

FIITJEE JUNIOR COLLEGE

**STUDY
MATERIAL**

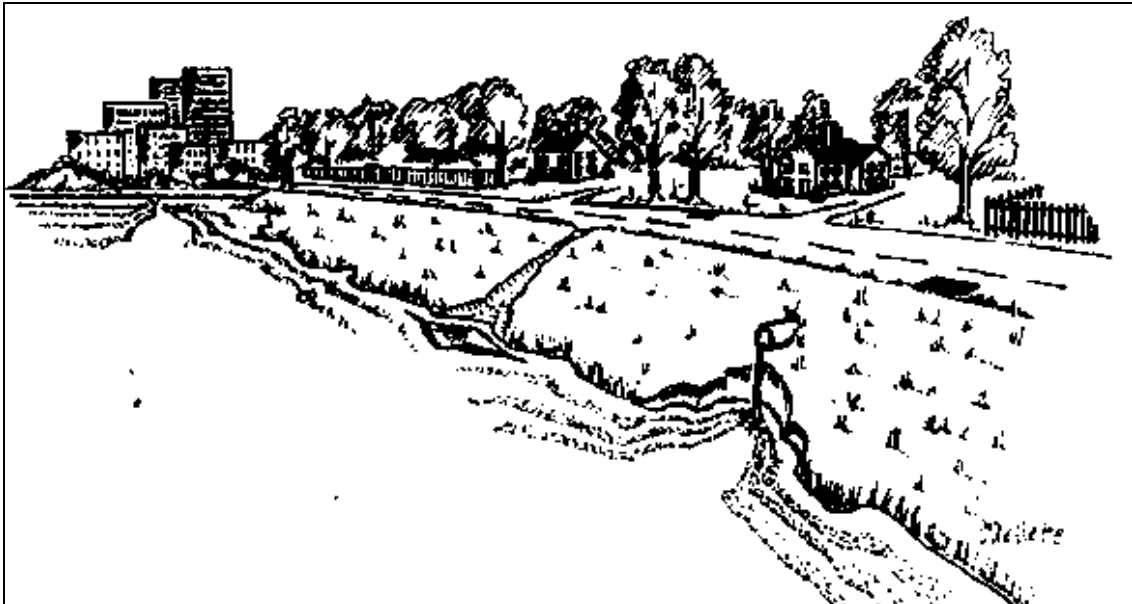
FOR

ENVIRONMENTAL EDUCATION

AND

ETHICS AND HUMAN VALUES

Environmental Education



QUESTIONS & ANSWERS

1. **Tribal lead a far more eco-friendly life than people who live in urban areas. Do you agree with the statement? Substantiate your answer with appropriate local examples.**

A. In ancient times, man had limited wants and lived in harmony with Nature. As population increased and wants grew; things were changing. These changes forced the other living beings to continuously adapt themselves to the new condition. We were irresponsible in our actions and started exploiting Nature. **We polluted the environment.**

To survive, we depend on natural resources. It is clearly seen in our country by protecting animals, trees and other life forms. But the traditions do not exist in the urbanities. They have moved far away from them.

It is true that - Andhra Pradesh has tradition of preserving the environment for many centuries now; local people have preserved the **banyan tree "Timmamma marrimanu"**

The **tribal people** continue to **protect** nature. They **love nature** and **worship trees**. They are eco-friendly. They never destroy forests. They protect the forests against destruction.

Silent valley is the tropical rain forest area at the southern end of the Western Ghats in the Malabar region of Kerala. It is one of the richest biological and genetic heritages in the world.

The Government of Kerala has proposed a hydroelectric project which will have immense potential for employment. **The tribal and other organizations have opposed it as it is a threat of extinction to the tremendous variety of biological species that have evolved over hundreds of millions of years.** Hence the project has been stopped. It is nothing but saving the silent valley which indicates the stand that development should not be at the cost of environment.

There are many tribal people in our areas who worship Nature and trees. They preserve nature. Piles of garbage and stagnating dirty water are both dangerous to our health. Have you heard of any new disease that has surfaced in recent times in your region whose origins the doctors trace to the birth of new viruses and bacterial germs milling around us these days? Give details about this disease, its cause, symptoms and its cure (if there is one available) what should be done to avoid the disease. Now-a-days it is very difficult for us to have clean water. About 20 % world's population does not get clean water. In the world 110 crore people suffer from water shortages. Backward states like Bihar, M.P, Rajasthan and U.P. in India have high death-rate because of **lack of sanitation** and **contaminated water supply**.

