

***Key Words:** Need for Achievement, Govt. and Self Employed.*

McClelland and (1961) and others have found that need for achievement and risk-taking are closely related. Atkinbn's study (1958) indicates that persons having high need for achievement show preferences for intermediate risk. Similar results were obtained in the studies done by Chouby and Sinha (1974) and Krishna and Mahfooz (1975). McClelland (1961) in his book "the achieving society" considers that the persons who chose entrepreneurial occupations are interested in the "riskiness" of such occupations. Sinha (1969) indicates that the developed villages consisting mainly of high castes, involved more in achievement oriented activities than under developed villages consisting mainly of low castes. Desai (1970) in his "Gujrat study" found that the father's composite Socio-economic status did not show significant relationship with children's need for achievement. McClelland (1961) studied achievement motivation of some Indian business men and also on the effect of short term training on the development of need for achievement in some people of low socio-economic status at Kokanada (Andhra Pradesh).

**177. Study Habits and Students Behaviours of the High and the Low Achievers in Schools.**

**Braj Bhushan**

Research Scholar

Dept. of Psychology, V.K.S Ara (Bihar)

High and low achievement by school students has always been a genius and anguishing problem to parent's teachers and to those associated in anyways to the student. The aim of the present study was to investigate the study habits and students behaviors of the high and the low achievers in schools. There have been a large number of studies in the area of academic achievement but primarily most of the studies centered themselves on the personality (Traits) and socio - economic factors. We find few studies which worked on behavior characteristics of the high and the low achievements. In the present study, therefore, the attempt was to investigate the behavioral characteristics of the high and the low achievers in two dimensions (1) Study habits and (2) Students behaviors.

**178. Effect of General Mental Ability of Urban and Rural Students upon Their Attitude towards Female**

**Sujeet Kumar Dubey**

P.G. Centre of Psy, A.N. Collage Patna

***Key Words:*** *Mental Ability, attitude*

The study aimed at examining the effect of General Mental Ability of students upon their attitude towards female. The sample consisted of 200 urban students and 200 rural students of Patna district. Tarni Jee's National Verbal Intelligence Test (NVIT, 1994) was used. This is a test of General Intelligence applicable to the age group of 12 to 16 years. It is a verbal group test with 110 items of four types classification, analogy, best answer and test of reasoning. In order to evaluate the level of attitude towards female Tarni Jee's scale was used. Results revealed that urban students were more positive attitude towards female in comparison to rural students.



**179. Cohort Study in Primary Classes of Palamu District**

**Meera Jayaswal**

Department of Psychology, Ranchi University, Ranchi

The present paper is based on a longitudinal study from 2005-06 to 2010-11 .The sample consisted of all 1703 students enrolled in Class 1 during 2005 -06 of selected 38 schools in two selected blocks-Bishrampur and Chattarpur In the sample, 51.60% were boys and 48.40% were girls, 15.70% were SC, 28.30% were ST, 52.50% were OBC and 3.50% were from general category. By the child tracking method, these students were tracked to 2010-11 (passed class 5). The results revealed that the completion rate was 44.63%, repetition rate was 30.24% and dropout rate was 25.13%. In order to increase the completion rate, ante-dropout strategy is urgently required.

## **180. Mental Retardation in Terms of Some Prominent Psychological Correlates**

**Randhir Kumar**

L. N. M. U., Darbhanga

*Key Words:- Empirical, Mental Retardation, Cognitive style, Field- dependent, Field-independent, Anxiety, Depression, Level of Aspiration, Need Achievement, Need-structure.*

The present empirical study was conducted on 50 mentally retarded children and 50 normal children belonging to the same family to which mentally retarded children belong. Mentally retarded and normal children were identified on the basis of the scores obtained on Mohsin General Test of Intelligence. The study intended to compare the two groups in terms of some psychological correlates such as cognitive style, anxiety, depression, need for achievement and level of aspiration respectively. Cognitive styles, anxiety, depression, level of achievement and level of aspiration were measured using Witkin's EFT, Sinha's Manifest Anxiety Scale, Jamuar's Manifest Depression Inventory, Mukherjee's Need for Achievement Scale and Singh's Level of Aspiration Scale respectively. Besides these, a PDS was used to get other necessary information about the respondents. The obtained data were treated using t-ratio. Results revealed that : (i) Mentally retarded children are more field dependent in nature than normal children, (ii) Mentally retarded children are less anxious than their normal counterparts, (iii) Normal children excelled in depression than their counterparts, (iv) Normal children excelled in the need structure dimensions such as need for achievement and level of aspiration as compared to mentally retarded children group.

**181. Self-Actualization In Terms of Locus of Control and Anxiety**

**Niranjan Kumar Kanth & Alok Kumar & Satish Kumar**  
L. N. M. U., Darbhanga

*Key-Words: Self-actualization, Internal Locus of Control.*

The present study was conducted on a sample of 160 undergraduate female respondents belonging to the colleges of Patna town. The purpose was to examine the effect of locus of control and anxiety on self-actualization. For the purpose, Rotter's Locus of Control Scale adapted by Kumar & Srivastava, Khanna's Self-actualization Inventory, Sinha's Manifest Anxiety Scale were used to measure the locus of control, self-actualization and anxiety of the respondents. Besides these, a PDS was used to get other necessary information about the respondents. The scales along with PDS were employed on the respondents and data were obtained as per the directions of the manuals concerned. The data were analysed using t- test. Respondents having internal locus of control were found with better self-actualization. The finding can be interpreted on the ground that an individual with internal locus of control has better understanding of her/his internal forces which unable to perceive herself or himself in a better manner. Naturally, self-actualization must be correlated positively with endogenous locus of control. Further, anxiety was found negatively correlated with self-actualization. This finding can be interpreted on the ground that the individual in the state of anxiety is likely to lose his rational thinking and hence in the state of anxiety the individual is not in a position to actualise himself properly. Naturally, the higher the level of anxiety, the lower the level of self-actualization is a natural phenomenon. It was concluded that; (i) internal locus of control is conducive to self-actualization and external locus of control hinders it. (ii) Anxiety hinders self-actualization of the respondents.

**182. Adjustment Patterns of Physically Handicapped Children**

**Kamini jha, Poonam Kumari, Nipu Sharan, Amit Kumar & Nibha Kumari**

P.G. Diploma in Clinical Psychology IPRS,  
Patna University, Patna

The main objective of the present study is to know the adjustment patterns of physically handicapped children. Purposive sampling, a non-probability technique was used to select 60 s's. 30 s's were physically disabled boys and 30 normal boys of class VII to X. They were taken from Samarpan (NGO) and Bikalanga Bhawan, (PMCH), Patna and R.R. School, Patna, High School Adjustment Inventory (HSAI) by Singh & Sen Gupta was used. Six hypotheses were formulated. Results were analysed with the help of Mean, SD and t-ratio, Obtained findings showed that physically handicapped children differed significantly with regard to home, social, emotional and overall adjustment. However, they didn't differ significantly with respect to health, and school adjustment. Thus, physical disability also influences adjustment patterns of such children, however, they try to compensate with it.

**183. A study of locus of control and interactive style of managers in industry.**

**N.R.Parmar**

Principal, Nalini-Arvind & T.V. Patel Arts College  
Vallabh Vidyanagar (Gujarat)

The present study focuses on the effect of locus of control on interactive style of managers in industry. The style of interaction varies among the managers having internal or external locus of control. There should be established pattern of very effective interactive style. The interactive style depend on types of locus of control as well as other factors like social skills, managerial skills, equitable rewards, internal environment of the organization. The effect of locus of control on six types of interactive style was examined viz; supportive interactive style, normative interactive style, problem solving interactive style, innovative interactive style, confronting interactive style and resilient interactive style.

## **184. Role of Team Empowerment in Organizational Effectiveness**

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Department of Psychology

\*Banaras Hindu University

***Keywords:** Team empowerment, Organizational effectiveness.*

Today, more than 70 percent of organizations have adopted some kind of empowerment initiative for at least part of their workforce. To be successful in today's global business environment, companies need the knowledge, ideas, energy, and creativity of every employee, from front line workers to the top level managers. Team empowerment is defined as increased task motivation that is due to team members' collective, positive assessments of their organizational tasks. Empowerment is a set of power-sharing managerial strategies, practices and techniques. Empowerment is a construct, its dimensions namely potency, meaningfulness, autonomy and impact develops a sense of empowerment that results in organizational effectiveness. Potency develops a collective belief in a team that can be effective and in turn develops a feeling of empowerment. Meaningfulness refers to a team's experiencing its task important, valuable and worthwhile to them. Autonomy generates a sense of substantial freedom, independence in their work. Impact is felt by team members when they found their work significant and important for organization. Empowerment associated with organizational effectiveness in terms of Job satisfaction, Job involvement, Productivity, Innovation. Perceptions of empowerment can enhance the value of work for individuals, increase job satisfaction, and contribute to work productivity and success of an organization. More empowered teams were also more productive and proactive than less empowered teams and had higher levels of customer service, job satisfaction, and organizational and team commitment. Hence an empowered team can make an organization effective.

**185. Psychotherapy and Relaxation Practices on Pathological Gamblers**

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The aim of the study was to see the effect of psychotherapy and Jacobson's relaxation practices on pathological gamblers. Eysenck Personality Questionnaire was administered to 179 subjects out of these 70-treated and 70-non treated pathological gamblers were consisted for this study. These groups were matched on the variable of age (19--57 years with a mean age of 29.7 years) and they had gambled for an average of 14.8 years with a mean length uncontrollable gambling of 9.3 years. All the subjects were taken from S.I. Mental and Physical Health Society (SIMPHS), Varanasi, India. Treated pathological gamblers had significantly higher extraversion and lower neuroticism, psychoticism and lie.

**186. Levels and Trends of Urbanization in Bihar (1981 – 2011)**

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***Key Words:*** *economic development.*

As a country undergoes economic development along with an increase in population, there is bound to be a shift from the rural to the urban way of life. From the geographical point of view there are three major types of spatial movements relevant to the urbanization process. These are :- the migration of people from rural villages to towns and cities, The migration of people from rural villages to towns and cities, the spatial overflow of metropolitan population into the periphery urban fringe villages. Bihar is the only state in India, which witnessed a decline in urbanization during the preceding decade (1991 – 2001). The negative growth in urbanization in Bihar was also demonstrated by the facts. One of the reasons for this was the bifurcation of the state. But the main fact remains that due to economic stagnation level of urbanization in Bihar has been dismal.



**187. Effect of alcoholism on psychological and social well-being.**

**Suneeta Mishra,**  
Utkal University

*Keywords: Alcohol abuse, SIP, Well-being*

The present study aimed examining the adverse consequences of alcohol abuse across five dimensions: Social Responsibility, Interpersonal, Intrapersonal, physical Health and Impulse control. A sample of 20 chronic alcoholics was selected randomly from the records of a drug deaddiction center. The scale "The Short Index of Problems" (SIP) consisting of 15 items with three from each of the dimensions was used. The response was collected on 4 point rating scale, varying from 0 (never) to 3 (Almost daily). A one-way Analysis of variance ( $F(4,295) = .010, p > .05$ ) revealed that the adverse effects of alcoholism impacts upon all aspects of life.

**188. Learned Helplessness of Androgynous and Sex-typed Women: The Moderating Role of Employment**

**Sangeeta Rath & Sayantani Behura\***

Utkal University, \*Ravenshaw University

*Key Words: Learned Helplessness, attribution style, gender role orientation.*

The study examined the effect of employment and gender role orientation on sense of helplessness of married employed and unemployed women. The study adopted a 2 (employed and unemployed) x 2 (androgynous and sex-typed) factorial design. 120 (60 employed and 60 unemployed) women participated in the study. The participants of all the four groups were compared with respect to their sense of helplessness or style of attribution. The result indicated that androgynous women showed more functional or adaptive attribution style than sex-typed women. Employed women's attribution style was more functional or adaptive than that of unemployed women.

**189 A Comparative analysis of the Narcotics Anonymous and the government sponsored Integrated Rehabilitation Centre for Addicts approach**

**Upashana Pati**  
Utkal University

**Keywords:** *NA, IRCA, Substance Abuse, Social support system*

The Narcotics Anonymous (NA) and the Government sponsored Integrated Rehabilitation Centre for Addicts (IRCA), are two major approaches in India for substance abuse rehabilitation. The NA is based on purely voluntary social support. The IRCA has minimal support with emphasis on detoxification and segregation. 7 participants from NA and 9 from IRCA were tested on the dimensions of depression, drug use, ego strength and stress management. The results showed significant difference between the two groups with NA providing a stronger impact on the indicators. The implications of the results are discussed in the context of rehabilitation and integration into society.

**190. Personality Differences between English Medium and Odia Medium School Children**

**Pritimayee Senapati, Manaswini Dash & Nirlipta Patnaik**  
Utkal University

**Keywords:** *CPQ, Personality traits, English medium schools, Odia Medium schools*

The present study examined the personality differences between English medium and Odia medium school children. The sample comprised forty class IV children, twenty each from an English medium and an Odia medium school. The Children's Personality Questionnaire (Porter & Cattell, 1972), modified by the authors was administered to all the children. Statistical analyses revealed significant differences between the two groups of children along nine of the fourteen dimensions of personality. The English medium school children were found to be significantly more outgoing, emotionally mature, assertive, surgent, adventurous, sociable having both higher ego and superego strength than their Odia medium counterparts.

**191. Engendering prejudice: Sacred values and violent actions**  
**Rakshi Rath**

University of St Andrews, UK

**Keywords:** *Prejudice, violence, gender*

This paper argues that inter-group hatred is not spontaneous, but rather, mobilized by leaders. This is supported by an analysis of the rhetorical structure of speeches and posters collected from India. A model of hate mobilization is proposed by showing that the following representations are set up: firstly, a sacred in-group is constituted. Secondly, this in-group is under threat from out-groups. It is then possible to construe violence against out-groups as "moral action". Central to the constructs of in-group values and out-group threat are gendered narratives that I shall argue, are the pivots around which such mobilizations are made possible.

**ABSTRACTS OF ORAL/ POSTER PRESENTATIONS**  
**Anthropology and Archaeology**

**1. Study of Women Health among Bhoksa Tribal Group of  
Uttarakhand**

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P.G. College, Lucknow,

**Key Words:** *Health status, Tribal health, Primary health  
centre*

Health is an important issue, the theme of health has gained enormous popularity and universally in all culture, societies and at all times. There are a number of factors which influence health. These factors come under two categories i.e. the internal factors and external factors. Internal factors can be understood more precisely in term of genetic factors which lie with in the individual and external factor can be termed as the environmental factors which lie out side the individual and influence him as an external factor. These factors interacts constantly and that interaction may be health promoting or deleterious. Thus conceptually the health of an individual or community as a whole may be consider to result of interaction of these factors .The factors can be generalized and outlined as : heredity environment, socio, economic condition, health and family welfare services and other factors like food intake pattern, educational occupational status developmental status etc.The objective of the present study are find out the health status of Bhoksa tribal women in relation to sex, ratio, fertility ,nutritional status, maternal and child health care practices, and also focuses on socio economic and environmental factors that influence the health and health care system and the role of NGO's and primary health centre.

**2. Impact of Culture and Health of Women- A Study With  
Regard To Dhankut Women of District Bahraich, Uttar  
Pradesh, India**

**Alok Chantia & Preeti Misra\***

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**Key Words:** *Anthropology, Culture, Health, Dhankut,  
Woman.*

The need for the study of women itself exhibits an idea about the inferior status of women in the society. It is also well documented that due to cultural impact status of women is secondary or suppressed instead of being natural as compared to men. Anthropologically it is proved that the load of culture is carried out by women in any micro or macro society which makes them more vulnerable. When this load is continued for a long time, women get stressed in her life both physically and mentally. It is very obvious that the existence of culture depends upon healthy women but in reality it is not so. She is culturally loaded with multifarious activities and is always mentally stressed. As an axis of family or society woman ignores her needs and health for the sake of her family. A woman with poor health can neither take care of her family nor that of society. This hypothesis may be right or wrong. But this hypothesis may be evaluated to analyse the impact of culture on well being of a woman.

### **3. Ageing Related Changes in Anthropometric and Physiological Traits among the Male Meitei of Ithing**

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**Key words:** *Ageing, Anthropometric Measurements, Blood Pressure.*

The present study attempts to evaluate the magnitude of changes in Anthropometric and Physiological traits brought by ageing. It is based on cross-sectional sample of 175 healthy - normal male Meitei of age group 20-75 of Ithing Village, Manipur. For evaluating anthropometric and physiological changes, measurements such as weight, height, upper arm girth, waist girth, hip girth, chest girth, bi-condylor breadth of femur, bi-epicondylor breadth of humerus; biceps, triceps, calf, abdominal, thigh, supra-iliac and sub-scapular skin fold; and pulse rate, blood pressure, breadth holding capacity were recorded. Variation in both Anthropometric and Physiological traits were seen with advancing age. Maximum values of magnitude were observed in the age group 40-44 and the minimum values lies in the age group 60+. Progressive increase in the mean values from one age group to another was observed up to 40-44 years and reached the peak values. Then, it starts declining thereafter.

**4. Influence of Malnutrition on the Emergence of Deciduous Teeth among the Rajputs of Himachal Pradesh**

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Chandigarh -160014

**Key words:** *Nutritional status*

Influence of nutritional status on the emergence of deciduous dentition in a cross-sectional sample of 510 rural Rajput children from the Jubbal and Kotkhair Tehsils of Shimla District of Himachal Pradesh State of India has been examined. The nutritional status of each child was evaluated with the help of weight and supine length/stature expressed as S.D. scores of weight-for-age, stature/supine length-for-age and weight-for-stature/supine length. Mandibular central incisors are the first to emerge. The boys were slightly ahead of girls in median emergence times of deciduous teeth. However, the sex differences were not statistically significant ( $P \leq 0.05$ ). There was a slight tendency for the left-side teeth in maxilla to emerge earlier but the overall bilateral differences were statistically not significant ( $P \leq 0.05$ ) for maxilla as well as for mandible. The inter-jaw differences in median emergence timings were significant ( $P \leq 0.05$ ) for lateral incisors in males and central incisors in females. Partial correlation indicates that the number of emerged teeth was better correlated with stature. The stunted boys and girls had less mean number of emerged teeth as compared to their normal peers in most age groups. The mean number of emerged teeth in underweight children was also less than that of the normal children, with a few exceptions. The stunted children have a significantly greater likelihood of delayed emergence of deciduous dentition. The findings indicate that even moderate under nutrition could delay deciduous tooth emergence.

**5. Women Empowerment in Tribal Society: A Changing Socio-Cultural Construct amongst the Munda**

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*Key words: Empowerment, Industrialization, Women in Development*

Women empowerment is closely associated with women's development. In UNDP South Asia Human Development Report (2000) empowerment has been defined in women context at comprising increased power in economic, social and political realms and considered this women's identification of their problems and needs. In India during Ninth Five Year Plan (from 1997-2002) there is an integrated approach adopted towards empowering women in all fronts, social, economic, legal and political to raise the status of women from time to time. The word "Empowerment" means to authorize. The authorization of women in every field is now a central point in the line of development programme. The present article intends to highlight issues relating to empowerment of tribal women towards an understanding of the nature of their socio cultural and economic problems. It includes social, economic and political empowerment of tribal women and their development in present scenario. This is an empirical study based on field work among the Munda tribe of Odisha. Due to industrialization process the Munda women are coming in contact with outsiders and their traditional socio-cultural and economic life styles have become changed. Traditionally the status of women in tribal society is high. But when they become the part of the main stream, they are marginalized and empowerment has negative consequences on them. Due to lack of proper cultural assimilation and socio cultural barriers, they are neither here nor there with a right kind of socio-economic and cultural footing.



**6. Impact of Cyclone Aila on the Livelihood of the People of West Bengal**

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*Key words: India, Livelihood, Impact, Cyclone Aila*

Common to the coastal regions around the world a cyclonic storm is capable of causing severe havocs leading to insurmountable loss of human life, massively affected flora and fauna and a disrupted lifestyle. In the past four decades India has witnessed a series of cyclonic storms especially the cyclonic disturbances in the northern Indian Ocean and true to their nature these storms affected large parts of human settlements along the coastline. The impact of the tropical Cyclone Aila in West Bengal in May 2009 was therefore not restricted to breached embankments, inundated lands, heavy torrential rains, uprooted trees, obstructed transit systems, high risk of epidemic and endemics but also to abandonment of homes/lands and loss of sustainable support system. Owing to the onerous conditions that prevailed, forced evacuation of the local inhabitants became inevitable which in turn compelled the people to adopt numerous strategies in coping with lack of sustainable development. This academic discourse concentrates upon constructing the dynamics of change in livelihood thereby deconstructing the course of impacts that follow with this change in the lives of the victims of disaster. The paper presents an analysis of the results of the research undertaken to examine the impact of Aila with the help of ethnographic fieldwork which included survey, Key Informant Interviews and Focus Group Discussions carried out in block Gosaba of South 24 Parganas, West Bengal. Gosaba, being among the most affected island blocks of District South 24 Parganas due to

Cyclone Aila, was selected as the universe of study. Various aspects of livelihood which could be considered as consequential determinants of its impact were tested in the questionnaire. These include health, occupational mobility migration, school attendance, social capital, gender, external assistance and psycho-social determinants. Based on these agencies what evolves is a major premise of cause and effect, which would certainly facilitate our comprehension of impact assessment in case of Cyclone Aila in West Bengal.

**7. A Study of Menarcheal Age among the Tangkhuls of Kamjong with Special Reference to Stature, Body Weight, Chest Girth and Bi-Cristal Breadth"**

**Singtitla Vashum**

*Key words: Menarche, chronological age, stature, body weight.*

A sample of 100 women of both unmarried and married women between the age of 12 years to 50 years of Tangkhuls of Kamjong sub-division were studied on menarcheal age using recalled method by interviewing the female with a schedule proforma. The present study attempt to find the mean age at menarche and its trend among the girls of Kamjong. On the basis of chronological age the subjects are grouped into 2 (two) generations i.e., the younger generation and older generation. The young generation are found to experience menarche at younger age (14.05 yrs) than the older generation (14.76 yrs). The girls who attained menarche early are found to have shorter stature and smaller chest girth, but body weight and Bi-cristal breadth does not show any significant difference. Lack of proper treatment of menstrual problems had deteriorated women's reproductive health of this village.

## **8. Intercommunity Interaction and Preservation of Tribal Culture**

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***Key words:*** *Intercommunity interactions, tribal culture.*

Intercommunity interactions provide the required momentum for a society to preserve peace and harmony and to make progress. There observed intercommunity interactions in the tribal dominated heartland of Koraput district was studied based on the basic livelihood issues. The study is based on a strong theoretical assumption followed by critical analysis of field data. The study while exploring the indigenous socio-cultural environment and its role in intercommunity interaction and preservation of tribal culture answers some of the age-old doubts on untouchability and the social hierarchy among the tribal and the non-tribal population and reveals the cultural integration featured in intercommunity interaction.

**9. Palaeolithic Vestiges around Ghantikhal, District  
Cuttack, Odisha**

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**Keywords:** *Palaeolithic vestiges, intensive-exploration, artefacts.*

In the line of research in prehistoric archaeology, the author under the auspices of the Prehistoric Archaeology Branch, Department of Anthropology, and Utkal University has recently carried out an intensive exploration in and around Ghantikhal of Cuttack district in Odisha. The survey in the area has resulted in the discovery of total 11 sites with notable evidences of Palaeolithic, Mesolithic and Neolithic periods. However, this paper highlights only on the Palaeolithic recoveries of the area in and around Ghantikhal. Altogether, twenty-two Palaeoliths of Acheulian period including different typologies of shaped tools and simple artefacts are collected from the surface survey in the area. From entire collection, a few specimens of Palaeolithic artefacts have also been collected as *insitu* as embedded with the detritus laterite of the sites. The artefacts collected have been mainly made in coarse to medium grained quartzite of different shades and ferruginous sandstone rocks. Although the quantity of Palaeolithic artefacts in the collection is less, the occurrence of its various typologies indicate that in the dim remote past during the Pleistocene the Lower Palaeolithic population occupied the area.

**10. Study of Health Status of Slum Women of Lucknow City**

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***Kew Words:-** Health status, social determinants of health, gender.*

The relationship between social conditions and factors influencing health has been a major interest of mankind- people have generally tended to view health problems from the perspective of their own societies and cultures. Knowledge about norms, values, beliefs, social structures and life styles has provided insight not only about the social organization of human resources, but also about nature and causes of illness. The recognition of the significance of the complex relationship between social, cultural factors and the level of the health characteristics of the people- the specific social groups has lead to the development of Medical anthropology as an important area within Anthropology, concerned with social and cultural facets of health. Anthropologists, thus utilize health as an efficient parameter and indicator for exploring and analyzing the latent mechanism of socio-cultural life of a group.

**11. Spatio-Temporal Perspectives on the Pattern of Women's Reproductive Health Disorders**

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Urbanization is expected to increase to 56.9% by 2025. There is a significant association between the influx of urban people and growing number of urban built in the form of city, satellite town, slum and peri-urban agglomerations which influence the human health condition covering non-communicable and communicable diseases is the plausible reason for developing disease mapping as a triad of person par place par time notwithstanding the ecological bias. Escalating public awareness of environmental and lifestyle factors has increased the demand of investigation for monitoring the geographical distribution of disease. The present paper attempts to explain the spatio-temporal distribution of the reproductive disorders of women which increases morbidity level coming from the city, peri-urban and rural areas to the ESIC hospital at Joka, Calcutta. The local and state government health initiative has brought about a specific methodology being executed in different disease specific planning, generation of statistical data, disease surveillance and intervention, and allocating

health funding for the urban middle and lower middle class people. This paper focuses on the relevance of time and space in an ESIC hospital medical setting in treating each individual as a focused objective.. It draws on anthropological findings from the health research project in ESIC hospital that aims to explore pattern of the reproductive health disorders of women. The paper further elucidates the linkage between victimization of the urban consumerism and the low-cost high standard medical service provided by ESIC, between the health care access of one individual and availing advantage by the rest of the family member.



**12. Health Seeking Behaviour of the Caretakers on Pneumonia among Under-Five Children in the Slum Clusters Of Delhi, India**

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**Key Words:** *Health Seeking Behavior, Pneumonia, Slum, Under-five.*

The present paper aims to explore the health seeking behavior of the caretakers on pneumonia and the community based illness management practices in the urban slums of Delhi. The present study was conducted in two urban slum clusters of Delhi using scheduled interview technique. Around 55.4% of the caretakers reported chest in-drawing as the most common recognizing feature of pneumonia whereas fast breathing was mentioned by only 8% caretakers without any prompting. The most common model of seeking care started with home remedies and ended with formal prescribers or hospital with an approximate delay of 7-8 days. Knowledge about the early as well as danger signs of pneumonia was low and there was major delay in treatment seeking behavior.

**13. Transition in Anthropometric and Physiological Profile of Women during Pregnancy**

**Deepali Verma<sup>1</sup>, Shaila Bhardwaj<sup>1</sup>, Satwanti Kapoor<sup>1</sup>**

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***Keyword:*** *Anthropometry, transition, pregnancy*

Pregnancy is a landmark of female's reproductive life during which rapid morphological changes occurs. The present work was undertaken to study the change in anthropometric and body composition parameters among pregnant females and was compared with non-pregnant women. The study included 233 pregnant and 35 non-pregnant women. Anthropometric measurements included weight, height, skin fold thicknesses and circumferences. Body composition and physiological parameters were measured. Statistical analysis revealed higher mean values among the pregnant females which successively elevated through the pregnancy periods. The maximum change was observed during the progression from 2<sup>nd</sup> trimester to 3<sup>rd</sup> trimester.

**14. A Study of Some Aspects of Demography and Selection Intensity among the Hajongs: A Scheduled Tribe Of Assam**

**Deepanjana D. Das, Maitreyee Sharma & Dulumoni Das**

Department of Anthropology,  
Dibrugarh University

***Keywords:** Demography, Selection Intensity, Hajong, Scheduled Tribe.*

In this paper, an attempt has been made to study the demographic features, selection intensity using Crow (1958), Johnston, and Kensinger (1971) of Hajongs of Lakhimpur district of Assam. The study reveals that the proportion of male is more than the female. The literacy level is low. Majority of the household is nuclear type. No instance of divorce case has been observed. The index of selection due to embryonic mortality is found to be 0.0316 and the index of selection due to child mortality is found be 0.4327. The index of total selection intensity is found to be 0.6820. The results drawn in this study has been compared with the results of other tribal and non-tribal communities of North-East India.

**15. Science of Consolidation of Sand Stone Monuments of India with the Help of Alkoxysilanes (Tetra Ethyl Silicate)**

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**Keywords:** *Consolidation, Tetra ethyl silicate (alkoxysilanes).*

Mostly the monuments of India are made up of sand stone, which is a sedimentary type of rock. Sedimentary rock is formed by the deposition, compaction, and cementation of rock that has experienced weathering (breakdown of rock due to physical, chemical, or biological processes). Sedimentary rock usually forms at or near the surface of the earth, as the erosive action of wind, water, ice, gravity, or a combination of these forces moves sediment. As long as stone is in contact with any kind of environment, it undergoes chemical, mechanical, physical or biological weathering processes. Weathering is the natural disintegration & erosion of stone caused by the action of water, wind, & atmospheric gases. Due to the effects of chemical & mechanical weathering, stone can lose its cohesion to such a degree that its physical survival is imperiled & a treatment is necessary to restore its integrity. In such cases, consolidation could become part of the conservation process. Consolidation of stone is the compacting of loose materials by any number of processes, including recrystallization and cementation. This paper deals with the chemistry & mechanism of alkoxysilane (ethyl silicate) & its strengthening effect on the sand stone monuments of India.

**16. Trends of Researches in Psychological Anthropology**

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**Key Words:** *Psychological anthropology, Trends of researches, etc.*

Anthropology and Psychology are two separate disciplines but their interfaces have contributed to the development of Psychological Anthropology. Each of the disciplines has their specific areas of understanding in the sphere of society, culture and mind of the people in general; and there are specific concepts and methods in these two disciplines. Some authors give utmost importance to the psychological situation of the individuals in a society as a whole but some others do not give due importance to the psychological aspects of a society. In the year 1924 Seligman wrote an article highlighting some points of contacts between Anthropology and Psychology. Rivers edited a volume entitled as *Psychology and Ethnology* in the year 1926. F. Boas's contribution is also important in this regard which he expressed in *The Mind of Primitive Man* in the year 1963. On the other hand, Freud's contribution is relevant in the field of anthropology which he highlighted in the book *Totem and Taboo* in the year 1946. Such attempts have a great deal of impact on the formation of the sub-discipline of Psychological Anthropology. Besides, there are various schools of thoughts as well as approaches to deal with the psychological conditions of groups of people for understanding their culture as a whole. An attempt has been made in this review paper to understand the trends of studies in Psychological Anthropology.

**17. A Study on Finger and Palmer Dermatoglyphics of the Ahoms of Assam**

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Dept of Anthropology, D.U

*Key words: Dermatoglyphics, Ahom, Assam*

In this paper an attempt has been made to study the finger and palmer dermatoglyphics of the Ahoms of Mohmari village of Lakhimpur district of Assam. The Ahom is one of the major Indo-mongoloid Population of Assam, who came to this part of the country in the early part of the 13<sup>th</sup> century. They belong to the Siamese Chinese branch Sino-Tibetan linguistic family. They are Hindu by religion. The sample for the present study was collected from 100 unrelated individuals of both the sexes (50 males & 50 females) of aged between 16-60 years. The findings of the present study shows that the frequency of Whorls is notably low in females while the loop is overwhelmingly dominant in them. However, the bisexual difference is statistically significant as revealed by the Chi-square test of significance. It is also observed that the order of preponderance of main line formulae of Ahom is 9.7.5>11.9.7>7.5.5. However, the bisexual difference is not significant as revealed by the Chi-square test  $X^2 = 2.60$ ,  $df=2$ ,  $0.30 > p > 0.20$ .

**18. Validity of Body Adiposity Index: A New Index to Assess Body Fat**

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**Keywords:** Body adiposity index, body mass index, body fat, obesity.

BMI as an index of adiposity has been used most commonly. However, its accuracy to assess body fat has been questioned. Recently a new body adiposity index [BAI = ((hip circumference)/((height)<sup>1.5</sup>18)] has been derived to assess body adiposity. In the present study we examined the validity of this index viz-a-via other anthropometric indices. The sensitivity and specificity of BAI (men: 57.89%; 72.37%, women: 71.95%; 47.88%) to predict hypertension was better than BMI (men: 20.0% & 88.0%, women: 46%; 72%). Odds ratio of mean blood pressure for BAI (men: OR-4.020, women: OR-2.986) was similar to those of BMI (men: OR-2.272, women: OR-2.997). Thus the study indicated that BAI can be used as an additional index for assessing body fat however more such studies are required to validate this index.

**19. Meeting Challenges of Health and Environment through Science and Technology Education: A Case Study of a Particularly Vulnerable Tribal Group of Gujarat, India**

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*Key Words: Health, Environment, Science and Technology, Particularly.*

Many traditional tribal populations maintain intricate and ecologically interdependent relationships with natural environment. Though these relationships developed over centuries, with knowledge and skills accumulated and passed through generations; rapid emergence of industrialization, land alienation and social and political isolation have severely threatened health and wellbeing of tribal communities. Recently, there has been increased emphasis on encouraging traditional diets, religious practices, and customs to restore and protect health and knowledge base, while concomitantly addressing issues of environmental pollution, role of hygiene, and strategies to improve sanitation. The present paper highlights need of science education designed to restore traditional, healthy tribal life.



**20. A Study on Some Aspects of Demography and Selection Intensity among the Hajongs: A Scheduled Tribe of Assam**

**Deepanjana Dutta Das & Maitreyee Sharma,**

Department of Anthropology,

Dibrugarh University

Demography is the empirical, statistical and mathematical study of human populations. Demographic parameters like population size, mating pattern and admixture rate, migration etc. help to understand biological characteristics of the population. Demography is concerned with static as well as dynamic aspects of human population. The important demographic characteristics of the populations are sex, age, rural or urban, race or colour origin, marital condition, occupation, religion, etc.

**21. Genomic and Linguistic Affinities: A Study of Allelic and Haplotype Diversity at DRD2 Locus among the Tribes of Gujarat, Western India**

**Gautam K. Kshatriya<sup>1</sup>, Aastha Aggarwal<sup>2</sup>, Priyanka Khurana<sup>3</sup>, Huidrom S. Singh<sup>4</sup>, Yazdi Italia<sup>5</sup>, Kallur N. Saraswathy<sup>6</sup> and Pradeep K. Ghosh<sup>7</sup>**

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**Key words:** *Linguistic similarities, genetic affinities, DRD2 gene.*

Do genetic and linguistic affinities necessarily go hand in hand? The present paper explores this dimension of population structure using three evolutionarily important TaqI sites on Dopamine Receptor D2 locus. DNA samples from unrelated 612 individuals belonging to 11 Indo-European speaking tribal groups of Gujarat have been analysed. All the three sites are found to be polymorphic with greater inter-population variation seen at TaqI 'B' site. The average heterozygosity for the haplotype system has been found to be high in the study populations. Most of the populations share six of the eight haplotypes pointing towards underlying genetic uniformity which is further reaffirmed by regression analysis of heterozygosity on genetic distance. The frequency of ancestral haplotype B2D2A1 is found to vary between 1.9% and 15.9%. Our findings reveal strong affinities between IE speaking tribal groups of Gujarat and Dravidian speaking tribal groups of South India suggesting that genetic affinities may not necessarily be dependent on linguistic similarities. (DR) speaking tribal groups of South India suggesting that genetic affinities may not necessarily be dependent on linguistic similarities.

**22. Nutritional Status of The Lodha Tribe of Odisha.**

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***Key words:** Height, Weight, Body Mass Index, Calorie, Malnutrition.*

The present study was conducted among one of the Lodha tribe of Odisha. They are mostly distributed in the Mayurbhanja District of the State adjacent to Medinipur of West Bengal. The survey is confined to one block having largest Lodha concentration. The Lodhas are mostly pre-agriculturists. They still live in the subsistence level of economy. The main objective of the study is to find out the nutritional status of the Lodha tribe. The study reveals that severe malnourished among the Lodha male is 16 % and female is 13.2 %. Obesity distribution among the male is 7.2 % and among the female is 5.6 %. Thus the total malnourished among the Lodha male is 54% and among the female is 49.2%. It is observed that the Lodha males are more malnourished compared to the Lodha females. Further, the Adult Calorie Value shows that 18.5 % of Lodha households are severely malnourished, 16.3 % are moderately malnourished, 45.8 % mild malnourished, 17.2 % are in normal nutritional range, 2.2 % of are found over malnourished. Thus both body mass index and calorie consumption of the Lodhas show that the tribe suffers from severe malnutrition. Several factors like insufficient food intake, overload of work, less income, ignorant of food habits and illiteracy are responsible for such conditions. There is a need for special nutritional programme by the Government and Non- Government organizations for the upliftment of the Lodha community.

**23. An Analysis of an Ancient Monument in Thanesar Town  
in Kurukshetra District in Haryana State**

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**Key Words:** - Nabha House, Sanhit Sarovar, Brahmsarovar.

The present research focuses attention on an ancient monument namely “NABHA HOUSE”. It has been recently acquired by the Archaeological survey of India in January 2004. Since then, it has been properly rehabilitated, beautified and opened to public to retrospect on the past inclinations, tastes, traditions, rituals and religious psyche of the then rulers and Nawabs. As the its name indicates, it is a small “ROYAL-RESIDENTIAL-APARTMENT” meant to serve in those days as a means to provide small time lodging comforts for the royal entourage of “NABHA-RIYASAT” of NABHA, now a part of Patiala district, who used to come to Thanesar (Kurukshetra) on the occasion of SOLAR ECLIPSE to have a holy dip in the SAROVARs Namely, SANHIT and BRAHMSAROVAR.

**24. Indian Family and Corporate Culture through  
Anthropological Shades**

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**Key Words:** *Indian Family, Corporate Culture,  
Globalization*

After outset of Liberalized, Privatized and Globalized policies in India during early 1990s, India was flooded with the Multinational Companies and the work culture of these companies influenced almost all walks of life as well as family. An attempt is made through ethnographic studies to surface out the basic nuances of interactional universe comprising of families of those professionals who are in the process of acculturation with the corporate culture at one hand, and have been brought up in the environment dominated by Indian traditions on the other considering globalization as its backdrop. From Anthropological perspective, a shift in the functions of the family can be seen in terms of their economy, residence and careerist thinking which clearly indicates the need to revisit the concept of family in contemporary India.