Nalgonda District in A.P. Suffers most from **drinking ground water** that has high **fluoride** content. In India about 60 lakh people suffer from fluoride population in ground water. It is alarming to know that polluted water will causes diarrhoea and kill 50 lakh people a year by 2030. Every year 700, 000 children die of **diarrhoea** and other disease in India. About 70 to 80% of deaths in India are due to contaminated water.

Every year Indians spend 10,000 crores on diseases caused by contaminated water. Diseases such as diarrhoea, pneumonia, malaria, and tuberculosis cause most of the deaths. All the diseases are the result of unhygienic conditions. In many cities, most of the people live in slums. Asian slum -

dwellers are the victims of main diseases. Very poor people are perhaps the greatest polluters. They live unhygienically in slums. Only a few viral fevers are traced in our region.

Primary Health centres and other social charitable organizations are giving medicines to the people of the slum areas at where the viral fevers prevail.

2. Which is your favourite festival? Study the festival in detail and write about the environmental links associated with the festival. Separately list out the features of the festival, as it is being celebrated today, that you think are harming the environment. Give your views on how to make the festival more eco friendly.

A. My favourite festival is **Holi** It is the most colorful festival which falls on the full moon day in the month of **Phalguna** according to the Hindu calendar It is the month of March according to Gregorian Calendar The festival has many elements of primitive rites The villages, towns and cities all over the country go gay with merry makers. The streets, parks and other public places are crowded with people daubed in various colours.

The festival of joy is celebrated, when both man and Nature are free from the winter gloom Holi marks the arrival of spring, the season of hope The trees start flowering The gardens and parks are fun at flowers of different colours The flowers breathe out their fragrance into space The streams and brooks stop their winter silence and begin to flow People enjoy the beauty of Nature.

Holi is one of the most ancient festivals in India. In Andhra, Tamilnadu and Kerala, there is a popular legend, **Kamadev**; the love-god has a bow of sugar cane. It has the string of a line of humming bees. His arrow shafts are topped with passion. Once he aims his arrow at Lord Shiva who is in deep meditation. Lord Shiva opens his third eye and burns him to ashes. Kamadev's wife Rati requests Shiva to restore her husband to life. Shiva grants her the boon. Then she can see her husband without the physical form. Hence the songs sung during Holi tell the sad story of Rati.

In Bengal Holi is known by the name "**Dol Jatra**" or "**Dol Purnima**". The Sikh community celebrates Holi with feasting and merriment. The Sikhs call it "**Hola Mohalla**". In Maharashtra Holi is known by the name "**Shimga**".

In the past, **home-made colours were used**. They were not harmful. They were safe and easy to make. They could be washed off easily. The colours were prepared by the people. They added **saffron** to rice flour to make a holi colour. **Beetroot** was boiled in water for red colour. **Henna** powder was mixed with water for greenish yellow colour. **Turmeric** was mixed with flour. All these colours are eco-friendly.

Now people are using **chemical colours** during Holi. The **chemical** and **alkalis** used in industries are sold as colours. This material is further mixed with **asbestos powder**, Silica powder and **lime** stone.

In addition, to add a **shine** is the colours, the powders of **mica**, **glass** and other substances are used. **Our skin is acidic. Many colours are of alkaline nature**. As a result contact with such chemical colours causes **allergies** and **skin diseases**. If these colours enter the eye, the **cornea** can be damaged and eyesight may be weakened.

There are many dangers posed by **synthetic powders**. **Red** colours cause **skin diseases** and **allergies**. **Black** colour damages the **brain** and **kidneys**. **Dark purple colour** causes skin diseases,

allergies, breathlessness and **pneumonia**. **Pink colour** causes skin diseases and **burning sensation in eyes**.

These colours are harmful to the environment also. They lead to wasteful consumption of large quantity of the chemical colours cannot be washed off easily. So we must celebrate the festival only with **eco-friendly colours**.

3. Do you agree that migration of rural people to urban areas is continuing to happen even now? Depending on your answer, substantiate your stand giving reasons. Remember to give your area specific examples.