**25. Nutritional Status of the Weightlifters of Manipur.**

**Ksh. Vedmani Devi, H. Sorojini Devi\* & K. Saratchandra Singh\*\***

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**Key words:** *Nutrition, Weightlifters, Male, Female, Manipur.*

The present study aimed at to assess the nutritional status of the weight lifting athletes of Manipur from a total sample of 41 athletes with aged 14-29 years, i.e. 16 males ( $21.69 \pm 3.5$  years) and 25 females ( $20.96 \pm 4.4$  years), collected from among the boarders of Sport Authority of India (SAI), Manipur and a few from the State Academy of Sport, Manipur. Most of the athletes (53.66%) were in the senior secondary level (Male=29.77% and Female= 24.39%). To diagnose the nutritional status, analysis of the adequability of energy and macro-nutrient intake, i.e. Carbohydrate, Lipids and Proteins was done through the last recall diet records of 24 hr and also from the records of Food Consumption Frequency Questionnaire, besides anthropometric measurements, i.e. Height and Weight. Body Mass Index (BMI) has been calculated and compared with BMI values of NIN, Hyderabad. The average height of the male athletes is  $159.19 \pm 4.56$  and for their female counterpart, it is  $153.14 \pm 5.09$ . The mean body weight of the male is  $64.56 \pm 8.45$  Kg., while that of the female is  $55.88 + 6.63$  Kg. In case of Body weight, the males have BMI of 20.27 while the females' have 18.98. It is evident that though the male athletes were found in normal category but 17.17% female athletes were suffering from chronic energy deficiency (Grade- I) i.e., Mild. It is, therefore, plausible to suggest that more attention needs to be paid on the dietary intake of the athletes especially of the females.

**26. Application of Computer Generated Textile Designs in Innovative Production by Women Entrepreneurs in Manipur: A Case Study.**

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***Key words:** Computer, traditional textile, motifs, women entrepreneur.*

The present study focuses on the application of computer generated textile designs based on traditional motifs in production of innovative female wear, utility items and other household items by women entrepreneurs based in various localities of Imphal city in Manipur State of North East India. The inter-relativity of revitalizing traditional motifs and commercial venture by women entrepreneurs is being highlighted in this paper. For this study, Meitei women artisans working on traditional textile designs in the past two decades were studied. Factors of energy, time and cost were analyzed to find out the difference in their activity before and after application of computer knowledge. Qualities of the products for both types of work and their demands were analyzed. Advantages and disadvantages for both the traditional hand works and the computer generated mechanized products have been observed as the products of the first method have their own cultural and esthetic values, while the products of the later techniques have the advantage for mass production and economic viability. Detail discussions are given in the paper.

**27. Microfinance: MDG and Poverty Alleviation**

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**Key words:** *Microfinance, MDG, poverty.*

Poverty is the major challenge to achieve inclusive society both in developed as well as developing country, it create vicious circle of underdevelopment that leads to various social problems and in turn reducing the quality of human resources of country. The Millennium Development Goal (MDG) is adopted by United Nation (UN) to strengthen the objectives of poverty alleviation. Thus, to counter this multidimensional nature of problems, we need very flexible mechanisms which are acceptable cross-culturally. In this regard, Microfinance emerged as a very successful tool to change the lives of socially marginalized people. This paper essentially deals with the role of microfinance in poverty reduction and it also highlights its role in achieving the other dimension of MDG



**28. Family Therapy and Principles of De-Addiction.**

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*Key Words: Family Therapy, Principles, Dependence, Recovery.*

Addiction is a multi-dimensional one, affects every aspect of the afflicted person's life. At the individual, family and social level, in relationship and even causes problem of survival. The problem has a recurring effect and only a total change in social attitude can bring only meaningful solution. Family therapy involves using a family's strengths and resources to find ways for the person to divert his/her dependency on drugs and alcohol. The impact is then put on the family to help bring the persons through it. From the scientific point of view, it is an effective mode of treatment for substance abusers if certain principles are followed.

**29. A Lower Palaeolithic Site In Giddalur, Andhra Pradesh**

**Manoj Kumar Singh**

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***Key Words:*** *Acheulian tool, Pleistocene, Stratigraphy.*

Acheulian tool type first has been discovered in St. Acheul in North of Paris, France. After that, same kinds of industry have been found from all over the Old World. Kondapeta is rich lower palaeolithic sites which belong to Middle Pleistocene. The stratigraphy of the site shows this is primary site. During the last season of exploration (2010-2011), I have identified 6 assemblages namely Kondapeta I, II, III, IV, V and VII which belong to one industry. This paper deals typo-technological analysis of the Kondapeta industry.

**30. Indian Archaeology as Source for History of Astronomy:  
Heliocentric Concept of the Planetary System, C.11<sup>th</sup> A.D.**

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**Key Words:** Indian Archaeology, History of Sciences,  
Heliocentric.

Occidental scholars of early modern period have propounded a heliocentric concept of planetary system. Yet no dated or undated Indian archaeology depicting a heliocentric concept has so far been reported. In this study we report a member dated to c. 11<sup>th</sup> A.D. We may interpret the layout (in the Figure) as consisting of seven planet members and a central flat disc. The peripheral spheres are the five naked eye planets, Earth and Moon. They are *Soma*, *MaÆgal*, *P<sup>a</sup>ithvi*, *Boodh*, *B<sup>a</sup>haspati*, *Īukra*, *Īani* (Moon, Mars, Earth, Mercury, Jupiter, Venus & Saturn) i.e. a 7 member system and the bottom blank space as that for the two nodes (*RÁhu* & *Ketu*). All planets have equal size, equal spacing and are equidistant from the centre except for the ‘node’ region. Our considered view is that this is by conscious design. The central disc represents the Sun. It appears to be incomplete (we guess some exigency), which is why, radiating lines have remained un-drawn. The planet members have been depicted in bass relief. The central region cannot be interpreted as representative of earth as because by c.4<sup>th</sup> A.D., Indian school of positional astronomy already had established that the earth was spherical (and not flat); see *Aryabhatiya* by Sri Arya-Bhatta.

**31. Human Adaptation and Migration: An Anthropological Study on Migrant Tibetan High Altitude Population**

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Bhubaneswar, Odisha

**Key words:** Tibetans, GHQ-12, BMI, Birth weight, Blood Pressure.

The present study attempts to understand the impact of environment on population biology by studying an Asian high altitude population migrated to low altitude, inhabiting in an alien and different ecosystem, and comparing the results with other studies in different situations. Tibetan migrants in Odisha and their demographic, nutritional, haematological study and mental health status shows that the present generation Tibetans are in transition and emerging as one of the most successful population who coped bio-culturally to the present conditions, particularly the role of women is very significant in the overall development of the Tibetans in exile in India.

**32. Tribe: Zonal Division of Indian Tribes**

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**Key Words:** *religion.*

The tribes live in their own society & try to maintain and respect their own rules & regulations. They also believe that god as well as religion controls their life. With examples of the Indian Tribes, we can see that the tribes live in their own territory all over India.

**33. Ageing Related Changes in Anthropometric and Physiological Traits among the Male**

**Meitei of Ithing & S. Jibonkumar Singh**

Laishram Ibohal Meitei

Department of Anthropology, Manipur University

*Key words: Ageing, Anthropometric Measurements, Blood Pressure.*

The present study attempts to evaluate the magnitude of changes in Anthropometric and Physiological traits brought by ageing. It is based on cross-sectional sample of 175 healthy - normal male Meitei of age group 20-75 of Ithing Village, Manipur. For evaluating anthropometric and physiological changes, measurements such as weight, height, upper arm girth, waist girth, hip girth, chest girth, bi-condylor breadth of femur, bi-epicondylor breadth of humerus; biceps, triceps, calf, abdominal, thigh, supra-iliac and sub-scapular skin fold; and pulse rate, blood pressure, breadth holding capacity were recorded. Variation in both Anthropometric and Physiological traits were seen with advancing age. Maximum values of magnitude were observed in the age group 40-44 and the minimum values lies in the age group 60+. Progressive increase in the mean values from one age group to another was observed up to 40-44 years and reached the peak values. Then, it starts declining thereafter.

**34. The Art of Self-Similarity in Indian Temple Architecture: An Analysis Based on Fractal Geometry**

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***Key Words:** Temple architecture, Self- similarity and Fractal dimension*

This research paper explores self-similar fractal character of Indian temples. Self- similarity in structural composition is a unique character of Indian temples which can be seen from sixth century AD onwards. Be it Nagara, Vesara or Dravida style, temples in India appear adorned with self-similar units of the whole structure. Fractal Geometry, an analytical tool of Chaos and Complexity theory, is used here to explore the self-similar composition in Indian Temple Architecture. Application of the principles of fractal geometry starts with the identification of fractals in temple architecture in various levels such as base plan, elevation and other decorative patterns. Fractal dimension calculation of specific temples using Box-Counting method is also included in this paper. The fractal analysis brings the natural order hidden in the complex structure of temples. In this way this study attempts to reconcile ancient aesthetics and post-modern science.

**35. Kondapeta: A Lower Palaeolithic Site In Giddalur,  
Andhra Pradesh**

**Manoj Kumar Singh**

Department of Anthropology, University of Delhi, Delhi

***Key Words:*** *Acheulian Tradition, Pleistocene, Stratigraphy.*

First time an Acheulian tool type has been discovered in St. Acheul in North of Paris, France. After that, same kinds of industry have been found from all over the Old World. The Acheulian sites have been reported from Andhra Pradesh particularly from Kurnool, Cuddapah and Chittoor district since last century. Kondapeta is new and rich Acheulian site has been discovered in Prakasam District of Andhra Pradesh in 2011, which belong to Middle Pleistocene. The stratigraphy of the site shows this is primary site. During the last season of exploration (2010-2011), I have identified 6 assemblages namely Kondapeta I, II, III, IV, V and VII which belong to Acheulian tradition. This paper deals typo-technological analysis of the Kondapeta industry.

**36. Print Media and Health: A Case Study Of Cancer**

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*Key words: Cancer, print media, manifested themes and latent themes.*

Print media are aimed to reach the masses at large and contain many implicit and explicit messages about health analysis of which may help in addressing variety of issues. The present study aims to analyse the interrelationship between print media and health and portrayal of cancer in two daily English newspapers namely, The Tribune and The Times of India, published from Chandigarh. A total of 325 newspaper articles from 2008 to 2011 were collected and analysed. It was found that lifestyle frame was the most dominant frame of portrayal of cancer in print media followed by political/ economy frame, medical and social frame. The manifest themes included theories regarding causes and prevention of cancer, environmental causes of cancer, breakthroughs in medical treatment of cancer and social aspects of cancer. The latent themes included the use of battle metaphors, use of scary statistics and use of personal testimonies.



**37. The Role of Fenton Medicine in Therapeutic Aspects in  
Mental Illnesses**

**Beldeu Singh**

Dept. of Anthropology, Panjab University

Behaviour and treatment seeking is influenced by culture and knowledge and accessibility. Views and definitions and categorization of mental illnesses are influenced by traditional beliefs and worldviews as shaped by culture and research. Mental health problems, whether looked as disorders, diseases or illnesses have undergone a change in how such problems were defined and categorized as seen with changing guidelines and criteria. It appears that whatever the disturbed biochemistry as revealed by studies, such disturbances and imbalances have a common underlying mechanism initiated by excess ROS and the formation of the peroxy nitrite oxidant that cause oxidative damage and deplete natural antioxidants in cells. The depletion of glutathione, in particular, is found to lead to the formation of proinflammatory factors including leukotrienes and  $pgE$  which become a problem in maintaining healthy biochemistry. In this regard, glutathione is a critical bio—regulatory molecule in certain pathways. While Fenton reactions promote free radical toxicity, it was found that these can be rapidly stopped in the body by extracts obtained in the nano-form from edible substances and the arrest of Fenton reactions is being introduced as form of therapy in Fenton medicine as it has been found be effective with fast relief and it is non-toxic. A few of the basic Fenton reactions are explained, including the role of glutathione and antioxidant enzymes that are essential in Fenton medicine.

**38. Estimation of Stature from the Hand Length and the Finger Ball Length among Santhal Tribe of Mayurbhanj District, Odisha**

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*Key words: Forensic Anthropology, Stature, Personal Identification.*

In the forensic anthropological world it is important to be able to estimate body height from a variety of bones. Keeping this in mind, the present study aims to estimation the stature from the hand length and finger ball length among male and female Santhal of Mayurbhanj District, Odisha. To this aim the stature, hand length and finger ball length, as well as print of both of the hand and finger ball length were recorded on each subject using the standard measurement techniques recommended by Martin and Saller. The data is composed of 100 Santhal subject (50 males and 50 females) within the age range of 18-48 years. The data was divided into three age groups i.e. 18-28, 29-38, 39-48 year. Multiplication factors (M.Fs) for stature estimation were produced using the above mentioned variables. Analysis of data reveals that the Santhal males are taller than the Santhal females.

**39. Endangered Languages and Vanishing Cultures: A Study  
with Special Reference to Sikkim**

**Jayaraman Suresh, & Rony Patra\***

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Sikkim, the erstwhile kingdom of the Chogyal dynasty, was accessioned as the 24<sup>th</sup> Indian state in 1975. Nestled in the Eastern Himalayas this tiny state is the repository of 13 ethnic groups, speaking 13 different languages and practicing divergent cultures yet living together in absolute harmony showing the singular example of the saying 'Unity in Diversity'. The Bhutias, Limboos and the Lepchas are the original inhabitants of the land. The other minor communities entered the state over a period of time due to changing boundaries on account of wars and pacts. Since 1975, the state has accepted Nepali as the state language and English became the language of education. All the other languages were pushed to home domain. This high handed language policy made Nepali the dominant language of the state and under the pressure of Nepali, all the other languages lost their use and ultimately became marginalized. The younger generation is not even aware of their mother tongue. Foreseeing a major linguistic catastrophe, the state government initiated steps to revive these languages. Similarly the traditional cultures are on the verge of extinction and the youth are totally motivated towards western culture. This has resulted in the loss of cultural and ethnic identity. This situation is alarming. The present study explores the present state of languages and cultures of the various ethnic groups and suggests steps to revive them and preserve them for posterity.

**40. Fertility Levels among the Vaiphei Tribe of Manipur: A Case Study**

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*Keywords: Fertility, Vaiphei, Ever Married Women, Menarche.*

The present paper is an attempt to examine the fertility levels among the Vaiphei tribe of Kangvai village of Churhandpur district, Manipur, based on a survey of 110 ever married women. The study proposes to analyze the relationships of different variables with fertility such as age at marriage, age at menarche, age at menopause, age at first delivery, family planning, educational and occupational status etc, all of which contribute some sort of influences on fertility performance. The analysis of fertility is carried out in period perspective and data on age is estimated by recall method accompanied by a cross check. Fertility rates and ratio are estimated following standard formula. Findings revealed that the overall fertility rates of the present women population are somewhat higher than those of the state or national figure with a mean of 4.13 lives birth per women. The sex ratio is also higher favouring females. Findings further revealed high fertility rates in the nuclear families with 5.57 mean live births per women than those of joint families (4.47). This high fertility may be attributed to lower age at marriage (starts from 14 years ), lower age at first delivery ( starts from 15 years ), less awareness of family planning methods among women (63.63%), low literacy rate (47.14%) as well as occupational status etc.

**41. Onset of Menarche among the Vaiphei Tribe of Manipur  
in the Perspective of Their Innovative Hygiene Care Measure.**

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*Key words: Menarche, Vaiphei tribe, Churachanpur district.*

The paper presents report the age on onset of menarche and also the related health and hygienic measures from a total sample of 100 individuals belonging to age group from 13 to 52 years. The mean menarcheal age is  $14.77 \pm 0.179$  years. Traditionally, they did not follow any particular hygienic care during the pre and post menarcheal discharge. Now a days 47% subject used cloths as an absorbent which is washed along with soap or detergent and dettol. Some of them could dry it indoors for concealing it. 25% used sanitary pads available in the market as to their absorbent and certainly they found it to be more hygienic. However, to their convenience 20% of them have to resort to both cloths and sanitary pads. They used allopathic medicines whenever they suffer from acute pains during their menarcheal period. Hardly there are any taboos observed by the menarcheal period. Some of them, however, do not take fruits (14%) and Oil (1%). In some rare cases, a girl is abstained from cooking during their menarcheal period. Detailed observation shall be summarized in the paper.

**42. Estimation of Stature from Foot Measurement among the Vaiphei of Churachanpur District, Manipur**

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Department of Anthropology Manipur University,  
Canchipur  
**Imphal-795003**

**Key words:** *Estimation of stature, Foot-length, foot-breadth, Vaiphei, Manipur*

The present paper is an attempt to examine the possible correlation and multiplication factor the estimation of stature using foot-length and foot-breadth among the Vaiphei tribe of Churachanpur District, Manipur. A total of 200 individuals comprising of 100 males and 100 female were measured for stature, foot-length and foot-breadth. The correlation between stature and foot-length is more preferable than foot-breadth and stature in both the sexes for the estimation of stature. T-test show statistically significant variation in between the males and females for all three parameter. The 'r' value of female in between foot-length and stature is 0.63 and foot-breadth and stature is 0.38. The 'r' value of male in between foot-length and stature is 0.58 and foot-breadth and stature is 0.37. The results, therefore, suggested to have a strong correlation between stature either with foot-length and foot-breadth although the first are suppose to show a better correlation. The study confirms either from foot-length and foot-breadth. It still holds true.

**43. Incidence of Digital Patterns and Palmar Main Line  
Formula among the Inpui Tribe of Manipur**

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Manipur University - 795003, Imphal

*Key Words: Dermatoglyphic, Digital pattern, Main Line  
Formula.*

The present paper reports, the incidence of digital pattern, Palmar Main Line Formula, atd angle among the Inpui tribe of Tamenglong district, Manipur From a total of 100 individuals (50 M and 50 F). Bilateral palmar prints were collected following Cummins and Midlo (1960). The incidence of loop on finger ball area is common among this tribe and the pattern are found in the preponderant order of Loop>Whorl>Arch, and it is true in both the sexes. Galton's Main Line formula, 9, 7, 5 has been found to be in the highest frequencies in both the sexes. In the distribution of D-line ending, the highest is found at 9<sup>th</sup> and 7<sup>th</sup> palmar positions on both palms of both sexes. The C-line endings are found in the highest frequencies in the 5<sup>th</sup> and 7<sup>th</sup> palmar positions, the highest frequency of B-line ending is found in the 5<sup>th</sup> position of both sexes. The A-line ending is concentrated inclusively in the 3<sup>rd</sup> palmar position. The classification of the axial tri-radii i.e. t, t' and t'' as based on the estimation of atd angle according to Penrose has been found in t-type i.e. below 45° on both males and females.

**44. Child Mortality: A Survey on Haochong Inpui Tribes of Tamenglong District, Manipur.**

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Canchipur-795003, Imphal

*Key words: Morbidity, Diseases, Inpui tribe Manipur, Environment.*

The present paper attempts to study the child mortality along with morbidity pattern among the Inpui tribe of Haochong Village Tamenglong District, Manipur based on a field work conducted in the month of April, 2011. From a total of 144 death cases which took place in 50 families within a period of some 60 years (1951-2011), only 21 (18.42%) children belonging to 1-10 years of age groups were recorded. It may be said that the case of child morbidity is very low in contrast to all India picture (22.8% in 1951-1961 census). Findings revealed that 23.8% of the children are infected with dysentery and diarrhoea, 14.28% of the children are infected by small pox, 4.76% by jaundice, 19.52% by pneumonia and 5.12% of children by unknown diseases etc are the common ones prevalent in the village. Further it is also revealed that poor sanitary and hygienic practices among the villagers to be the most important contributing factors causing morbidity apart from other environmental and socio-economic factors.



**45. Study of Mortality Pattern among the Vaipheis of Kangvai Village of Hurachandpur District, Manipur, During Ten Years (2001-2010)**

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Manipur University, Canchipur-795003

**Key Words:** Mortality, Diseases, Ten years, Vaiphei Tribe, Manipur.

Mortality is one of the components of population change and it has always been an important aspect of human biology and demography. The present paper attempts to study the mortality rate among the Vaipheis of Kangvai village of Churachandpur District, Manipur. In this village, there are 840 individuals of which 347 are males from a total household of 125. Interviewing method was employed and the cases of deaths occurred during a period of 10 years (2001-2010) have been recorded in a schedule performa. The data have been varified from the Church record of the village. It has been observed that mortality rate is higher among the males (63%) than the females (36.95%) out of 46 mortality cases during the period (2001-2010). Findings reveal that these mortality cases are caused by natural death with unknown diseases, the rest by Jaundice, Cancer, Liver Cirrhosis, Diabetes, Tuberculosis, and Fever. The results further revealed that cultivators have the highest mortality rate than other occupational groups.

**46. Anthropological Critiques on Bioethics**

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***Key Words:*** *Bioethics, anthropology, crgss-cultural analysis*

Anthropologists criticise some components of bioethics because of their abstract principles derived from arm-chair philosophy and lack of cross-cultural analysis (and ethnocentric view) for that they prepare a readymade ethical code of conduct which may differ significantly from culture to culture. The present study aims to investigate such area of bioethics which may criticise in the light of anthropological fieldwork. The study is a type of Cognitive research with documentary search in related field of research. The study finds some area of bioethics to study cultural construct of morality including cross-cultural analysis keeping in mind cultural relativism in true sense.

**47. A Study on the Quantitative Variation of Head Hair of Mundari and Dravidian Speaking Population of Eastern India**

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*Key Words: Munda, Oraon. Head hair, quantitative variation*

Most patterns found in the analysis of human living populations are likely to be consequences of demographic expansions. This demographic expansion of farming being fundamental premise of prehistoric model signified population migration supposed to have occurred in the Neolithic with genetic consequences and language replacement. Not only evidenced by human prehistory but also archaeology, historical linguistic and physical / biological anthropology traits emphasized varying degrees of precision information about past populations histories. The Neolithic influx of Indo-European and Dravidian speakers from Southwest Asia into India has been followed by the Mundari speakers, the part of larger Austro-Asiatic family of the Southeast Asia represented by the hill tribes in eastern and parts of central India, envisaged as agricultural Neolithic influx from the Northeast. Evolutionary divergence in linguistic structure of Austroasiatic into Munda and Mon-Khmer seems to have significant historical implications with regard to biological traits and linguistic attributes. However, the spatial distributions of Munda language group concentrated in the hills of Eastern India are encapsulated by smaller Dravidian languages. The Munda language family includes a number of relatively small and often isolated languages in two main sub groups e.g. South Munda and North Munda which include Mundari groups in Jharkhand to farther south. Although language and the history of population movement bear testimony to the movement of the Mundari speakers, presently represented by Munda. Santa). Ho, Birjia. etc. of the Chotonagpur hills.

**48. Sky Maps and Mohenjo-Daro Seals**

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**Key Words:** *sky map, Mohenjo-Daro seal, mythology, Vedic culture.*

The archeological studies such as Mohenjo-Daro seals indicate the sculptural origin but not the cultural, either indigenous or migrated. So around 5000 sky maps of nearly 320 cities/countries in general and 20 countries with mythological histories in particular are examined. The correspondence of the coordinates of the narrated constellations is verified with the respective countries. The Vedic mythologies, along with divine descriptions, revolve around Milky Way, ecliptic, solstices and equinox. The equinox is mentioned, directly at the end of Aries and Scorpio, and indirectly it's shifting from Gemini to Aries. So their origin was traced to India and shifting of the equinox to 2-6000 BCE by K.D.Abhankar. The present study of sky maps and their coordinates support Abhankar and indigenous origin of Vedic mythologies, cultures and sculptures.

**49. Effect of Pollutants and Weathering on Cultural Property**

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***Keywords:** Bio-deterioration, Cultural heritage, Weathering and Atmospheric corrosion.*

The three important factors influencing the deterioration of monuments and buildings belonging to the cultural heritage are: (a) Bio-deterioration processes (b) Atmospheric deterioration or weathering of the materials exposed to open air and (c) Natural and anthropogenic pollution. Thus, the environment plays a decisive role in the type and extent of deterioration processes experienced by the cultural property. A synergistic relationship between biological and atmospheric effects on the deterioration of structural materials was observed. Air pollution can have a significant effect on the weathering of monuments and on the deterioration of museum objects and prehistoric cave paintings. Climatic changes and day by day increasing in air pollution intensified the atmospheric degradation of stone inconsequently affecting the aspect and integrity of valuable historical buildings constructed using limestone and located in tropical sites. This paper is view of analysis of drastic changes of limestone degradation process due to air pollution and humidity in tropical humid conditions in historical buildings.

**50. Association of Adiposity Index-Body Mass Index, Blood Pressure and Blood Sugar Adult Women of Delhi**

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*Key Words: Blood Pressure, BMI, Blood Sugar, Obesity.*

Obesity has been consistently associated with increased cardiovascular risk, at least two-thirds of the prevalence of hypertension directly attributed to obesity and increasing incidence in blood sugar level. Keeping these perspectives in consideration, the study comprised of 618 women residing in Delhi. Those subjects who were still experiencing menstrual period designated as Premenopausal women (n=415) were in the age group of 25-50 years and those who had attained menopause were referred to as Postmenopausal women (n=203) in the age group of 40-65 years. The subjects were tested for obesity level as assessed by BMI, systolic and diastolic blood pressure recorded using sphygmomanometer, pulse rate and heart rate and random blood sugar. Both systolic and diastolic blood pressure was significantly correlated to BMI an index of obesity in premenopausal women, whereas such was not a scenario with postmenopausal women. No statistically significant correlation between BMI and heart rate and pulse rate was found among both Premenopausal and Postmenopausal women. Random blood sugar was found to be more in postmenopausal women than in premenopausal women though it was still in normal range. It requires further research to ascertain the genesis and evolution of obesity-related co-morbidity.

**51. Genomic and Linguistic Affinities: A Study of Allelic and Haplotype Diversity at DRD2 Locus among the Tribes of Gujarat, Western India**

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*Key words: Linguistic similarities, genetic affinities, DRD2 gene.*

Do genetic and linguistic affinities necessarily go hand in hand? The present paper explores this dimension of population structure using three evolutionarily important. TaqI sites on Dopamine Receptor D2 locus. DNA samples from unrelated 612 individuals belonging to 11 Indo-European speaking tribal groups of Gujarat have been analysed. All the three sites are found to be polymorphic with greater inter-population variation seen at TaqI 'B' site. The average heterozygosity for the haplotype system has been found to be high in the study populations. Most of the populations share six of the eight haplotypes pointing towards underlying genetic uniformity which is further reaffirmed by regression analysis of heterozygosity on genetic distance. The frequency of ancestral haplotype B2D2A1 is found to vary between 1.9% and 15.9%. Our findings reveal strong affinities between IE speaking tribal groups of Gujarat and Dravidian speaking tribal groups of South India suggesting that genetic affinities may not necessarily be dependent on linguistic similarities.

**52. An Analysis of Prevention of Domestic Violence Act 2005 and Sexual Harassment Bill: Popular Perceptions and Possibilities.**

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A healthy society is a balanced society providing equality to all in all aspects of life and existence. Indian society on the contrary, since time immemorial has accorded women a subordinate status. Any hierarchical social system has an inbuilt gradation of domination and subordination, as well as institutionalized violence and victimization. This is perpetuated by various means — subtle pressure through the power of ideology, the mechanism of internalized social norms, and the system of social sanctions which penalizes non-compliance. By and large institutions and traditions have been used as handy tools to victimize women. The reason of such gross discrimination is embedded in dichotomous patriarchal view of women. To check such gender discrimination, numbers of laws are enacted to meet the gap due to strong patriarchal mentality and unfavorable social environment.



**53. Somatotypes among the Ao Naga Girls of Mokokchung District, Nagaland, North-East India**

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**Key words:** *Somatotype, Endomorph, Mesomorph, Ectomorph, Ao Naga.*

A cross-sectional investigation on 315 Ao Naga girls aged 10 to 18 years was carried out to find out the somatotype components. The subjects were somatotyped employing Heath and Carter anthropometric protocol. Distribution of somatotypes on the somatochart showed mesomorph- ectomorph from 10 to 12 years of age, central type from 13 to 14 years of age, and mesomorph- endomorph from 15 to 18 years. As the age advanced an increasing trend was seen in endomorphy and a decreasing trend in ectomorphy. In mesomorphy less marked changes was seen. These changes in the somatotype components with the advancement of age may be attributed to physical activity pattern.

**ABSTRACTS OF THE ORAL/ POSTER PRESENTATIONS**  
**Educational Science**

**1. Community Participation in Eco-Schools for Sustainable Environment from Cuddalore District of Tamil Nadu, India**

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*Key words: Community, eco-schools, pre-test, post-test, knowledge, attitudes, practices, performances*

In these days of environmental crisis there is a need to increase people's sensitivity to and involvement in, finding solutions for environment and development problems. Education can give people the environmental and ethical awareness, attitudes and values, skills and behavior needed for sustainable development. Even though adequate concepts on environmental concerns have been incorporated in the textbook of all subjects right from first standard, teachers are unable to infuse effectively in their teaching learning process. As a result the children are deprived of environmental ethics and consequently when they become adult citizens they resort to destructive activities on the environment. In this scenario, after realizing the need for promoting knowledge along with attitudes, values and skills among teachers and students on environmental concerns ecoschools have been established. The present study which was carried out by involving 120 members of the community from 10 of the 50 elementary ecoschools developed in Cuddalore district of Tamil Nadu from July 2008 to March 2009 focuses on the need for participation of members of the community in improving the performance of the ecoschools for sustainable environment.

**2. A Study of Achievement in Biology in relation to Health Awareness and Scientific Hobbies of Students Studying in Secondary Schools**

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*Key Words: Achievement in Biology, Health Awareness.*

The present research attempted to study the achievement in biology of eight standard students in relation to health awareness and scientific hobbies. The dependent variable is the achievement in Biology and the independent variables in the study are health awareness and scientific hobbies. The moderator variables considered in the study are gender, Types of school, locality and Types of Family. The data for the study was collected personally by the researcher from 660 eight standard students of Bangalore urban and rural district. The tools for collecting data were achievement test in biology, health awareness questionnaire and scientific hobbies scale. These tools were developed by the researcher. The data collected were tabulated and analyzed with the help of statistical techniques correlation, t-test and analysis of variance. It was found that the eight standard students belonging to high group of Health Awareness and Scientific Hobbies performed better in biology than the students belonging to moderate and low groups of Health Awareness and Scientific Hobbies.

**3. Impact of Home Environment of Secondary School Students on their Personal Values**

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***Key Words:*** *Home Environment, Personal Values.*

Family being the first and major agency of socialization has great influence and bearing on the development of the child. It has been shown by various studies that most of the children who are successful /great achievers and well adjusted come from the families where sustaining wholesome relationships exist. So, it is the home which sets the pattern for the attitude towards people and society, aids intellectual growth in the child and supports his aspirations and values in life. An attempt is made in the present study to find out the impact of home environment of secondary school students on their personal values. A sample of 200 secondary school students selected randomly from rural and urban secondary schools situated in Bangalore District was the subject of present study. The researcher used two scales developed and standardized to measure and quantify the home environment and personal values of secondary school students. Data collected was analyzed statistically using 't' test technique. Result revealed that urban and rural boys and girls from different types of home environment possess the dimensions of personal values differently.

**4. Impact of Laboratory Activities in improving Conceptual Understanding of the of Senior Secondary Students**

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**Key words:** *Conceptual understanding, Team spirit, Workmanship.*

The word Lab or Laboratory in the minds of most people is synonymous with scientific investigation. If the laboratory is where scientists do their work, then it follows that much of science can best be learnt in the laboratory setting. It allows students to have experience that are consistent with the goal of scientific literacy. Laboratory activities are integral part of science teaching. Biology being the subject of living beings can be made lively and understood properly only with the help of practical experiments. Practical activity taking place in a laboratory is not only associated with proper understanding of the subject but it has an important role in shaping the personality of a student. Laboratory activities when performed by the students gives a clear understanding of the theory already taught in the class. It develops skill and application ability among students. It develops a sense of responsibility, punctuality and grows team spirit. It makes the student more confident as his concept is clearer. It helps to grow workmanship in a student. A student performing practical experiments must be able to handle all the equipments utilized properly and systemically.

**5. Role Stress among Secondary School Teachers: A Cross-gender Perspective**

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*Key words: Role stress, gender, secondary school teachers*

In the modern time of complex economic, socio-political structures when the aspirations of people are skywards, stress in any kind of role sounds inevitable. The present study aimed at exploring the gender differences in role stress and its dimensions in a random sample of 190 secondary school teachers (Mean Age= 33.75; Male=100 and Female = 90) from different government and private schools of Patiala district of Punjab. The results of analysis of data revealed significant gender differences in role stress and its dimensions among secondary school teachers. Further, female teachers in the study scored significantly higher on role stress and its dimensions, namely: Inter-role Distance (IRD), Role Stagnation (RS), Role Expectation Conflict (REC), Role Erosion (RE), Role Overload (RO), Role Isolation (RI), Personal Inadequacy (PI), Self-role Distance (SRD), Role Ambiguity and Resource Inadequacy (RIn) as compared to their male counterparts. It is suggested that there is need for periodical stress management programmes for reducing the levels of stress among female teachers. Implications of the results are discussed.

## **6. Values – A Missing Dimension in our Scientific Growth and Development**

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***Key Words:*** *values, scientific Groth & dev.*

In the present system of education, there is over stress on natural and biological science, commerce and economics, computer science, applied mathematics, statistics etc., but education in other social science and humanities are more particularly on value education subjects has not only been regulated to the background but has deliberately been omitted from the curriculum. This has resulted in a great imbalance in the development of human personality and society as a whole. Knowledge of science does not enable us to discriminate among competing value systems; for the latter, education on value is needed. So it is urgent that we have to realize the gravity of situation and introduce value education along with science education at any cost.

## **7. Factor Analytic Study of Internet Usage on Educational Perspectives**

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***Key Words:*** *Internet, Educational Perspectives, Information.*

The Internet has emerged as the most visible component of the dynamic developments of information and communication technologies. It has also affected the field of education at all levels. This paper attempted to explore the artificial dimensions of Internet usage on educational perspectives. With help of a statistical tool, factor analysis for this research the investigator adopted and standardized a questionnaire based on Internet usage on educational perspectives and collected responses against it. Survey method with stratified random sampling techniques was used in collecting the data from 296 subjects. Finding revealed five dimensions of Internet usage on educational perspectives viz Application of Internet in teaching –learning process, Motivational aspects of internet use in learning, Credibility of information sources on internet, Internet for career development, Utility of internet, Which support the multidimensionality of Internet usage on educational perspectives.



**8. Effect of Socio-Economic Status on Mental Development  
of School Going Children in Patna (Bihar)**

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*Key Words: - I.Q. level, socio-economic status.*

The children experience rapid physical and mental growth during school age period. Socio-economic status of the family has a bearing on the nutritional status of the children which in turn affects their physical growth and mental development. The present study is an attempt to examine the nature and extent of relationship between socio-economic status of the family and mental development of school going children (both sexes) in Patna (Bihar). 350 school going children (222 boys and 128 girls) in the age group of 6 - 11 years, randomly drawn from the total list of schools in Patna municipal area. The I.Q. level of a sample of school going children was examined across income levels of their families. The I.Q. level of children (both sexes) was found to improve with the rise in income level. The I.Q. level of boys was found to be better than that of girls for all income levels.

## **9. Co-Learning in the Collaborative Mathematics Classroom**

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**Key Words:** *co-learning, collaborative mathematics classroom.*

Co-learning agreements between researchers and practitioners have been suggested as a way of generating research findings that are useful to improving schools and informing classroom practice. In this chapter we describe how a co-learning agreement was developed as a basis for researching aspects of the learning of mathematics in the classroom of a teacher whose pedagogy emphasised collaborative problem-solving as a major vehicle for learning mathematics. A study of co-operative group work in mathematics found that the perceptions of high achieving students (in terms of the purpose and benefits of group work) were more in line with those of their teacher than those of low achieving students. In contrast, the research reported in this chapter of a collaborative mathematics classroom revealed no such differences between students. In using a co-learning approach both authors felt that they learnt more about the processes of collaborating in researching and learning mathematics than they would have done with either a more traditional 'data gathering' approach led by the researcher or as a piece of action research by the teacher. The chapter suggests that co-learning can be a useful way of collaborating and describes the benefits such an approach can offer when researching classroom processes.

## **10. Education and Development**

**Faiz Ahmed**

Nafis colony Mahendru Patna -6

**Key word:** *education, Development.*

The processes of development followed for years have threatened the very survival of millions of people standing at the margin of our society. Sustainable development is a humane answer to this inhumane question. Distributive justice and equity are key words for sustainable development. Education is the single most important factor for development of a society. In the present knowledge society university is vitally linked to developmental processes. In order to contribute to the sustainable development of our society, our university system needs to be reorganized on the basis of indigenous needs. Nearly eighty percent of the world's population lives in developing countries like us, hence our university system may serve as model for many of them and the meaning of globalization may revolve around needs of majority of the world's population living in developing nations not around small proportion of the people living in developed countries.

**11. Barriers to Women in Computer Education- A Case Study in Jorhat District**

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**Keywords:** *Computer education, computer literacy, women education.*

The computer education is essential for both men and women for development of a country. But worldwide, there is a significant discrepancy between the numbers of male and female graduates from computer science programs. A study was conducted to determine the computer literacy rate of women in Jorhat district of Assam and also to determine why only a few women are interested for computer education. The study identified some barriers which are very significant for lower rate of computer literacy and low entry rates of women in computer education.

**12. Role of woman in Medical Advancement and Technology: Quo-vadis**

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**Keywords:** *Freezing eggs, women's autonomy, abortion*

From freezing eggs and dialing for donor eggs to renting a womb and cashing in sperms from the sperm bank, there's an array of baby shopping choices. So, thanks to medical technology, it is never missing the baby bus, though it raises many ethical and moral questions pertaining to family and society. Some of the most rancorous and divisive debates in modern science either touch upon or are tied up with issues like pregnancy, women's autonomy, abortion and the status of a fetus. It is needless to say that the role of woman is most crucial and decisive in the above issues.

### **13. Quality Improvement of Teaching in School Level at Present Era**

**Renu Kumari**

"Reader" Dr. Z.H.T.T. College,  
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The 21<sup>st</sup> century remains in crucial period of change and development. It is primary known as information age and knowledge drinkers. The first will be driven by societal transformation for a just and equitable society and the secondly wealth generation. The third will be driven by protection of knowledge, not only that one generated in its research laboratories but also its traditional knowledge by our communities over centuries in laboratories of life at least in this country. We always wanted to have the philosophy of seeing the whole world as one entity. The logic of the communication and information revolution and the forces of globalization have rendered the concept of mutually exclusive geographical have rendered the concept of mutually exclusive geographical jurisdiction of designated universities quite out of tune with the times. The school are the second most important social agency and the influence of teachers in personality building of children are greater after parents. It be believed that where teacher will be good, good society will emerge or vice-versa. India has good planning and policies for its vast population still after implementation they do no bring the desired result.

**14. Ethics and Values in Secondary Science Curriculum**

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***Key Words:*** *Ethics, values, science curriculum.*

The weakening of ethical and moral values in younger generation is creating many social and ethical conflicts. There is an imminent need for readjustment in the curriculum in order to make the education a forceful tool for the cultivation of social, moral and scientific values. Education should be foster universal and eternal values, oriented towards the unity and integration of our people. Such type of value education will be helpful in eliminating violence, intolerance, indiscipline. Religious fanaticism, fatalism etc on the one side and foster the standard of living, harmony on the other side. In the present study, the author examines the place of ethics and values in science curriculum.