A. A The '**Study of Human environment**' is an important subject now-a-days Population growth and its effects become an important component of this study A comparison of the population of villages and the population of the cities make it clear that migration of rural people to urban areas has been there for a long time.

As per the census taken in 2003, there were **173 municipalities** in Andhra Pradesh where as now in the year 2006, the number has gone up to **213**. The **urban population** in 1971 was **84 lakhs** and in recent years the urban population has shot up to **2 crores**. Hyderabad, Vishakapatnam, Vijayawada and Guntur are the cities mostly attracting migrants. The variation in population between the years 1971 and 2001 makes it clear that migration has been a continuous process.

There are **different reasons for migration**. Rural poor run to towns and cities **for employment**. **Better educational facilities** are also available in urban areas. As a result cities are driven into problems like **shortage of housing, lack of sanitary facilities, inadequate water supply** and such others.

Vijayawada is a city fast developing. Five years ago it had eight lakh people and today it crossed the number of ten lakh. Surrounding areas have also been annexed to the corporation limits. The city of Hyderabad is running towards the target of 50 lakh people. International Airport, Hitech city outer ring road and other projects are taken up. It has become a focal point for many to migrate in view of the industries, business and marketing. In Visakhapatnam and Guntur also, we have the same experience.

Another glaring example is of a village near Vijayawada. It had a population of 6000 at one time. But now all the houses are vacant. People sold away their land and migrated to cities like Vijayawada and Hyderabad. They want to start business or deposit the money in a bank and forget all about their village. Thus migration from rural areas to cities and from cities to metropolises takes place even now.

4. What steps have you personally taken to reduce the use of plastic? Was it difficult for you to change your habit? Narrate your experience. Give step by step details about how you were successful in adopting an eco-friendly habit.

A. The phrase '**Eco-friendly**' is used very often now-a-days. It has great importance in our day to day dealings. A clear understanding of environment is needed for an individual to survive in this world. Living beings utilise the natural resources. Animals, birds and many other living beings adapt themselves to the environment but man wants to shape it according to his whims and fancies. In this huge task man started exploiting environment. Western ways of consumerism, materialism and acquisitiveness have replaced Indian culture. **The usage of plastic covers**' promotes consumerism

but it creates a great problem. **Plastic cannot be easily bio-degraded** and hence heaps of plastic covers and articles are burnt. The smoke created becomes harmful for health. It causes **cancer**. The plastic heaps stop free passage of drains. Animals die when they try to eat plastic bags. Thus the usage of plastic bags has become dangerous. Even the high court ordered the municipalities and panchayats to ban thin plastic.

As plastic has become a challenge for safety one should avoid using it. Practically, it is not easy. But in my case, **I have completely abandoned the usage of plastic.**

In fact I had the habit of carrying every thing from the market, in plastic bags. As I was accustomed to it, I wanted the vendor at the shop to supply the articles in a plastic bag. Some times, I purchased a plastic bag and carried the articles thus by the time, I returned to my house, I had two or three plastic bags with me. I used plastic bags sparingly. One day, I saw a notice at a sweet shop "**Plastic bags are not supplied**". I started arguing with the shop owner but to my surprise he gave an interesting explanation. I could understand the seriousness of the problem. I thought it would be better if we find an alternative. From that day onwards, slowly I tried to carry a cloth bag while going to the market I asked my mother to remind me of the cloth bag, whenever I forgot to take it. The shop keepers were happy now and then, if at all, I forget to take the bag, I will stop shopping for that day. Eventually, I have been advising my friends also to avoid using plastic bags. In the beginning it was not easy for me to stop this habit. But as days passed by, I have no problem now. I am happy. I have changed my habit. Now I am eco-friendly now.

5. Explain the impact of Globalization on agriculture.

A. Introduction:

Globalization is an international phenomenon. The main object of Globalization to make the world as a global village. Globalization simply expansion of economic activities all over the world. In other words it is a process of deepening economic integration, increasing economic interdependence among the countries of the world.

Impact of Globalization on agriculture:

1. High yielding varieties of seeds and genetically improved crops easily available to all the farmers. Ultimately it leads to necessary dependence on market.
2. The entry of the imported subsidized farm products causes the great fluctuations in prices in domestic agricultural market.
3. With Globalization farmers have started producing for a Global market and not for the domestic market.
4. Globalization changes the small and marginal farmers as landless agricultural labourers.
5. Contract farming will increase.
6. Pressure on bio-technology will increase.
7. Improved weather forecast will provide fore warning to the farmers.

Conclusion:

Globalization changes the Indian agriculture from traditional approach to modern approach, but the fruits of development of agriculture are not reaches the small and marginal farmers.

6. Explain the role of investment in agriculture.

A. Introduction:

Basically agriculture is labour intensive and nature based activity. Generally it requires very less capital because farmers were used organic fertilizers and pesticides; self made seeds low cost farm inputs like wooden ploughs, bullocks, sickles etc. Which are very less expensive?

But with the introduction of green revolution, liberalization and Globalization agriculture changes from labour intensive to capital intensive. Now a day's most of the farmers are accustomed to purchase varieties of sterile seeds, synthetic chemical insecticides, fertilizers, farm inputs like threshers, tractors, Harvesting-machines, pump sets and power sprayers, etc. Which are much cost from markets? These are supplying by multinational companies.

This type of modern farming increase the farming cost and the investment need. In order to support the farmers by providing sufficient credit to the farmers the govt. of India took several steps. For example. Strengthening the co-operative credit societies, rationalization of commercial banks, establishment of RBI's and NABARD.

Conclusion: Under capital intensive agriculture the market determines the prices of the faint products. It shows some negative impact on small and marginal farmers. More over if the crop fails due to natural calamities farmer caught in the debt- trap and committing suicides.

7. Child labour is a sin. What are the reasons and consequences of child labour?

A. According to the child labour prohibition act, all persons below the age of 14 are children. In the view of shantha sinha a megsaysay award wining social worker" any child who does not go to school is a child labourer". The **international labour organization (ILO)** has said that India has the largest number of full time child workers with their age ranging between 5 to 14 years. According to a report of the **UNICEF**, India about 11 crores of child labourers of whom 2 5 crores work in Maharastra alone Generally children are employed as shepherds (or) to take care of younger children. Children in our country engaged in agriculture, mines, brick-kilns, construction, fishing, carpet weaving, fire works, match factories, glass cutting, beedi making, diamond cutting and polishing , dying, washing cloths, as domestic helps etc on the basis of above information child labour can be classified in to four types. Namely

1. Domestic workers
2. Bonded labourers
3. Wage labourers
4. Other non-economic workers.

Reasons for child labour:

1. Poverty, poor people feel that the children now are the sources of the income.
2. Low-income, insufficient incomes to meet the family expenditure encouraging the parents to sent their children to work.
3. Illiteracy and ignorance of the parents causes to child labour.
4. Low standard of living and social back ward ness also leads to child labour.
5. Children are employed since they need to be paid very little comparatively elders.
6. Children nor protest against hard work and low pay.

7. Children are employed to pay back their parents loans

Consequences:

1. Child labours have no education and health facilities.
2. Due to their work makes them suffer extreme heat, humidity, dust, dirty and smoke.
3. They suffer from so many dreadful diseases asthma, tuberculosis, AIDS and Hepatitis.
4. They loose their child hood and happiness.
5. They lose about 90% of them physical strength.

Conclusion:

At present the government and various voluntary or have been implementing various programmes and schemes to eliminate child labour. In Kerala, child labour has come down. But in Maharastra and Tamilnadu child labour is high too the literacy rate in at high level.

8. Define the Green revolution and what its impact on the economy is.

A. Introduction:

A set of some reforms meant for enhancing the agricultural productivity by installing the high yielding variety of seeds along with other modern inputs to make the farmers more enthusiastic by transforming traditional agriculture to industry in known as Green revolution. Green revolution has not occurred suddenly. It is the overcome of various schemes and programmes that were implemented by the government of India for promoting agriculture development.

A Green revolution launched the use of synthetic chemical pesticides and insecticides on a large-scale, causing unimaginable damage the fertility of the soil. The hybrid variety of crops intended to boost productivity could not resist pests. This lead to the loss of variety in seeds and crops. The excessive use of water that the green revolution promoted has lead to the drying up of water resources.

The High yielding variety of seeds created new health problems. The excessive consumption of chemical fertilizers and pesticides caused to the environmental pollution.