**15. Still Treading on the Footsteps of Man**

**Jessie George**

Principal, Women's Training College, Patna University

**Keywords:** *Self-proclaimed, Positive-aspects, Contributor*

Women today are competently running the lives of their family, office and themselves as a mother, worker and a personality in her own right. They have changed from caretakers to teachers and disciplinarians, from routine clerical job doers to doctors, engineers and bosses, from affection givers and selfless personalities to self thinking and self proclaimed finders & believers who have discovered that they have to dedicate time to themselves to be a competent all rounder. Role sharing to them, still means the positive aspects of multiple roles that can outweigh potential negative consequences, but the strategies and methodologies have changed. Amidst all this role challenges, she acquires the strain at not being able to proceed not because of her lack of ability or efficiency but at the lack of acceptance and appreciation at following these paths and ways. Women are adding to the GDP of the country and she has realized that she is now not just a household contributor but a national and international contributing player who with time could affect the balance, the world over. What are the various states she that she is going through and how she will combat and where will this tend to place her in our society are some of the aspects that are going to be dealt with in this paper. With all the ups and downs and the large waves that try to stop her or retreat her footsteps, eventually she is going to find, an unavoidable and indispensable place in society.

**16. ICT Awareness in B.Ed. Trainees of the College of Education in Surat City**

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Shri Mahavir Vidhyamandir Trust B.Ed. College, Surat

***Key Words:*** *Meaning of ICT, Teaching-Learning process.*

Education is a process of human enlightenment and empowerment for the achievement of a better and higher quality of life. Teaching is an ever changing profession. And a teacher is the one who has and give updated knowledge to the younger generation on par with global standard. ICT is an essential tool for achieving sustainability and will help in enabling better and increased access to information to enrich the teaching learning process. Teaching is a process in which the teacher and students create an interactive environment. That's why, the investigator had done her small research in this area, in which she had decided three objectives and 150 B.Ed. trainees of three colleges of Surat city. She had used two tools for data collection one was developed by her and another was readymade available on internet. By the end of the experiment, she came to the conclusion that there was low positive correlation between ICT awareness and Teaching skills of B.Ed Trainees of the college of Education of Surat city. Hance, ICT has undoubtedly become a powerful tool that is breaking the traditional methods of education. ICT based teaching learning process may lead to effectiveness and efficiency of educational system.



**17. Popularization of Science through Science Centres**

**Khagendra Kumar**

Principal, Patna Training College Patna

Various measures are being taken by the state and non-state agencies for popularization of science among the common people in order to develop scientific attitude and rationality among them which is supposed to be the essential ingredient for the development of a society and peaceful coexistence among the members of the society. Opening of science centres in various parts of the country is one of the important measures for popularization of science. During last thirty- two years many science centres were opened in the country at national, regional and sub-regional levels which provided informal environment for science learning to the common people. The science centres also served as supplements to formal learning by school and college students and teachers as well. In the present paper the author has made a detailed study of the Nehru Science Centre, Mumbai and tried to understand the process of spreading of science among its visitors. Effort will also be taken to know the impact of Centre's visit/s on the visitors.

**18. Policies, Practices and Politics of School Education without Quality**

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***Key Words:- Politics, school Education, Quality.***

The paper focuses on the basic problems and obstacles incurred in school education system in India. Education is not just another marketable commodity and profit is not its primary concern. Education is mainly responsible for shaping the process of economic and social development of the country. The school system is the basic ingredient for higher education and ultimate development of a society. Although elementary education has become fundamental right of our children but our school system as a whole is seriously ill as far as quality of state run schools where most of our common children study is concerned. The present paper critically analyses policies and practices of the school system leading to their failure to provide quality education to our children. The author has also tried to examine the politics of the powerful elites who have little interest in the quality education of common children.

**19. New Thoughts on Indian Higher Education**

**Kiran Prabha Jain**

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***Key Words:-*** *New thoughts, Indian Higher Education*

A country of more than 120 Crore - which is daily adding up population, needs a very careful and pragmatic educational policy. The policy should be such which can cater to the needs and aspirations of its people in all dimensions i.e. fulfilling the quantitative need maintaining the national and international standards. Government alone cannot suffice the educational needs. Privatization of education - opening of schools & colleges, university is required. Day by day student's enrolment is increasing. The teacher pupil ratio is disturbed resulting less contact between them. To lessen the student population pressure often evening & remedial classes are arranged, even then it is not sufficient as the infra-structure remains more or less same hampering the proper facilities to teacher & taught. This has the negative impact on the quality of education. The proper assessment of skilled educated human resource through higher education is essentially required in India in preview of the world. The faulty policy, improper facilities & social demand have nearly failed students to study pure courses for the research purposes. The uneven growth of pure, applied & vocational courses, without thinking demand & supply in job market has resulted a large number of unemployed youth.

**20. Classroom Dynamics: A Generative Process of Classroom Learners**

**Sudhakar Prasad Singh**

Patna Training College, Patna

*Key Words: Classroom Dynamics, Classroom, Learners*

Linking the attention to social processes in socio-cultural and situated learning theories with the emphasis on liberatory education in critical and culturally relevant pedagogies connects politics and processes in education. Three generative processes -- **autonomy**, **responsibility**, and **contribution** to classroom practice -- provide a conceptual and material bridge between classroom community processes and transformative goals for learning. They are integral to movement toward full participation in classrooms because they entail the ways in which activity becomes increasingly more central to the work of the community. In addition, they are important in inclusive transformative practice because they provide avenues for exercising power (e.g., responsibility), and for shaping practice in ways that are inclusive of participants' lived experiences (e.g., contributions) and their cultures and languages (e.g., autonomy). By examining the fundamental underpinnings of transformative practice in a conventional classroom, this study adds to our understanding of ways in which radical practice can be pursued as a more general rather than 'alternative' pedagogy; and to efforts to support for teachers interested in "teaching against the grain"(Simon, 1992) in the current climate of accountability and standardization.

**21. Impact of Music on Well-beingness of Human Mind**

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***Key Words:*** *Music, Human Mind*

Learning is an important mental process of human mind. The more people learn, the more powerful they can become. It is the speed at which people learn that separates the geniuses from the average people from the learning disabled. Geniuses don't run into problems while learning, because they learn so fast. It is everyone else that could really use help. One solid way to increase the speed at which people learn is with music. People learn through music and their minds grow faster because of it. Some music, when implemented properly, can have positive effects on learning and attitude. Music is a powerful thing, and when we understand its significance, it can bring dramatic changes both positive and negative into our lives. One way that music can make learning easier for a young child is by implementing music lessons into a child's normal activities. By teaching music, people exercise the same abstract reasoning skills that they use for doing math or some other exercise in which the people have to visualize in their head. With its resulting improvements in spatial reasoning, music can also be a very helpful tool when actually implementing it into the classroom and involving it with learning basic curriculum.

**22. Impact of Psycho-social Determinants on Job-satisfaction of Elementary School Teacher**

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Nayka Tola, Maner, Patna

*Key Words: Psycho-Social Determinants, Job-satisfaction.*

Job-insecurity, consolidated payment, triple supervision are some of the psycho-social factors that have negative impact on the job satisfaction level of newly *niyojit* elementary teachers of Bihar. The job conditions of teachers are not at par with that of the teachers recruited on government approved pay band. The discrimination between two grades of teachers has negatively affected the social equality and equity as well. There is an urgent need to rectify these anomalies in the state policy for elementary teachers' so that they can lead a dignity full life.

**23. EDUSAT in Education**

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*Key Words: Edusat, Education*

EDUSAT plays an important role in dissemination of education through an interactive satellite based distance education system for the country. It is specially configured for the audiovisual medium, employing digital interactive classroom and multimedia multi-centric systems. Being the part of teaching-learning process the EDUSAT provides an opportunity for using satellite for human development in general and for education in particular. It can be used for: Conventional Radio and Television broadcasting; Interactive Radio and Television (phone-in, video on demand.); Exchange of data; Video conferencing, Audio conferencing & Computer conferencing and Web based education etc.

24. **Individualized Education Programme for Slow Learner**

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**Key Words:** *Scholastic backwardness; Individualized education.*

The presentation evaluates the effectiveness of an individualized education program for children with scholastic backwardness. **Methods:** Among the children attending a Child Guidance Clinic for scholastic backwardness, 12 of them who were diagnosed as slow learners based on current level of academic functioning and IQ, and 6 children having mild mental retardation were given individualized education for a period of two months. Independent assessors evaluated the academic functioning at the beginning of the training and at the end. **Results:** The results showed that the children had significant improvement in their academic functioning and self esteem after the training. **Conclusion:** The present experiment can be a model to set up a resource room in normal schools to provide individualized education to children who are slow learners.

**25. Dysgraphia: An Unnoticed Learning Disability**

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**Key words:** Dysgraphia, Learning Disability, Handwriting.

Dysgraphia, a Learning Disability associated with writing can be frequently seen in children. This Learning Disability is still unnoticed among common masses, particularly among teachers. Most of the children are given severe punishment and scolding for their writing errors, slowness and messiness of the handwriting. These children having normal IQ and being medically sound, experience difficulty in sequencing and organizing detailed information as well as lack fine motor co-ordination. There is an urgent need to create awareness about Dysgraphia, so that, as soon as a parent or teacher identifies a child with Dysgraphia, he/she must take prompt action towards the child's problem.



**26. Globalization - Challenges in Teacher Education**

**Bina Prasad**

Patna Training College, Patna

Globalization is a term used to describe the changes in Societies and the world economy that are the results of dramatically increased trade and cultural exchange. In economic context, it refers almost exclusively to the effects of trade, particularly trade liberalization. In general sense "Globalization" means closer contract between different parts of the world, with increasing possibilities of personal exchange, mutual understanding and friendship between "World Citizens" and creation of a global civilization. It increases relations among members of an institution in different parts of the world. It also shares a number of characteristics with internationalization and is used interchangeably, although some prefer to use globalization to emphasize the erosion of the nation state or national boundaries. Globalization is today a trend, not just in economics, commercial and technological fields, but also in education, Globalization indicates "inter connectivity of technologies". These technologies have rapidly made the world a "Global village". They have shrunk geographical frontiers, national organizations, individuals, business and commercial corporations are integrated by globalization. Even the scientific community is becoming a world community. The scientific community shares concepts, exchanges ideas, collaborates on projects and user international standards and bench marks. To produce human resources with high quality, we need education with a high quality. In fact according to the demand of the global challenges, we need to improve the quality of education and develop educational standards that contain global and international issue.

**27. Impact of ICT based In-Service Training on Classroom Transaction of Teacher Educators of Bihar**

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**Key Words:** ICT, Teachers' Training, Classroom Transaction.

In-service teacher's training is one of the important components of Teacher Education, as it enhances the professional competency and teaching skills of teacher educators. In Bihar, CIET-NCERT and UGC-Academic Staff College began its exercise to empower the teacher educators in ICT based education through orientation and refresher programme respectively. The CIET-NCERT started 3-days orientation programme on ICT in Education and another 3-days orientation programme on ICT based research methodology in education through EDUSAT Network for the teacher educators belonging to SCERT, DIETs, PTECs, TTCs and University Departments. But the necessity is felt to see the impact of these in-service training on classroom transaction of teacher educators in the context of changing paradigm, rules and their class demonstration and to access the course curriculum of teachers training program at different levels to imbibe the local needs and corporate concerns of the National Curriculum Framework (NCF) 2005.

**28. Tagore's Vision on Education**

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*Key Words: Tagore, Vision on Education*

According to Rabindra Nath Tagore 'Vidya is Vimukta' (Knowledge is liberation). The spiritually liberated man is the aim of Indian education. Education can alone create a climate and establish a state 'where the mind is free, where the world has not been broken into fragments of narrow domestic walls, where words come from the depths of truth'. Tagore sang this song with full throated ease and sought the blessings of his people. 'Into that heaven of freedom, my father, let my country awake'. This was Tagore's vision on education whose live image is manifested in the 'Abode of Peace' which he created and which he goes by the name of Shantiniketan. His words are music, his speech is dulcet, yet like Vivekananda's vision his influence on the mind of India was tremendous. Even just listening to him was education, his presence was sunshine. He brought west to the east and east to the west and gave the world a unique educational and cultural system which was Indian to its roots, yet international in character.

**29. Right to Education and Children with Special Needs**

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**Key Words:** *RTE Act-2009, Children with Special Needs (CWSN)*

After Implementation of Right to Education (RTE) Act from 1<sup>st</sup> April, 2010 elementary education becomes the fundamental right of each and every child as section 3(1) envisages that 'Every child of age 6-14 years shall have a right to free and compulsory education in a neighborhood school till completion of elementary education'. Under Article 21-A, the children including disabled children in the age-group of 0 to 6 excluded from the ambit of the amendment. It has diluted the Fundamental Right of children below six years to nutrition, health and pre-primary education by falsely equating it with Integrated Child Development Scheme (ICDS). Thus, some 170 million children were deprived of the right to free and compulsory education. Depriving the children in the age-group, say, 4 to 6, of free and compulsory education, as the Right to Education Act does, is totally arbitrary and a flagrant denial of human rights. There are many questions that need to be addressed: Do the disabled have the same right to education as those who are not disabled? Do they are equally treated in classroom? Do they given equal opportunities to educate him/her in mainstream schools? Special Need's children are very intelligent, why are our government so keen to punish them for being different? It is an offence for mainstream children not to attend school, yet it is fine to leave special needs children at home even though they have greater needs.

**30. Gandhi's Experiments on Education**

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***Key Words:*** *Gandhi ji, Experiment on Education*

Gandhi went even further. He stood for open education, vocational education, work experience, earn while you learn, empowerment of girl child, handicapped, blind, deaf-dumb and mentally retarded. It may be recalled that Gandhi had himself taught at the Phoenix Farm in South Africa when he started an Experimental school for Indian children. Education, he was convinced, had to be in the mother tongue and he himself taught Gujrati, Tamil and Urdu. He would enter the class with babes-in arm. Asked what punishment should be awarded for an earring child, he replied that it is not the child who has to be punished; it is the teacher who has to be punished himself till the child is cured.

**31. Indian Sign Language and Education of Deaf**

**Prabhunath Singh**

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*Key Words: ISL, Education of Deaf*

Sign Languages are bone fide languages of the Deaf. They have their own grammar, syntax, and morphology, like any other language. The main problem in India at present is that there is no standardization of Indian Sign Language (ISL). There are many variations across the country of ISL. It should also be noted that English words cannot just be translated straight into Sign Language because there are many English words that have more than one meaning i.e. 'running'. It is possible to express abstract and scientific concepts in Sign Language. Children learn Sign Language automatically and fast. Furthermore, it is a myth that learning Sign Language does not impede speech acquisition. Deaf children are still able to acquire speech. It is a myth that by learning Sign Language Deaf children will not be able to be taught to speak. The bilingual approach is now gradually becoming the teaching method for Deaf children worldwide. In this approach, Sign Language and the spoken/written languages are kept separate in use and in the curriculum because they are indeed two completely different languages. Sign Language is respected as the first language of Deaf people and is also used as the language of instruction. All efforts first aim at the Deaf child learning his/her first language (Sign Language) in a natural way. Sign Language stimulation from parents, other Deaf children and Deaf adults is therefore very important. If Deaf children are exposed to their first language from the earliest possible age, they will acquire Sign Language as their first language in a manner equivalent to that in which a hearing child acquires a first spoken language. A good command of the first language is crucial to success with the second language because second language learners use their first language as a point of reference in the acquisition of a second language - this is also the case in hearing children.

## **32. Challenges of Industry-Academia Collaboration in Educational Research**

**Arvind Kumar Suman**

Magadh Teachers' Training College, Aurangabad

***Key Words:*** *Industry-Academia, Educational Research*

Academia-industry collaboration has always been a topic of discussion in both the sides. And still no model exists that is widely used. Indeed, the collaboration, world over, is quite limited. This just shows the difficulty of the problem in the area of research. Though academicians in most good institutes engage in research, collaboration in this area is possible only if the industry has a need for research. Research is typically not a business or a profit center but a long term investment, which helps a company, generates more revenue and profits. In India, till recently there was no need for research in most companies – the knowledge that existed in the public domain was sufficient for the business the company was engaged in. But that seems to be changing now. A technology player whose business depends on pushing technology advances needs research simply to develop new technologies that it can then use to bring out newer products in the market place. Though there were no technologies driven companies in the country before, there are some that are now coming up. Even a services company can benefit from research, particularly if it is a large player.

**33. Ethics and Values in Secondary Science Curriculum**

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**Key Words:** Ethics, Values, Science, Curriculum

The weakening of ethical and moral values in younger generation is creating many social and ethical conflicts. There is an imminent need for readjustment in the curriculum in order to make the education a forceful tool for the cultivation of social, moral and scientific values. Education should be foster universal and eternal values, oriented towards the unity and integration of our people. Such type of value education will be helpful in eliminating violence, intolerance, indiscipline. Religious fanaticism, fatalism etc on the one side and foster the standard of living, harmony on the other side. In the present study, the author examines the place of ethics and values in science curriculum.



**34. Observation, Thinking & Reasoning vis-à-vis the Holy Quran**

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*Key Words: Observation, Thinking, Reasoning, Religion, Islam.*

To perceive things, happenings and occurrences of the outside world through the senses is an important characteristic of the living beings especially such as human. Observation is a deliberate and purposeful perception that is conditioned by the need to solve a particular problem. The scientific method requires observations of nature to formulate and test hypotheses. The data obtained or recorded by the process of observation, is then analyzed and interpreted through rational thought to draw conclusions, as well as to build personal views about how to handle the similar situations in future. Here, the processes of thinking and reasoning, the main faculties of human beings that distinguish him from other species, play very important role. Thinking and reasoning often transcend the limitations of direct sensory perception and enable the human beings to receive knowledge about objects, happenings, occurrences and relationships of the real world that cannot be sensed directly. Critical thinking is considered very important in the academic fields because it enables one to analyze, synthesize, evaluate, and restructure his thinking, thereby decreasing the risk of adopting or thinking with, a false belief and the consequent action. The positive habits of mind which characterize a person strongly disposed toward critical thinking include a courageous desire to follow reason and evidence wherever they may lead, open-mindedness, foresight attention to the possible consequences of choices, a systematic approach to problem solving, inquisitiveness, fair-mindedness and maturity of judgment, and confidence in reasoning. Therefore, people who think critically, consistently attempt to live rationally, reasonably and

empathically. Educationists, therefore emphasize to develop the ability of thinking and reasoning in the future citizens of the world in order to make the world a better place for living. Religion, which plays an important role in the making the character and disposition of a person in general, is generally characterized by having beliefs and dogmas which do not, appeal to the process of thought and reason. It is said that indoctrination plays an important role in implanting the beliefs and dogmas into the minds of the people. Islam is one of the important living religions of the world, being practised by the second largest population of the globe. It is also described as having beliefs and practices which do not suit to the faculty of thought and reason.

### **35. Forensic Education and Justice Medico Legal in Community Management**

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***Key Words:** Evidence, Management, Education, Science.*

Forensic Science is any science used for the purposes of the law, and therefore provides impartial scientific evidence for use in the courts of law, e.g. in a criminal investigation and trial, and civil disputes. Forensic Science is a multidisciplinary subject, drawing principally from chemistry and biology, and has the common applied field of confluence of all disciplines on administration and management of the scientific Justice in the courts of Law. The present communication delineates that the Forensic education is exclusively necessary for the Forensic scientists as refreshing and updating knowledge and skill to keep pace with the advance of science and technology in analysis and reporting. The inferences of experimental observations in 3000 medico legal cases for 9 years provide conclusion for an educational reform in medico legal system. Forensic education is essential for quality control of examination standard, research quality assessment and authentic service and in absolute maintenance of community and evidence management at every step for effective prosecution witnesses and Court trial. The legal and judiciary system shall progress a point with the resource contents of Forensic education in rendering scientific aids to Justice delivery system on evidence acts. Accreditation of the system is a step progress in Forensic education, privatization and outsourcing. The role of UGC must be on the same line of action for its meaningful uses. The education is a valuable resource in navigating the interesting and ever evolving world of Forensic science and technology/legal medicine. The relevant education may unveil new avenue for profession/earning. Quality Justice can serve good governance to the community.