Conclusion - Globalization has erased till difference between night and day, work hours have changed and commercial areas, restaurants and hospitals are busy all day and night

9. What are natural floods and what is man made floods? Why are the urban areas getting flooded after rainfall so frequently in recent times?

A. Every year floods have become common in one part or other of our country.

Floods are two types Viz.,

(1) **Natural floods**

(2) **Man made floods.**

Natural floods are caused by **heavy rains** and **cyclones**. When rivers are swollen with rain water low-lying areas are flooded. Floods cause immense damage to life and property. Agricultural fields and houses are submerged totally in the flooded water for days together. This is followed by shortage of food and drinking water. **Epidemics** also spread in the flooded areas. The flood-prone area in India is 2.5 crores hectares. Every year an average of 75 lakh hectares of land actually affected by floods. The main reason for floods is our inability to store water when it rains the 'man-made' floods is resultant of **modernization**. Artificial flooding is affecting our cities. Construction of buildings in our cities obstructs the flow of water. Encroachment over canals carrying rain water, lake

and river beds has been obstructing the flow of rain water. Apart from this, artificial flooding is also caused by the discarding plastic every where which block the flow of rain water. This happened in 2005 in Chennai, Ahmedabad, Bangalore, Mumbai and Hyderabad.

Large scale deforestation in the upper regions of our rivers causing enormous **soil erosion**. Due to this, soil from the deforested area in the mountains flows down with rainwater and reaches the rivers and fills the river course partly. As a result, the water over flows the bank of the rivers, resulting in floods and inundating the low-lying areas.

10. How does ozone layer protect us? What are the appliances whose use by us has harmed the ozone layer? How can we protect the ozone layer?

A. Ozone layer is formed in the stratosphere about **16-50 Km** above the earth surface.

The ozone layer absorbs the harmful U .V .rays emitted from sun. It protects us from the harmful effects caused by the ultra violet radiations on health. Ozone layer acts as umbrella around earth and screen harmful U.V.rays from reaching the earth surface.

The speedy growth in the **industrialization** in recent decades causing enormous harm to the ozone layer. The ozone layer has been thinned considerably. The main reason for the Depletion ozone layer is due to the release of **Chloro Fluoro Carbons (CFCs)** into atmosphere The CFCs can survive for more than 100 years without decomposition. CFCs are used in the appliances such as **refrigerators, air conditioners, sprays, fire-extinguishers** etc. They are released into atmosphere from these appliances which are used widely for the last 20 years. As a matter of fact the problem of CFCs is an off-shoot of our modern lifestyle. This problem did not exist in earlier times. Apart from CFCs the **other gases** that destroy the ozone layer are **halogens** such as **bromo chloro-fluoro carbons** that are used in **fire extinguishers** and in **nitrogenous fertilizers**.

Due to the depletion of ozone layer U.V. rays from the sun reach the earth without interruption. The **U.V. rays** cause **skin cancer** and cataracts in the eye. The U.V rays also **affect the marine** life. The aquatic plants, fishes and birds are affected by these rays. As per scientific study for every one percent destruction of ozone layer the rate of increase in skin cancer is two percent.

There is interconnection between green house effect and depletion of ozone layer. If planet earth heats up, the use of CFCs increase. The CFCs, even when released in small quantities are ten thousand times more harmful than the green house gases like **carbon dioxide**. Thus '**Green house effect**' and '**depletion of ozone layer**' are interdependent.

Ozone layer can be protected by reducing the use of CFCs in global level. All the nations in the world should honor the international laws and agreements regarding protection of environment, strictly. In 1992 the nations of the world signed a Climate change agreement in **Rio de Janeiro**. According to this agreement, all the nations of the world have to take the measures to reduce the emission of green house gases and ozone depleting substances. This can be achieved only when there is cut in the use of fossil fuels and of the appliances that affect ozone layer. Without change in our life style, it is not possible to stop the destruction of ozone layer. Hence, **ultimately we should change our life styles as environmental - friendly**.

11. What is noise pollution? What are its negative effects?

A. Excess of noise in the environment affects the health of human beings and animals. An unbearable noise due to soothing sounds, cacophonous music, vehicular traffic etc. leads to noise pollution. Noise pollution is measured in terms of decibels. Human ear can bear the 60-65 **decibels** of noise without any negative effect on health. If the noise generated due to various activities is beyond the acceptable extent, then it is called noise pollution.