**36. Role of Process Approach in Enhancing the Attitude Towards and Process Skills in Science: An Analysis.**

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***Key Words:*** *Process Approach, Process Skills, effectiveness.*

Education is a reconstruction of the individual life experience. It is a continuous reorganization of the experiences of life, it has been very much intimate with the individuals' process of growth. Since the basic natural science is the fountain head of knowledge for the applied sciences, its importance to the technological process of civilization is well established. Similarly science has crucial contribution to the preservation of the planet earth which is capable of supporting and nurturing life. There has been concern not only that the natural sciences be given a role in the school curriculum that is commensurate with their contributions to our lives, but also that the approach to scientific study in the schools reflect the nature of scientific study in both natural and applied sciences. The results revealed that the process approach was well suited for enhancing the attitude towards science and process skills in science of secondary school students.

**37. Structure Learning Approaches in Mathematical Problems**

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*Key Words: educational innovations.*

Innovation and practices on enriched curriculum, new approaches to teaching and evaluation are now going on in different parts of the world. The School Teacher should be familiar with the above educational innovations and new practices so as to translate them in his day to day problems in the classroom situations for the qualitative improvement of teaching methodology. The findings can diagnose the gaps in the educator - pupil and pupil - pupil relation and eliminate the factors causing such gaps. With this end in view the teacher can develop his method to create reality in the classroom and make the abstraction more tangible and concrete, fostering a spirit of co-operation, self-help, self-reliance, joy and spontaneity among the students to become independent mathematicians in the world.

**38. A Probe into the Effect of Random Mating Upon the Genetic Constitution of the Population**

**Buddhadev Bhattacharya & Bandana Guha,**

Department of Education and

Qualities, activities, structure etc of a living organism mainly depend upon heridity and environment which is the way in which the organism is treated and the conditions to which it is subjected. The present research paper deals with the effect of random mating upon the genetical constitution of the population Let descendants of the first filical generation be chosen at random. Then their parent form the aggregate of all possible parental pairs i.e. each descendant is to be regarded as the product of a random selection of parent and all selections are mutually independent. Random mating is an ideal modal of the conditions prevailing in many natural populations and field experiments. The research findings reveal that random mating will within one generation produce an approximately stationary.

**39. Effect of Conceptual Teaching of Modern Mathematics  
On + 2 Students of Tribals & Non-Tribals (Boys & Girl)  
Of Jharkhand State.**

**G. Rabbani**

Medical College Ranchi

*Key Words: I.I.T.*

Conceptual teaching plays an important role in building the career and bright future of students. Ranchi, Bokaro and Jamshedpur of Jharkhand State are providing a good number of students to I.I.T. the Prestigious Technical Institutions of India. In this research paper I have performed the experiment of conceptual teaching of modern mathematics on + 2 students of Jharkhand. After calculating t-ratio of the two means, The Null-hypothesis was proved to be true. A random sample of 400 students, 200 Tribals (100 boys and 100 girls) and 200 Non-Tribals (100 boys & 100 Girls) were taken to administer the test of modern mathematics. A test of 100 questions containing all parts of modern mathematic was prepared. Its reliability, validity and difficulty value was calculated. The test was administered on the above random sample. The Mean of the two categories thus obtained, its t-ratio, chi-square test were calculated and was found that it is very useful and beneficial to compete the I.I.T. examination.

**40. Rehabilitation for All & Technological Advancements:  
An Indian Context**

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***Key Words:*** *Self dependent, Inclusive education.*

If the goal "Rehabilitation for All" is to-be attained, quality)-rehabilitation services at an affordable price are the need of the hour in India today. Innovative applications of the modern engineering can go a long way in achieving the country's motto- rehabilitation for ail-economically and effectively. The rehabilitation of an individual will not be complete if we are not able to make himself sufficient, self-dependent and self-earning member of our society. We have to use modern tools, information technology arid other hi-tech methods for imparting training. Inclusive education should be available to PWDs at pre- primary, primary, secondary and higher levels.



**50. Rural Literacy Challenges in Bihar: A Critical Analysis**

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***Key Words:*** -*Globalization, Population Stabilization*

Literacy is an effective instrument for social and economic development & national integration especially in the context of globalization. There has been a enormous improvement in the literacy figure of India but the state of the Bihar still lags far behind especially in terms of rural literacy (47.53%) as per the 2001 census. The low rural literacy rate in the state of Bihar has had a dramatically negative impact on family planning and population stabilization efforts. Extensive impoverishment, entrenched hierarchical social division, lack of basic educational infrastructure, teacher's absenteeism, and greater dropouts of the students are some of the bottle necks which need immediate attention. Here, the bulk of the illiterates live in rural Bihar where social, economic, feudal barrier play an important role in keeping the lowest strata of society illiterate. The government programme alone cannot solve the problem but individual & societal obligation with the help of NGCTs, corporate, MNC'S, and International organizations may bring desire results.

**51. A Study of Self-Concept and Achievement Motivation of Female Adults towards Literacy**

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***Key Words:*** - *social engineering*

The National Policy of Education (NPE, 1986) has emphatically stated that Education will be used as an agent of basic change in the status of women. In order to neutralize the accumulated distortions of the past, there will be a well-conceived edge in favour of women. In a very strong and forthright statement, NPE says: This will be an act of faith and social engineering. According to the Programme of Action (1992), education for women's equality is too important to be left to the individual commitments or proclivities of persons in charge of implementing the programmes.

**52. Correlates of Self-regulation, Social-cognition and Teaching competencies of student teachers**

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**Keywords:** *Neurocognitive approaches, Self-regulation.*

This information era has changes due to growth over time. Students are advanced with well equipped gadgets of technology to access information. Hence teacher needs to equip for today's class room requirements. Other than updating of knowledge, a teacher needs to cognizance with social factors which are essential for a teacher to deal with students. The focus of the teacher on the above learning process slowly takes him up to self-regulation. Self-regulation and social-cognition are neurocognitive functions. These are equipped by organized training. For this, one has to assess the neurocognitive functions and their levels among present teacher trainees. With this background the present study was focused.

**ABSTRACTS OF THE ORAL/ POSTER PRESENTATIONS**  
**Home Science**

**1. Women at Work- A Family-Work interface**

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*Key words: Status of contemporary Indian women, family-work Interface*

Indian women are born workers throughout the different stages of their life cycle. Their multi-tasking domestic role of childbearing, child rearing and household chores and as workers outside the family, earning money for the family have put enormous work load on women resulting in role-conflict, role-strain, health hazards, and rise in family violence in India today. This paper critically attempts to review the status of working women both at the urban & rural setup in contemporary modern India in context to the different problems and challenges they face at both the ends of their survival. The paper also suggests or recommend ways to reduce role-strain, decrease family violence and bring overall development of the family through family strengthening/ enrichment programmes, gender sensitization suggesting policy planners for making laws regarding maternal & child health care in work places & above all a compulsory family life education programme for all entering into marriage and family life.

## **2. Science and Technological Advancement: Targeting Women for Development**

**Asha Kumari**

Department of Home Science

Ranchi University, Ranchi

Women development is directly related to national development. A large number of programmes have been initiated for women development. These programmes put emphasis on providing equal opportunities to women by removing gender bias, empowering women and creating self-reliance. In 1916 the Government of India prepared a national plan of action for women which along with the guidelines of UN's world plan of action for women emphasized on employment, education and health for women. The National perspective plan on women, 1988 was drawn up for streamlining women's issues in policies and programmes and giving women at least one-third share in the decision-making bodies for Panchayats to parliament. The main drawback in the development of women have been mainly ill health due to repeated pregnancies, child birth, malnutrition, overwork and stress, lack of education and lack of independent economic generation activities. The strategy for women's development therefore should be threefold i.e. health, education and employment.

**3. Health Problems of Tribal aged People in Ranchi.**

**Asha Kumari, Meenakashi Akhouri, Anumati Kumari & Asha E.M.Toppo**

Dept. of Home Science, Ranchi University, Ranchi

*Key words: Arthritis, health problems, unhygienic and chronic disease.*

One of the many challenges facing India is its parabolically growing elderly population growing much faster than the overall population itself. As town third of the elderly population is on the margin of poverty, poor health and unhygienic conditions, the care and well being of the elderly will be an arduous task. The sociological aspect of individual ageing is concerned with changes in the circumstances or situations of the individual as a member of the family, community and society. The changes and event associated which include age-grading and social attitudes and behavior of society towards the ageing of individual completion of parental and work roles, reduced income, restricted activity and mobility, loss of spouse and associates, large increments of free time and relative absence of clearly defined social expectation .

#### **4 Agricultural Practices of Oraon Tribals of Jharkhand State**

**Sheeth Toppo & Dr. Reshma Xalxo**

Dept. of Home Science, Ranchi University, Ranchi

**Key Words:** *Resources, agro climatic, Beliefs, agricultural practices.*

The research reported in this paper aims to study the agricultural practices of oraon tribals of Jharkhand State. The main objectives of the study is to access the magnitude and characteristics of agricultural practices of oraon tribal which is influenced by a wide range of factors like agro climatic differences, foods grown and availability. Beliefs customs and traditions influence the general pattern of living in any community. Beliefs, inherent and integral as they are in the cultural matrix act as invisible force is translating present ideas into overt acts and customs. It is well known that geological make up the soil determines the occurrence of the local flora, as well as cropping pattern and agricultural practices in an area.

## **5. Trypsin Inhibitor Content of Some Commonly Consumed Pulses & The Influence of Different Methods of Cooking & Processing on It.**

**Binata Nayak, Rukshana Irani, Payeli Biswas**

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**Key Words:** Trypsin Inhibitor, Chymotrypsin, Spectrophotometric.

Pulses are high in protein but contain some constituents which retards protein digestibility. One among them is Trypsin Inhibitor which is responsible for decreasing the bioavailability and utilization of protein in the body. Trypsin Inhibitors are small protein molecules which inhibits the action of target proteolytic enzymes i.e., Trypsin and chymotrypsin by binding it. In this project Trypsin Inhibitor content of some commonly consumed pulses (Bengal Gram, Lentil, Cowpea, Pea, Horsegram, Greengram, Soyabean and Chickpea) and the influence of different methods of cooking and processing on it was estimated. Spectrophotometric method has been used for the estimation of Trypsin Inhibitor. Among them Soyabean possesses maximum Trypsin Inhibitor Activity (TIA) followed by Cowpea. Pea has got minimum TIA. Autoclaving, pressure-cooking and germination has been found to be most effective in reducing TIA.



**6. Eating Behaviour Prevalent among Adolescent Girls and its Relation with Socio-Economic Factors in Patna (Bihar)**

**KumKum Kumari,**

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*Key Words - skipping meal, fast food, Socio-economic status.*

In life cycle, adolescence is a marked phase with intense physical activities, psychological stress and overall development. With the onset of adolescence, the steady growth of childhood speeds up abruptly and dramatically and growth patterns of female become distinct and it affects eating behavior of adolescent girls. The present study reflects the eating behavior of adolescent girls, which is supposed to be influenced even by economical status of their family. Samples were selected (300 girls of age 12-18 years) randomly from government schools and colleges of Patna (Bihar). Dietary adequacy of the subject were assessed by 24 hours recall method and samples were divided into three groups, namely- LIG (Low Income Group), MIG (Middle Income Group), and HIG (High Income Group). The result shows that consumption of fast food vary according to the economic status, skipping meal (morning breakfast and evening snack) is regular behavior in order to maintain slim figure. Frequency of taking regular meal is higher in lower income group and lesser in middle income group. The preferred source of drinking water was also found that source of drinking water varies according to income level of the family.

**7. A Study on Nutritional Status of Women during the Period of Lactation in Mokama Municipal area (Bihar)**

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**Key words:** *Nutritional status, nutrient intake, BMI, RDA*

Nutritious food is a pre-requisite for maintenance of good health of lactating women and that of their offspring. Conversely satisfactory performance of lactation is influenced by the nutritional status of the mother and by the intake of adequate diet. The present study was conducted to examine nutritional status of lactating mothers in Mokama Municipal area in Bihar state. 255 lactating women were randomly selected to collect information on their nutritional status. The main indicators used were blood pressure levels (B.P.), Body Mass Index (BMI), nutritional deficiency signs (e.g. Vitamine A, B, C, Iron and Iodine deficiency) and common infections prevalent among lactating women across different income levels. Large number of lactating women were found to mainly suffered from low or high blood pressure, under or over weight, Vitamin A, B and iron deficiencies, common infectious like dental caries, enlarged tonsils and regular diarrhea. The income level of the lactating women seemed to have least affect on the nutritional status of their women.

**8. An Assessment of Conceptualization of Urban College Girl Students about HIV/AIDS**

**Suheli**

Dept. of Home Science Patna University, Patna

**Key Words:** *Conceptualization, Sexual behaviour and HIV/AIDS.*

The purpose of the study was to investigate the awareness and conceptualization of urban college girl students in relation to HIV/AIDS vulnerabilities. In this study one hundred fifty (N = 150) students were included as sample with the age range 17 to 20 years from different colleges located in the urban area of Patna district. Incidental cum purposive sampling technique was used for selection of college girl students as sample. Self prepared questionnaire was administered on sampled students. The obtained data were statistically analyzed with the help of computer software SPSS 12.0 version. The findings revealed that the awareness and conceptualization of girl students about HIV/AIDS is in developing phase. Despite of health education, we have not been able to satisfactory change in awareness, attitude and misconception towards HIV/AIDS disease.

## 9. Impact of Different Interventional Strategies on Osteoporotic Postmenopausal Women

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**KeyWords:** *Calcium Deficiency, Post menopausal women.*

Calcium deficiency is the most common cause of osteoporosis in postmenopausal women. The objective of the present study was to assess the impact of different interventional strategies on osteoporotic postmenopausal women. Sixty volunteered postmenopausal women, who were diagnosed calcium deficient by the doctor, underwent experimental trial. The subjects were divided into four groups, each comprising of fifteen subjects. One group was control (no intervention given), other receiving different intervention i.e. nutritional calcium supplement, nutrition education, nutritional calcium supplement +nutritional education respectively. A questionnaire regarding general information was filled up by the subjects. Calcium status of the subjects was measured by bone mineral density test before and after intervention. There was a significance ( $p < 0.005$ ) difference in BMD- T scores of the subject receiving different interventions (Nutritional calcium supplement, Nutrition education, Nutritional calcium deficient +Nutrition education) with their respective control group. However, a non significant difference in the BMD- T score values was observed when we compare different groups (NCS, NE, NCS+NE) with each other.

**10. Role of Financial Self Help Groups in Context of Women Empowerment**

**Reshma Xalxo, Asha Kumari Prasad & Anjali Chandra \***

P.G. Dept. of Home Science, Ranchi University, Ranchi

\*RKMA, Ranchi

*Keywords: Empowerment, Enterprise,*

In India, the organization of Self Help Groups especially for Micro Finance and Micro Enterprise Development Programmes constitute a widely accepted strategy for poverty reduction and empowerment of rural women. This strategy is equally shared by government, banks and civil societies. To access this fact and role of Self Help Groups for empowerment of rural women, this study was done with 15 women Self Help Groups which were formed and guided by Rama Krishna Mission Ashrama which is an NGO working for empowerment of rural people for last 40 years in Ranchi and nearby districts of Jharkhand. Since in this State SHG based micro finance programme cover a large no. of women, it is expected that such programmes will have an important bearing on women's empowerment by a prescheduled questionnaire.

## **11. A Study on Water Management in the Slum Area of Ranchi**

**Nilika Chandra & Manorama Mishra**

P.G. Department of Home Science

Ranchi University, Ranchi

This study was done on the Water Management in the slum area of Ranchi out of all the physical environment of man, water influence human health very prominently and significantly. Further more the impact of water on human health are both direct and indirect. The direct impacts of water consumed and the indirect impact pertain to quality used consumed for personal domestic and household hygiene. The general observation is that the impact on health caused by the poor water supply is felt the most by the urban poor as they typically lack access to service at levels. The low income communities are suppose to be the greatest risk from water related diseases. The study was done in two slum area of Ranchi-Dhurwa and Kanke, Most of them were using water from well and then lake. They don't even boil the water and people mostly suffer from Dysentery, Cholera, Diarrhea, Typhoid and other water born diseases. People of these slum areas are not satisfied with this unhealthy water practices.

**12. Comparison of the Obesity Risk & Socioeconomic Related Factors in Working and Nonworking (House Wife) Premeno-pausal Women (30-50 Yr.) From Urban Area of Ranchi**

**Asha kumari Prasad & Prity Kumari**

P.G Department of Home Science,  
Ranchi University, Ranchi

Obesity is a growing global health problem. Obesity is a leading preventable cause of death worldwide, with increasing prevalence in women. It is one of the most serious public health problems of the 21<sup>st</sup> century. The world health organization (WHO) defined Obesity as a BMI equal to or more than 30. Body Mass Index (BMI) is defined as weight in kg divided by squared of height in meters.  $BMI = Wt (kg) / Ht (m^2)$  The obesity is often found in both working and non working women during Premenopausal stage due to hormonal imbalance and sedentary life style and the prevalence rate is found to be growing day by day. The main factors attributing to these are lack of physical activity, unawareance about dietary guideliance, time management and the inclination towards oily and junk foods in high income group. The study was based on working and non-working women, who obese during Premenopausal age (30-50 yr) and the following inference has been seen. The awareness levels in working women regarding dietary guideliance are higher than non working women. The Obesity in working women to be depends on different sector of occupation. It has been observed that obesity was found high in both Working and Non-working women. The primary treatments for obesity in working and non working Premenopausal women are good dietary pattern, physical exercise and change in life style.

**13. A Study of Nutritional Status of Pregnant Women of Some Villages of Darbhanga District, Bihar**

**Nirmala Jha & Anupam**

Dept. of Home Science, L.N.M.U. Darbhanga

Pregnant women have been widely recognized as a vulnerable group from health point of view. They need more food than normal person for the proper nourishment of the growing fetus. The field of nutrition of the pregnant women, particularly in rural area, has been sadly neglected. Against this backdrop, the study was carried out among 100 pregnant women from 20 different villages of Darbhanga district. A pre-tested structured interview schedule was used for the collection of general information. 24 hour recall method of diet survey was applied for the collection of dietary information. Hemoglobin level was collected from doctor's report for observing the anaemic condition. It was found that the mean iron, calcium, carotene and folic acid was much lower. Percent incidence of common nutritional deficiencies among the pregnant women was much higher in the third trimester than the 1st and 2nd trimester. In spite of better education and high-income, nutrition intake was lower in case of many sample women.



**14. Management of Severe Acute Malnutrition in Children**

**Dr. Shyama Choudhary & Kumari Pallavi\***

Dept. of Home Science, L.N.M.U. Darbhanga

\*Dept. of Commerce & B. Administration, L.N.M.U. Darbhanga

Severe acute malnutrition, is defined as a weight-for-height measurement of 70% or more below the median, or more below the mean National Health Statistics reference values (that will likely be replaced by new WHO growth curves<sup>1</sup>), which is called “wasted”; the presence of bilateral pitting oedema of nutritional origin, which is called “oedematous malnutrition”; or a mid-upper-arm circumference of less than 110 mm in children age 1–5 years. Many advanced cases of severe acute malnutrition are complicated by concurrent infective illness, particularly acute respiratory infection and diarrhoea.

**15. Nutrition Level of High Economic and Low Economic Class Developing Child**

**Chanda Kumari**

Research Scholar (Deptt. of Home Science)

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***Key Words:** Nutrition, Economic Class, Developing Child.*

The present study attempted to find out the level of nutrition among the children of high economic and low economic class. The study has been conducted on 100 high - economic and 100 low - economic class children from Alauli Block, Khagaria District, Bihar. Their age ranged from 6 to 14 years. The main aim of this project was to compare the nutrition level between high economic class and low economic class children. 200 children of Alauli Block of Khagaria District attending different school were selected randomly. General medical examination of these children were performed with regards to Hb test, RH Type, Eye, Teeth, Stomach, Chest examination and Anemia, height etc, by the Medical officer under "Nai Pidhi Swasthya Guarantee Karyakram". Results revealed that in all the low level nutrition groups higher percentage of low economic children as compared to high economic class children was found.