The effects on hearing due to noise pollution may be limited to a few days sometimes. This is called **temporary threshold shift**. It may also have permanent effects, which is described as permanent threshold shift.

People who are subjected to loud noise may lose their hearing partially or completely. Permanent loss of hearing is called **deafness**, while a reduction in hearing is called **partial threshold shift**. It also affects the functioning of the heart. Noise has severe impact on the sick, the old, the newborn, milk cattle and the birds. The cacophonous music played during marriages, the bursting of crackers and the deafening roar of traffic has all combined to make modern life noisy and difficult.

Noise affects **concentration**. It tires, annoys, irritates, disgusts us and affects our blood pressure. Secretion of saliva and other digestive juices in Industrial workers, increase since they are exposed to high noise levels continuously. They always have **high blood pressure**. In most of the big cities, people are suffering from psychological trauma, palpitations, hypertension, and high blood pressure due to noise pollution. According to psychologists, **noise pollution affects the children** and the aged the most. With increasing noise levels, there is a danger that blood pressure, nervous disorders and depression will be common in the future.

12. Which appliance you use at home consumes the most electricity? Depending on which appliance it is, find out if it contributes to Ozone depletion or carbon dioxide pollution. Give suggestions to reduce use of fridges in our homes.

A. The air conditioners used at home consumes the most electricity.

Yes; it contributes to the ozone depletion

The air-conditioners release **Chlorofluorocarbons** (CFC) which leads to the thinning of ozone-layer. With the changing life style the use of A-C increased enormously as a result the release of ozone depleting substances like CFC destroy the ozone layer Result of which the U.V, B rays from the sun freely reach the earth. The effect of this is seen in the growing incidence of skin cancers. UV rays weaken human resistance to disease. They cause cataracts in eye.

Suggestions to reduce use of fridges at home.

1. Switch over to conventional methods like use of pots for cool drinking water.
2. Buy fresh fruits and vegetables instead of storing them.
3. Avoid eating stored food.
4. Cook the food whenever needed. Do not open the door of the refrigerator frequently.
5. Do not store too hot items in it.
6. Use a smaller capacity fridge rather than a large one.
7. Keep it fully loaded.
8. Defrost it at regular intervals.
9. Avoid its use in winter.
10. Set the thermostat at the minimum required potential.

Ethics & Human Values



1. Write an essay about the need to respect elders in society

A: *Respect your Elders* is one of the basic lessons of our childhood days. Humanity is another reason to respect elders. We all share a bond as human beings. As a child we are helped at every stage by people we know and don't know. Children cannot survive without the care and support of adults. Just as we instinctively protect children, in the same way it is our duty to take care of our elders. When elders face health problems, the more able bodied generation should shoulder the responsibility as it is their duty to do so. It is a pay back for the safe childhood one has enjoyed and also hope for assisted old age for one self when the time comes.

The saying 'wisdom is in the eyes and eyes give away the age' is true. This is another reason to respect elders for they have seen it all. The present phase of our life has already been experienced by them, they know what we are going through and they can guide us through the unknown. Knowledge and experience we should learn from them and respect them.

Elders are the ones who teach the youngsters. Whatever we learn is from them and them alone. If we have a sound value system and morals, if we can instinctively tell what is wrong and what is right, we should thank our elders from whom we have learnt all this. Society is like a building. If the base is shaky the building won't survive. Our elders are the pillars of society and we should be grateful to them for their indomitable spirit and guidance. A man is judged by his character and character is moulded by the elders. So it is one of the simplest and strongest reasons to respect elders. This life cycle works only if it is based on respect. Therefore you should

- *Listen to their advice* : Your elders have lived a lot longer than you, which means they have probably experienced more and have grown very wise. Listen to them as they may offer a new perspective to a problem or give a piece of sound practical advice.
- *Offer to help* : Elders will appreciate any assistance you are willing to give them. Offer to help carry groceries in or hold a door open for them. The act may be simple but comes straight from the heart.
- *Observe manners and etiquette* : A simple 'please and 'thank you' can mean a lot. Always be polite and sincere.
- *Show an interest in their life* : Ask them about their childhood, or how things were in the past. They will be happy that you are interested, and will be glad to regale you with interesting anecdotes and stories.
- *Be a friend* : Offer to read to them, or may be even have a cup of coffee together. It would be enjoyable for both.
- *Be patient* : With age, people sometimes lose their mental faculties or may become slow in their responses. It is necessary, therefore, to show compassion and patience while dealing with elders.

2. Write an essay about the Fundamental Rights and Fundamental Duties of Indian citizens.

A: Fundamental rights of citizens are the cornerstone of democracy. They are basic human freedoms which all Indian citizens have the right to enjoy such that they can lead a life of peace and harmony. The rights are protected by the courts. The rights protect the interests of minorities and promote unity, justice and morality among people.

The fundamental rights are as follows :

1. Right to Equality

2. Right to Freedom
3. Right against Exploitation
4. Right to Freedom of Religion
5. Cultural and Educational Rights
6. Right to Constitutional Remedies
7. Right to compulsory Primary Education for all children

Fundamental rights and duties are like the two sides of a coin. Without performing duties, no citizen can enjoy fundamental rights. Conversely there can be no duties without rights. Rights originated from the world of duties. Fundamental duties were not incorporated in the constitution in 1950 because the members of constituent Assembly assumed that the people themselves would invariably perform their duties. But the assumption was incorrect. Hence fundamental duties were introduced in the Constitution by the 42nd amendment act in 1976 to make citizens realize their responsibilities. Citizens are required to observe the following :

1. To abide by the Constitution and respect its ideals and instructions, the National Flag and the National Anthem.
 2. To cherish and follow the noble ideals which inspired our national struggle for freedom
 3. To uphold and protect the sovereignty, unity and integrity of India
 4. To defend the country and render national service when called upon to do so
 5. To promote harmony and spirit of common brotherhood amongst all the people of India transcending diversities, to renounce practices derogatory to the dignity of women
 6. To value and preserve the rich heritage of our composite culture
 7. To value and preserve the natural environment including forests, lakes, rivers and wildlife and to have compassion for living creatures
 8. To develop the scientific temper, humanism and the spirit of inquiry and reform
 9. To safeguard public property and abjure violence
 10. To strive towards excellence in all spheres of individual and collective activity, so that the nation constantly rises to higher levels of endeavour and achievement.
 11. To accommodate educational facilities to all children from 6 to 14 years
- Some people are of the opinion that fundamental duties are not justifiable. But rights without duties may lead to an irresponsible attitude among people. At the same time duties without rights paves the way to slavery. Hence fundamental rights and duties are both necessary.

3. Write an essay about any three social evils that are prevalent today.

A. (1) Evils of Dowry

Dowry refers to the practice of giving money and gifts by the bride's father to the groom's family at the time of marriage. The dowry system is a social evil. It is prevalent in all parts of India. In India many of the traditional customs have been given up, but the custom of dowry has not only continued, but flourished over the years. It has become an integral part of the marriage institution.

Throughout history voices have been raised against this evil custom. Social reformers like Mahatma Gandhi and Swami Dayanand tried their best to create a social consciousness against this practice. Also, the Dowry Prohibition Act was passed in 1961, but it has not made much difference.

The government has enacted many laws to check the dowry system. It is against the law to either give or take dowry. But, unfortunately, no law can be really effective unless there is widespread

enlightenment in society. Voluntary organizations should come forward to better the lot of women in India. The removal of dowry system should be at the top on the agenda of social reform both in cities and in villages.

(2) Gender Discrimination

The concept of Gender Equality has come into sharp focus in modern times. Article 1 of The International Human Rights Declaration (1948) states that “All human beings are born free and equal in dignity and rights.” The Indian Constitution too envisages the ideals of equality, liberty and justice for all and emphasizes equality of status and opportunity irrespective of gender.

It is at the family level itself that gender discrimination should stop. Boys and girls should be treated equally from birth. Girls should not be considered a burden. Given equal opportunities, girls are outshining boys in several fields. Often it is they and not the sons who look after the parents in their old age. It is the duty of parents to provide equal educational facilities to sons and daughters and encourage both to pursue careers of their choice.

(3) Caste System

Man is a social being and, over the ages devised various methods of social organization. Thus, in Europe the ‘class’ system evolved while in India we have the ‘Caste’ system.