**16. Perception of Women towards Menopause in Patna, Bihar**

**Priyanka Kumari & Anju Srivastava\***

SRF, RMRIMS [ICMR] Patna

\* PG Dept of H.SC. Patna University, Patna

***Keywords:*** *Premenopausal, postmenopausal, Knowledge.*

The present cross – sectional study was carried out in urban women of Patna, Bihar. The aim of the study was to know the awareness of women regarding menopausal symptoms. Women were selected (100 premenopausal and 100 postmenopausal) by incidental cum purposive sampling. All results were evaluated statistically by applying the SPSSPC package (version 9.0) SPSS, Chicago, Illinois, USA. Out of 200 women only 15 percent premenopausal and 23 percent postmenopausal women were aware about menopausal symptoms. It was concluded that there was lack of awareness regarding menopause and related aspects among women, of menopause is not a disease but symptoms of menopause need to take care properly, so that awareness of menopause is mandatory for every women.

**17. PFA Based Surveillance on Market Samples of Turmeric Powder in Various Districts of West Bengal and Comparison with Branded in Relation to Public Health Significance:**

**Arpita Baral, Soumi Chakra borty, Sananda Sarkar (Saha), & Kamala Adak**

Department of Home Science, University of Calcutta-27,

*Keywords: Turmeric powder, moisture, total ash, acid insoluble ash.*

The work comprises of detection of certain parameters like moisture content , total ash content , and acid in soluble ash of turmeric powders available in local markets of various district of west Bengal like North Kolkata , South Kolkata , North 24 parganas , South 24 parganas , Bankura, Hooghly, Along with this the presence of metanil yellow (a very much hazardous extraneous colour) in the collected samples was also examined through chemical test (preliminary test) and through paper chromatography (confirmatory test). The presence of non permitted oil soluble dye ( like orange AD, yellow Ad , Sudan Red ) was examined by chemical test (preliminary test) and through thin layer chromatography \*TLC). In addition the presence of any rice or wheat starch or any added colour was also determined by Microscopic structure. Only a very small percentage (8% out of 150 samples) was to be adulterant free based on the above parameters. Alternatively from this study a large percentage i.e.92% of turmeric of turmeric powders were found to be adulterated which is really alarming. Further it is revealed that the branded samples are free from adulteration, which is high priced than loose power. Thus poor & undernourished people are more exposed to toxic components because turmeric is used consistently in all types of Indian cooking. However it is concluded that this study provokes an extensive survey on the quality of precious of item like turmeric power both at state and central level. Again, this may sensitize the consumer on the utility & food stuffs them consuming day to day.

**18. Balance Diet to Study Psychological Effect with Anger and Stress.**

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Anger of children cannot express in proper way or ways of expression are different, my attempt is to find out the impact of balanced diet or proper food taken in appropriate time keeps him calm and quiet. Thirty five question of balance diet makes child to think over and make himself aware of balance diet, so that he takes proper food, oral follow up improves result, suddenly asked asked ten question make them to think and recall their memory of diet, the percentage data shows how children lie and hide.

**19. Impact of Stimulation Program on Social, Emotional and Behavioural Status of Preschoolers**

**Navita Sodo and Sheela Sangwan**

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College of Home Science, CCSHAU, Hisar

*Key Words: Social aspect, emotional aspect, behavioral aspect.*

Study was undertaken in two cultural zones of Haryana. A list of purposively selected 160 mothers of preschoolers between the age group of 3-5 years was prepared for assessing preschool for social, emotional and behavioural status. Out of total sample of 160 preschoolers, 120 preschoolers were selected to study the impact of stimulation program. Out of sample of 120 preschoolers, from both zones 60 preschoolers were selected for providing the stimulation program (30 preschoolers each from two selected zones). Results reveal that there were significance in pre and post stimulation performance of preschoolers of Bagar and Mewat cultural. As calculated 't' was statistically proved to be significant for all three domains i.e. social, emotional and behavioral and also for overall status of preschoolers in both cultural zones. Mothers of preschool children play an indispensable role in their social, emotional and behavioural development. Therefore, efforts must be put on their part to stimulate and enhance the development of social, emotional and behavioural status of preschool children. To achieve this role mothers should be educated to identify and analyze the social and emotional requirements of the preschool children. Also mother must be motivated to explore the interests. Aptitudes and creative potentials of children help them to prepare for a world and enhance their personality development.

**20. A study on Prediction of Perception of Home Environment of Adolescents on the base of Emotional Intelligence and Social Maturity**

**Phalguni Bhattacharya & Paromita Ghosh**

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*Key words: Prediction of perception of Home Environment.*

The main objectives of the study were to predict the perception of home environment of adolescents on the basis of their emotional intelligence and social maturity. The sample consisted of 210 school students (105 girls and 105 boys) of Kolkata City aged 13 through 15 years. The technique of stratified random sampling was used to select students belonging to the two gender groups with each gender group comprising 35 students each belonging to upper middle and lower middle socio-economic status families respectively. For assessment of socio economic status the Socio\_Economics Status Scale (Meenakshi, 2004) was administered . Then standardized tools viz, the Home Environment Inventory (Misra 2003) , Mangal Emotional Intelligence Inventory (Mangal & Mangal , 2009) and Rao's Social Maturity Scale (Rao , 2006) were administered to the students in the final sample for assessing their perception of home environment , emotional intelligence and social maturity respectively . Multiple Regression Analyses and Two-Way ANOVA revealed significant prediction of perception of home environment on the bases of emotional intelligence and social maturity of early adolescents. Results of z test showed that the gender difference in regression coefficients of emotional intelligence and social maturity were non-significant at 0.05 level of significance.

**21. Awareness of HIV/ AIDS among high school students of Madhubani district of Bihar.**

**Neetu KUMari**

Research Scholar, Home Science Deptt., LNMU Darbhanga

*Key Words: HIV/AIDS, awareness, possible association, instrument.*

HIV attacks the immune system until it becomes essentially non-functional. AIDS stands for Acquired Immuno Deficiency Syndrome. It is a lethal and viral disease caused by Human immune deficiency virus (HIV). The basic objective of the paper is to assess the level of awareness regarding HIV/AIDS among high school students and to know the source of awareness and possible association. The study consisted of the students of 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard from five randomly picked up high schools pursuing secondary education in Madhubani district of Bihar. A questionnaire was administered for the collection of data. The data was analyzed to know the awareness level, source of awareness and possible association regarding HIV/ AIDS. The awareness regarding modes of transmission , signs and symptoms , treatment , prevention and the association between level of knowledge and some selected socio-demographic variables were assessed. The findings in the present study reiterate the need for re-enforcing school AIDS education. The awareness levels represent the usefulness and generalis ability of the HIV/AIDS education programme. The importance of focusing on young people has been recognized globally. Programme managers and policy makers have often recommended that school can act as the centre point for disseminating information and education on HIV/AIDS. So, the assessment of awareness level among the school students will help to design the proper instrument for the implementation of the education regarding HIV/ AIDS in schools.



**22. Awareness Regarding Adulteration of Some Common Food Stuffs Aimed At Consumer Protection**

**Kumkum Singh\***, Anubha, Rewat, B.N Singh & Suma Lata,  
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*Key words: Food Stuffs & Consumer Protection*

Adulteration of food stuffs is commonly practiced in India by the trade. In order to protect the health of the consumer, the Govt. of India promulgated the prevention of food adulteration the manufacture , sale and distribution of not only adulterated foods, but also foods contaminated with toxicants and misbranded food”.It has been found that all the consumers had some basic idea about food adulteration & took some or other step for removal of adulterants 57.14% consumers possessed knowledge about the standardization make like ISI, FPO, PFA & AG mark – a few educated consumer (5.7%) complained to the manufactures of that product it noticed any adulterants, and the rest lack enthusiasm to take proper steps against it. Majority of the housewives were aware regarding their rights as consumers such as right to protection of healthy and safety (11.42%) , right to be informed (2.85%) , right to chose (48.57%) right to be heard (2.85%) and right the redress (2.85%).

### **23. Study of Nutrient Intake and Prevalence of Anemia among Slum Adolescent and Urban Adolescent Girls in Ranchi Town**

**Asha kumari**

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***Keywords:*** *Anemia, dietary behavior, adolescent, bio-availability.*

Iron deficiency anemia is a global nutritional problem affecting primarily the infant, children adolescent and women in reproductive age. The prevalence of iron deficiency anemia in these groups has been reported to be high in India. The factors influences the iron deficiency anemia are socio-economic condition, menstruation in adolescent girls, food habits, worm infestation and bio-availability of nutrient etc. Iron deficiency anemia continues to be the most common nutrient deficiency world wide. Around 73% of the world populations are deficient (WHO2001). In India, the incidence of anemia varied between 38-72% depending on age and sex (Narasinga Rao 1991). Among abolescent a vulnerable though often neglected group, prevalence of iron deficiency the study was to assess the prevalence of anemia among slum adolescent girls and urban abolescent girls (aged 14-19 years) in which 50 subjects from slum areas and 50 subjects from urban areas were selected, sulum areas and urban areas situated in different localities of Ranchi town were visited for data collection Sampling techniques was random sampling.

**24. Science and Technological Advancement: Targeting women for Development**

**Asha Kumari**

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***Keywords:** Women, science, Technology, Decision, Making, Education.*

Women development is directly related to national development. A large number of programmes have been initiated for women development. These programmes put emphasis on providing equal opportunities to women by removing gender bias, empowering women and creating self – reliance. In 1916 the Government of India prepared a national plan of action for women which along with the guidelines of UNs world plan of action for women emphasized on employment, education and health for women. The national perspective plan on women , 1988 was drawn up for streamlining women's issues in policies and programmes and giving women at least on third share in the decision making bodies for Panchayats to parliament. The main drawback in the development of women have been mainly ill health due to repeated pregnancies , child birth , malnutrition , overwork an stress , lack of education and lack of independent economics generation activities. The strategy for women's development therefore should be threefold i.e health, education and employment.

**25. A study of Mid Day Meal Scheme and Its Impact on Health of Primary Classes (6 to 11 yrs. ). In Meerut Region (U.P)**

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***Key words:*** *mid day meal, nutrition, health.*

The concept of mid day meal scheme has a long history in India. During the year 1995-96 a programme for central government assistance for mid day meal for children in primary schools throughout the country was considered. Health and nutritional status of 6 to 11 yrs. Children are very vital because they are the nature's biggest assets for development and harmony. This segment of population in very prime group as their learning and maturation and all other developments, the present study is related to know the mean intake of various nutrients the children according to class. This study area was Meerut region's five districts. (Meerut, Bulandshar, /Baghpat, Ghaziabad and Guatam Budha Nagar)

**26. Care of the Caregiver: Critical Health Issues of Women in Odisha.**

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*Keys Words - Gender disparity, Missing Women, Sex Ratio Mortality Rate*

This paper addresses the paradox that women, prime care giver of the family is largely denied access to such care, mostly due to deep rooted gender bias. It explores the appalling state of women's health in India, especially Odisha and different facets and reasons for this malady. The paper examines sex-ratio trend and the phenomenon of "missing women". The continuous and alarming decline in Child Sex Ratio (CSR) is also discussed. Diverse dimension of gender discrimination are examined in depth. Key issues of Infant Mortality and Maternal Mortality, vital aspects of Millennium Development Goals are reviewed. Other related issues like early marriage and participation in unorganized employment are also discussed.

**27. Healthy Heart Diet: The Basics**

**Binata Nayak**

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**Key words:** *coronary artery disease, hypertension, food.*

To take a fresh look at the diets consumed by our population and formulate appropriate dietary guidelines to prevent and control heart diseases. Today coronary artery disease and hypertension have emerged as the most important cause of premature disability and death all over the World. The adage “Prevention is better than cure” is appropriate for heart diseases since the cost of the treatment far outweighs the cost of disease prevention. Sensible and healthy food habits right from the childhood coupled with good lifestyles can, not only delay aging and increase life span, but also add to the quality of life. A wide selection of foods from each of the different food groups to ensure a balanced diet, and avoidance of indulgence in foods can maintain health and prevent heart diseases.

**ABSTRACT OF THE ORAL / POSTER PRESENTATIONS**  
**Science & Society**

**1. Environmental Failure of Acid Strength on Zinc Electroplated Mild Steel in 2M of Hcl In The Presence Of Nicotiana Tobacum.**

**A.P.I Popoola & O.S. Fayomi**

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**Key words:** *Corrosion, environmental failure, inhibitor, hydrogen bubbles, electroplated mild steel, nicotiana tobacum, gasometric.*

The corrosion inhibition efficiency of Nicotiana Tobacum on the corrosion performance of zinc electrodeposited mild steel in 2 mole of Hcl acid solution was studied with and without inhibitor using weight loss and gasometrical principle. The immersion of zinc electroplated mild steel coupon of 45mm 20mm in the presence of nicotiana tobacum of varying concentration of extract 25, 55, 75 and 100cm<sup>3</sup> at elevated temperature of 50°C in 56 minutes with an increasing rate of hydrogen gas during the chemical reaction was examined. Inhibition feasibility was explained by formation of insoluble complex absorbing adhesion on the surface metal. In the results obtained, there is increased in H<sub>2</sub> bubble and percentage current efficiency (%IE) with increase extract percentage concentration. The extract in acid medium, gave its best corrosion inhibition by reducing corrosion rate at every increase in extract concentration. Hence, microstructural examination investigates the effect of the inhibitor to reduce formation of Fe-O and enhance stable phase formed.

## **2. Science and Technology for Inclusive Innovation- Role of Women**

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Deptt of Physics and \*Deptt of Environmental  
Science, Institute of Science, Nagpur

***Key Words:*** *humanity.*

The purpose of inclusion of women in the science and technology is to utilize the women power into the development of the nation in effective manner by proper policies with economically viable projects in the field of Science, Technology, communication and Science based agriculture. While considering the aim it is worth while to consider the views of wellknown scientists. The survey of famous women Scientists and powerfull ladies of the world for boosting the plans and morale of the women in general will play a paramount role in bringing them in the sphere of Science and technology. Science and technology have been an integral part of Indian civilization and culture. Women and men have been active in science from the inception of human civilization. One of the defining marks of humanity is the ability to affect and predict our environment. Science is the creation of structure. For our world and technology, the use of structure has been stepping stone to our progress. Women and men have researched and solved each emerging need. At a glance, women in general might look like one of the many housewives – simple, docile, unassuming and humble. But make no mistake, for behind this simple straight face is a razor sharp brain, and an uncanny ability to execute, to convert thought into action without much ado.



### **3. Remote Sensing and Geotechnical Information Technology a Case Study on Kolleru Sanctuary**

**T.Raghavendran, B.Rajasekhar, M.Anusha & O.Santhosh**

GMR Institute of Technology, Anil Neerukonda Inst of Tech and sciences, Tata Consultancy Services-Chennai, Pydah College of Engineering, Vishakapatnam

Remote sensing means the process of acquiring information about any object without physically contacting it in anyway regardless of whether the observer is immediately adjacent to the object or million of miles away. Remote sensing data basically consist of wavelength intensity information acquired by collecting the electromagnetic radiation leaving the object at specific wavelength and the measuring its intensity. To know the geographical information about art, science, engineering & technology GIS system is used. GIS is a generic term denoting the use of computer to create and depict digital representation of the earth's space. GIS has the roots for the development of remote sensing, in the late 1960's and early 1970's, as a potentially cheap and effective source of earth observations. While many of techniques for processing remote sensing data are highly specialized, more general GIS techniques become important in order to combine information desired from remote sensing with other collateral information. GIS has many roots of evolution like map production process. The root of large scale data integration around a common data model & possibility storing large number of layers of information.

#### **4. A Case Study on the Use of Recycled Materials in Highway Construction**

**Oruganti Santhosh, M.Anusha, P.Kiran Sai, B.Rajasekhar**

Pydah College of Engineering, Vishakapatnam

Tata Consultancy Services-Chennai

Anil Neerukonda Inst of Tech and sciences

As the world population grows, the amount and type of waste being generated. Many of wastes produced today will remain in the environment for hundreds, perhaps thousands, of years. The creation of non-decaying waste materials, combined with growing population, has resulted in a waste disposal crisis. One solution to this crisis lies in recycling waste into useful products. Highway construction is a major sector in the construction industry, which requires a large quantity of materials to work upon. The materials like plastics, polymers or fly ash are those wastes which became headache to destroy. Thus, consuming, such materials in construction sector is an environment -friendly act. This article summarizes current research on those waste materials that have shown promise as a substitute for conventional materials. The use of plastics and polymer products in road construction has already been started in INDIA. Such acts in India were already been succeeding. Current research on those waste materials shown promise as a substitute for conventional materials. The use of plastics and polymer products in road construction has already been started in INDIA. Such acts in India were already been succeeding.

## **5. Energy Conservation, Pollution Control and Zero Maintenance**

### **Thorough Green Buildings**

**M.Anusha, R.Lakshmi Narayana, P.Indraniel, J.Santosh**

GMR Institute of Technology

Unisys Global Services India-Bangalore

Green building is the practice of increasing the efficiency with which buildings and their locations use energy, water and materials, as well as, reducing the impact of buildings on human health and the environment, through better siting, design, construction, operation, maintenance, and removal of buildings. The energy crises of the 1970's spawned research into green building, with the development of new glazing technologies and solar designs, as well as the development of natural cooling, ventilation and daylight systems. Many private sector and government funded demonstration projects were built at this time and in the decades that followed. Worldwide, the building and construction industry consumes more fossil fuels and natural resources than any other human activity. Green building is the term that refers to designing and building structures that are environmentally sound and follow the tenets of sustainability. Such buildings consume less energy, are durable and can be recycled. The construction, maintenance and demolition of buildings consume a tremendous amount of energy and resources. Building green is important to the protection of ecosystems, to maintain safe air and water quality, and to conserve renewable and nonrenewable natural resources. Energy efficiency and resource conservation also play a vital role. Green building is an immediate, measurable, and cost-effective solution to the complex and interrelated issues of climate change, energy dependence, and human health.

## **6. Intelligent Life Saving System**

**M.Anusha, R.Lakshmi Narayana, P.Indraniel, J.Santosh**  
GMR Institute of Technology, Unisys Global Services India-  
Bangalore

For persons traveling in a boat, it is always better to protect themselves from life risks especially in case of children who go to schools and for those who go for a fun ride through backwaters or some lake. Another major problem happens to be capsizing of the boat. In order to overcome such disasters, we have designed a life saving system which saves people from drowning once they fall into the water. Each person is given a portable tiny transmitter which could be hung from his neck at the ticket counter itself. This transmitter contains a self contained sensor to detect the invasion of water into the transmitter and sends a water detection signal to the transmitter-and-receiver system present in the boat. This transmitter-and-receiver is connected with the engine drive control so that the boat retraces its way to the point where the transmitter wearer fell and stops near to him. The transmitter-and-receiver system present in the boat is equipped with a GPS system, so that it may inform selected people with predetermined addresses of the time and place at which the person fell into water via a selected local station by wireless. Now there is a selected local station by wireless. Now another transmitter of the same type given to each person is placed in the bottom part of the boat. In case of capsized, this transmitter sends the water detection signal to another transmitter and receiver system placed in the boat which in turn sends an alarming signal to the transmitter-and-receiver system placed in the ticket counter so that people may be saved.

## 7. RNAi Treatment of HIV-1 Infection

**T.Raghavendran, B.Rajasekhar, M.Anusha, O.Santhosh**

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Tata Consultancy Services-Chennai

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**Key Words:** *vitro*, *vivo* test

RNA interference (RNAi) is a cellular mechanism that mediates sequence-specific gene silencing by cleavage or translational inhibition of the targeted mRNA. RNAi can be used as an antiviral approach to silence the human immunodeficiency virus type 1 (HIV-1). The first clinical trial using RNAi against HIV-1 in a lentiviral gene therapy setting was initiated in early 2008. In this chapter, we will focus on the basic principles of such an RNAi-based gene therapy against HIV-1. Subjects that will be covered include target site selection within the viral RNA genome, viral escape, and therapeutic strategies to prevent this, such as combinatorial RNAi approaches, systems available for multiplexing of RNAi inhibitors, methods to deliver the antiviral RNAi molecules and gene therapy protocols to achieve durable HIV-1 inhibition. We will also discuss several *in vitro* and *in vivo* test systems to evaluate the efficacy and safety of an RNAi gene therapy.

**8. Flood and morbidity and unidirectional influence Poses a greater risk factors in the status of health of women**

**Shraboni Ray<sup>1</sup>, Samiran Bisai<sup>2,3</sup>, Debleena Ray<sup>1</sup>,  
Madhumita Sarkar<sup>1</sup>, P.R.Mondal<sup>4</sup>, Amlan Kanti Ray<sup>1,5</sup>**

1. Dept. of Reproductive Medicine, IVF & Infertility  
Research Centre, Calcutta

2. Dept. of Anthropology, North Eastern Hill  
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5. Indian Institute for Medical Technology, Calcutta

Morbidity is a certain state of affairs to assess the human health in certain locations and in certain disease conditions. It can only be measured both quantitatively by number, size, age, gender and area of population in a particular time frame and qualitatively by environmental induced factors under the influence of habitation and flood and by metabolic induced factors under the influence of food habit, life style and genetic factors. Newer thoughts are pouring into the science of medicine which gives impetus for the better prognostic management of this category through different drug regimens and clinical applications. Morbidity of certain population in other words is accepted as a standard methodological tool among demographers and census workers (of every 10 years) for comparative study along with the mortality and other demographic parameters of particular population. Policy makers are concerned with the overall effects of the planning to curb the infectious diseases on the one hand and keeping provisions of the backup of health cell to tackle the situation of other diseases through different health centres be at the village or at the block or at the sadar level on the other. Level of morbidity oscillates between the good health of a person in physique and mind through recovery and moribund

situation of a person with point of no return. This state could further be explained by maintaining a status quo situation with a drug regimen. Morbidity under the influence of flood is a certain condition in which the affected population is virtually in a 'captive' mode irrespective of the age and the gender is a victim of Post-Flood-Effect (PFE) situation. The present paper takes an attempt to explore the oscillating movement under the influence of various PFE facts and is intend to conclude the paper with probable suggestions.

**9. Science and Human Behaviour**

**B.Swathy**

Brahmakumaris

Rajyoga Education & Research Foundation

Human behaviour is a fascinating subject. Its splendid variation, unimaginable complexity and magnificent responsiveness to the changing environment have attracted scholars for ages. The scientific study of behavior perhaps started in those cradles of civilizations, where land was rich, the division of labour was highly specialized and people were secured. Perhaps it provided ideal conditions for people to observe themselves and others closely to explore the intricacies of human behavior. Gardner Durphy, one of the historians of psychology, estimated that it might have happened in India, china and Greece around 500 B.C (Murphy 1973). Since then, the study of human behaviour has evolved a great deal. Innovative ideas and new approaches have kept enriching our understanding of human behavior. In this context, behaviourism emerged as a distinct trend and has continued to influence generations of scholars. Today's behaviour analysts are more concerned with predictive and descriptive problems rather than the epistemological ones.



**10. Latent Fingerprint Detection in Forensic Application  
utilizing Inorganic Nano- Phosphor**

*Vishal Sharma\**, *Vinay Kumar #* & *R.K. Pathak*

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**Key Words:** *Fingerprint, Nano-Phosphor, fluorescent  
nanopowder*

Fingermarks are one of the most valuable forms of physical evidence of an individual in identification and generalized proof of identity, even though the recent growth in the use of DNA. Nanotechnology is now being increasingly used in forensic science for the detection of latent fingerprints, using multiple techniques including dusting method. Nanopowder have advantage over bulk powders used for dusting the latent finger print in order to enhance the areas, where prints are likely to be found at scenes of crime. Many of these bulk powders are not viable to use in conditions other than in a laboratory, due to the harmful effects they can cause. Through this paper, we are reporting on the rare earth doped fluorescent nanopowder to visualise the latent fingerprint deposited utilizing powder & dusting method. Long after glow nanophosphors have been synthesized using well established combustion method. The dusting powder used in this study provides greater sensitivity and contrast, between the developed fingermark and the background compared to conventional one.

**11. Behaviour of Reproduction and Histological Changes  
Studies of Ovaries in Mice Due to Fluoride Toxicity**

**Shashibala Kumari**

Research Scholar, P.G. Department of Zoology, Patna University,  
Patna

**Keywords:** - *Female mice, fluoride toxicity, ovaries, oocytes, fertility.*

The aim of the work was to study the behaviour of Reproduction and Ovarian changes. Our study has been concluded on female mice (*mus musculus*) due to fluoride toxicity. Fluorosis is a dreaded disease caused due to high flouride in drinking water. The female mice, weighting between 20-35 gms, were intoxicated with 20 mg/kg bw and 40 mg/kg bw NaF for 30 days and maintained under laboratory conditions. A wide variety of morphological and histological changes occurred due to inclusion of sodium fluoride. The follicle layer surrounding the growing, oocytes were degenerated and reduction in the body weight and water consumption in comparison to the control. The above findings suggest that sodium fluoride causes adverse effect on ovarian cells in female mice, leading to follicular atresia and fertility. Hence, it has an adverse effect on the female reproductive system leading to the reduced fertility.

**12. Conceiving Progeny: An Issue of Cognitive Dissonance of Infertile Women**

**Amlan Kanti Ray<sup>1, 5</sup>, Samiran Bisai<sup>2, 3</sup>, Shraboni Ray<sup>1</sup>,  
Debleena Ray<sup>1</sup>, Madhumita Sarkar<sup>1</sup>, P.R.Mondal<sup>1</sup>,  
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Rightly or wrongly, infertile women in all walks of life in India perceive the assisted reproduction as the only way out to get rid of stigmatized identity in order to bypass the option of adopting the child as this will not serve the purpose of being the prospective mother of her biological progeny. There is a strong relation between the UN declaration of Article 16 (...to found a family...) and stringent ethical framework to closely monitoring the procedure of assisted reproduction no matter varies from country to country to restrict the aspiring infertile women (couples) to avail this technique. This restriction further widens the possible field of medical tourism. As a result of that, post menopausal women used to avail this technology to become a mother in India where the ethical framework in the form of ICMR guidelines is only there in black and white. Unless there is a clear explanation about the modus operandi of the entire procedure of assisted reproductive techniques, the sustainability of the verbal promise is going to persist. The present paper has done an in-depth analysis of the impact of assisted reproductive procedures on the infertile women irrespective of the age and reproductive complications. The paper wants to conclude that the only uniform and bold advocacy can clear the confusion about this procedure among the general public. Cognitive dissonance tends to lead dissatisfaction and unhappiness, which is the painful condition in which the infertile women underscore the positive outcome through this technology.

**13. Urbanization and Water Pollution**

**Prabha Kumari**

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Kankarbagh, Patna- 800020

*Key Words: Contaminated Water, Improper disposal.*

As per MOWR (2000) estimates, 70 percent of surface water and many ground water reserves in India are contaminated by toxic organic and inorganic pollutants. In many cases these sources are unsafe for human consumption as well as for other activities such as irrigation and industrial use. The Central Pollution Control Board identified the severely polluted stretches on 18 major rivers in India (World Bank 1999). All these stretches are found in and around urban areas, confirming that the industry and urban household sector are the major sources of water pollution. Although industrial sector accounts for only 3 percent of annual water use in India its contribution to water pollution is quite large. The waste water generation from industrial sector has been estimated at 55000 million m<sup>3</sup> per day of which 68.5 million m<sup>3</sup> are dumped directly into local rivers and streams without any treatment (MOWR2000). The Central Pollution Control Board has identified 1532 grossly polluting industries in India, although almost all industries do not comply with emission standards (World Bank 1999).

**14. Effect of Temperature on Radicle and Plumule  
Elongation in Vigna Species**

**Subodh Narayan**

P.G.T., L.N.B. Inter College Chapra, Saran (Bihar)

*Key words:* Germination, radicle, plumule emergence, survival.

Germination is a vital phenomenon and determines the behavior pattern of plant in terms of growth, morphogenesis, flowering and seed setting. All these activities from germination to seeding establishment and fructification to yield potential product depend on these phenomenon. Therefore, this work was carried out to know the effect of temperature and light on germination. Several physical parameters such as temperature, moisture, photoperiod, water condition and mineral uptake are closely co-ordinated by the system to sequence the developmental process of the biological clock. Temperature is an important parameter, which affects the germination of seeds in any agro-climatic zone.

**15. Genetic Diversity Patterns in the Socially Stratified Muslims of Uttar Pradesh, India: Inference from 15 Autosomal Strs and 35 Y-Snps**

**Sabahat Noor & Ikramul Haque**

Central Forensic Science laboratory

Directorate of Forensic Science Services, Kolkata

*Keywords: Genetic diversity, Indian Muslims, Social stratification.*

The origin and relationships of Indian Muslims is still dubious and are not yet genetically well studied. A panel of 15 autosomal STRs and 35 Y - SNPs were used to examine the extent of diversity and genetic relationships among five Muslim populations of Uttar Pradesh representing the Ashraf (higher caste) and Ajlaf (lower caste) groups. All the 15 loci were found to be highly polymorphic and the average heterozygosity was uniformly high. The austere endogamy being practiced for several generations was confirmed by the genetic demarcation of each of the studied group reflective in the low  $F_{st}$  P values calculated by AMOVA. Although AMOVA did not reveal any significant difference between the Ashraf and Ajlaf group, structure analysis and phylogenetic assessments revealed Syed and Afridi Pathan to be genetically very distinct from the rest of the studied populations.

**16. Role of Woman in Medical Advancement and Technology: Quovadis**

**Yamini Sahay**

Department of Philosophy, K.B.W. College  
Vinoba Bhave University Hazaribag

*Keywords: Freezing eggs, women's autonomy, abortion*

From freezing eggs and dialing for donor eggs to renting a womb and cashing in sperms from the sperm bank, there's an array of baby shopping choices. So, thanks to medical technology, it is never missing the baby bus, though it raises many ethical and moral questions pertaining to family and society. Some of the most rancorous and divisive debates in modern science either touch upon or are tied up with issues like pregnancy, women's autonomy, abortion and the status of a fetus. It is needless to say that the role of woman is most crucial and decisive in the above issues.

**17. Some M<sup>3</sup> S<sup>4</sup> E<sup>4</sup> Pre 21<sup>st</sup> Centiru Analytical Historical Clips in endeavors, accomplishments & entrepreneurships by global Women gender in transforming the environment of STII**

**S.S.Kamavidar, Anand Kamavidar, Chhaya Kamavidar, Ku.Anjali dani**

Kamavidar Niwas, Tatyapara, Raipur.

STII has been an integral part of Indian civilization and culture. It is the creation of structure and its use has been a stepping stone to our progress. Women & men have been active in STII from the inception of civilization one of the defining marks of humanity is the ability to affect and predict our environment which resulted in better solution for each emerging need. Although women in general might look like one of many house wives (simple, docile, unassuming an humble motherhood, service to their male partners) but made no mistake for behind this simple straight face is a razor sharp brain and uncanny ability to convert thought into action without much ado.

**18. Personal Space among Science Students**

**K. P. Yadav**

P.G. Centre of Physics, College of Commerce, Patna

*Key-Words: Personal Space, Academic Achievement*

The present study is a comparative study based on personal space and academic achievement among science students of Patna. For the purpose 100 science undergraduate respondents were administered a PDS to get the necessary information about them. They were compared in terms of personal space and academic achievement. The academic achievement was measured using the results of two previous results of two successive years. The personal space was measured experimentally. The obtained data were analysed using t-ratio and chi-square. It was found that respondents having high academic achievement maintained larger personal space as compared to the respondents having lower academic achievement.



**ABSTRACTS OF THE ORAL/ POSTER PRESENTATIONS**  
**Military Sciences**

**1. Nuclear Terrorism: A Threat to Global Security**

**Ajay Kumar Sinha**

Dept. of Military Studies, D.A.V. College, Kanpur

**Key Words:** *Extremist, Catastrophic, Sabotage, Hypothetical, Fatalities.*

It is to be understood that terrorist violence is neither spontaneous nor random. Terrorist are always aware of the implication of their acts. Evidence supports the connection that terrorists are not able to avail themselves of the present technologies. To manufacture their own nuclear weapons, terrorist would require both strategic, special nuclear materials and the expertise to convert them into a bomb or radiological weapon. Whether terrorists of the future will be able to achieve a nuclear weapons capability depends upon several factors. The paper attempts to deal with those factors in detail.

**2. Psychological Well- Being of Indian Air Force Personnel**

**Seema Vinayak & Monica Saini**

Department of Psychology, Panjab University, Chandigarh

***Key words:** Psychological well being, autonomy, self acceptance.*

The aim of the present investigation was to study the psychological well-being of the new recruits and senior personnel in Indian Air Force. The sample of the study consisted of 80 personnel below officer rank with 40 new recruits (18 to 25 years old) and 40 senior personnel (32 to 45 years old) from Air Force station, Chandigarh. Psychological well being test measuring autonomy, positive relations with others, purpose in life, self acceptance, environmental mastery and personal growth, was administered. Descriptive statistics and t- ratio revealed that the senior personnel were significantly higher on positive relations with others and on environmental mastery as compared to the new recruits. Besides, no significant difference was found in both the groups on other variables.

**3. Pakistan India Bangladesh Relations in A Psychological Perspective: A Need Based Approach**

**Sudarshan R Kottai**

IMM & SP, Dept. of Clinical Psychology  
LGBRIMH (Ministry of Health, Govt. of India) Tezpur

*Key words: Pakistan-India-Bangladesh Relations, trilateral engagement.*

Pakistan, India and Bangladesh are unique South Asian neighbors in that they represent a common lineage, history and heritage. Nevertheless, these countries have failed to sustain a mature, constructive and productive coexistence even though the opportunities for such a cooperation is vast, wide and varied in the context of our peculiar historical antecedents. It is high time that the concerned governments meditated upon the need for a change. This paper proposes a psychological intervention in the form of an annual trilateral engagement thrice a year in three different venues in each country based on the Prochaska - DiClemente Wheel of change model to maintain the progress achieved in the relationships contemporarily. Planned contacts are needed in order to bring the countries closer psychologically. A positive change is possible provided there is motivation to be committed for we know there is nothing permanent except change.

**4. Modern Psychological Warfare: Present and Future**

**Raj Kishor Singh**

Dept of Military Science, Agra College Agra

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**Key words:** Propaganda, Motives, Emotions, Behavior, value.

My paper expected to highlight the modern psychological warfare in the context of present scenario. Modern psychological Warfare, have been known by many other names or terms, including Psy Ops, Political Warfare, "Hearts and Minds," and Propaganda. Various techniques are used, by any set of groups, and aimed to influence a target audience's value systems, belief systems, emotions, motives, reasoning, or behavior. It is used to induce confessions or reinforce attitudes and behaviors favorable to the originator's objectives, and are sometimes combined with black operations or false flag tactics. Target audiences can be governments, organizations, groups, and individuals."The planned use of propaganda and other psychological actions having the primary purpose of influencing the opinions, emotions, attitudes, and behavior of hostile foreign groups are used in such a way as to support the achievement of national objectives."

**5. Scarcity of Water & Climate Change a Threat to Peace and Security in South Asia**

**Abhaya K. Singh**

Dept. of Defence & Strategic Studies,  
K. S. Saket Post Graduate College  
Ayodhya, Faizabad-224001

*Key Words: Climate Change, Global Warming, Melting of Glaciers, Water Issues: Conflict or Cooperation Water Scarcity & Water Security.*

Water scarcity and impact of climate change on water quality, quantity, availability and access have led to new problems. It is the key to socio-economic development and quality of life because it is a fundamental human need and a critical national asset. A number of research studies, conducted by different institutes and researchers pointed out that water scarcity can and will disrupt peace and lead to conflict. Relations between and among countries can be affected due to scant water resources. South Asia is one of the most vulnerable regions to climate change. Glacier melting, monsoon patterns, availability of water and water reservoirs will be impacted by climate change, which will lead to scarcity of water.

**6. Ballistic Missile Defence: Viability for India**

**Abhaya K. Srivastav**

Dept. of Military Studies, D.A.V. College Kanpur

*Key Words: Flashpoint, Deterrence, Arsenal, Capability, Ballistic.*

The missile threats India presently facing are exemplified by the missile inventories of China and Pakistan. Since 1998, Pakistan has been testing various short and medium-range missiles that could target major parts of India. Reports suggest that the Indian heartland is targeted by Chinese missiles deployed in Tibet, Datong and Kunming. Pakistan's mounting missile capability and fledging nuclear arsenal could be the main stimulants for New Delhi's missile defense planning. There is a feeling that Pakistan might have gained a narrow edge in missile capability, neutralizing India's conventional superiority, which emboldens Pakistan to pursue a proxy war in Kashmir. China, on the other hand, with its huge arsenal of solid fuelled missiles, would be the most potent threat to India. With the huge disparity in force levels, New Delhi has all reasons to worry about Chinese IRBMs and MRBMs. Beijing's malicious intention, to contain India in South Asia through her 'String of Pearls Strategy' is well evident. India would have to watchful of Sino-Pakistan nexus for nuclear and missile technology cooperation, which not only impinges her very survival but also, has adverse geo-strategic implications in the long run. This paper, in length, is an attempt to explore and analyse certain important factors that have led to the security implication for India.

## **7. Tactical Nuclear weapons control**

Arun Patwari

Research Centre for Defence Service Hindu College,  
Moradabad (U.P.)

Tactical nuclear weapons are a particularly dangerous category of nuclear weapons. They are portable, often integrated into conventional force structures and, in some cases, less well guarded than their strategic counterparts. Despite the 1991 Presidential Nuclear Initiatives, there has never been any formal agreement on the removal and elimination of tactical nuclear weapons. Despite periodic updates on progress, data were never agreed, only proportions of numbers to be eliminated or stored were declared. Still today a great deal of uncertainty exists over the implementation of the 1991 unilateral declarations. Perhaps more worrying, there seems to be a renewed interest in this category of nuclear weapons. In addition to the concerns to post September 11, over the terrorist use of nuclear weapons and nuclear materials, discussions and debates, in public and in private, on the use by States of small, low yield nuclear weapons to attack underground hideouts of terrorist leaders or terrorists' weapons manufacturing facilities. In addition the use of nuclear weapons as a response to chemical and biological weapons attacks is also being debated, has led of these debates has led to official policy changes, but with the increasing concerns over the long-term adherence to the comprehensive nuclear test ban treaty, it is not beyond the realm of possibility that new all, short-range and "useable" nuclear weapons could be on the horizon.

# 99<sup>th</sup> INDIAN SCIENCE CONGRESS

**January 3 - 7, 2012 Bhubaneswar**

V

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H.G. Singh	(1997)
R.C. Dixit	(1996)
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Jai Prakash	(1994)
Anima Sen	(1993)
Girish Chandra Rai	(1992)
Ramanath Kundu	(1991)
Prabha Gupta	(1990)
V P. Sharma	(1989)
Amitava Chattejee	(1988)
Ram Murti Loomba	(1987)
UmaShanker	(1986)
Amar Kumar Singh	(1985)
J.M. Ojha	(1984)
E.I. George	(1983)
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Raj Narain	(1955)
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Jamuna Prasad	(1953)
Pars Ram	(1952)
S.K. Bose	(1951)
Kali Prasad	(1950)
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P.S.Naidu	(1947)
India Sen	(1946)
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John Sargent	(1944)

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<b>Psychology</b>	
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J.M. Sen	(1936)
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