In ancient times caste merely denoted the profession that one was born into. But in due course of time it deteriorated and proliferated into the present system. Though untouchability and discrimination based on caste are prohibited by law in modern India, they are, none-the-less, still rampant, particularly in villages. A concerted attempt is being made to bring the so-called ‘untouchable’ and down-trodden people into the main stream by providing special economic and educational concessions and facilities.

4. How can one improve Self Esteem and Self Confidence ? Discuss the importance of Stress Management.

A: Self Esteem is a term used in psychology to reflect a person’s overall emotional evaluation of his own worth. It is a judgement of oneself as well as an attitude towards the self. It encompasses beliefs (e.g. I’m worthy, I’m competent) and emotions such as triumph, despair, pride and shame.

Measures to Improve Self Esteem and Self-Confidence

- Try to stop having negative thoughts about yourself
- Aim for accomplishments rather than perfection
- View mistakes and failures as learning opportunities
- Try new things
- Plan and set goals and keep track of your progress
- Recognize what you can change and what you cannot
- Make a contribution to others who are in need
- Do exercise to avoid stress and to feel confident
- Have fun for relaxation

High self-esteem leads to self-confidence. So feeling good can build confidence within yourself. Stress produces numerous problems which can vary according to persons, situations and severity. These can include physical health decline as well as depression.

Strategies for Stress Management

- Avoid unnecessary stress by saying no to work that is beyond your capability, and by avoiding people, situations and talks that precipitate or cause stress.
- Alter the situation by expressing your feelings instead of bottling them up, by compromising, by better management of time and by approaching the problem in a constructive manner.
- Modify the facts causing stress. Reframe the problem through a positive approach.
- Accept the things you cannot change.
- ‘What doesn’t kill us makes us stronger’—when facing major challenges try to look at setbacks as opportunities for personal growth.
- Share your feelings with trusted people.
- Accept the fact that we are living in an imperfect world and that people make mistakes. So learn to forgive and free yourself from negative energy.
- Make time for fun and relaxation. Do something you enjoy every day.
- Adopt a healthy life style by doing regular exercise, taking a balanced and nutritious diet and following healthy habits.

5. Discuss the importance of natural resources like land, trees, air, water and animals and why we should have respect for the natural environment

A: Indian culture and tradition has always stressed the need to protect the environment. No other culture and tradition perhaps lays as much emphasis on environmental ethics. The great epics and literary texts such as the *Ramayana*, *Mahabharatha*, *Vedas*, *Upanishads* and *Smritis* contain the earliest messages for the preservation of environment and ecological balance. Thus we are exhorted to worship all living and non-living organisms (natural resources and animals) as the embodiment of God.

In Indian tradition land is personified as the mother goddess and called “Bhoomatha”. This implies that we must take care of our land as we take care of our mother. Only if we actively protect the environment, will the environment co-operate with us.

Trees and animals form an integral part of the environment. Protection of these two major resources is vital for maintaining eco-balance. As all living things need water, trees play an important role in the very survival of all species of animal and plant life. Trees cool the environment through water evaporation and by providing shade. As trees are a very important natural resource, it is our duty to plant as many trees as we can, so that we can compensate for the vast number of trees that we cut down every day for our use.

Animals are also considered as natural resources as man depends on them for domestic and commercial purposes. Some animals, such as cows and goats, are a source of nutritious food like milk and meat. Sheep are a source of wool, while dogs are cherished as companions.

Water is essential for life. We have both surface and ground water. India has rich water bodies like rivers, ponds, lakes etc. Apart from domestic (household) usage, the significant use of water is to produce hydropower. Compared to other resources that are used to produce energy and power, water is considered renewable as well as having the least solid waste during energy production.

Air is an important natural resource. It is vital for animals and plants. All creatures on the earth need air to live. Air is, thus, a life sustaining factor. Air is also essential for fuel to burn and for many chemical reactions.

6. Discuss the need for religious tolerance. Enumerate some of the important concepts of any religion you admire.

A: *“ The whole purpose of religion is to facilitate love and compassion, patience, tolerance, humility, forgiveness “* ----- **Dalai Lama**

“ Rivers, ponds, lakes and stream – they all have different names, but they all contain water, just as religions do – they all contain truths” ----- **Muhammed Ali**

Gandhiji said that character can be developed by sincerely following one's religion.

Dr. Sarvepalli Radhakrishnan believed that without religion man cannot be enlightened. Qualities like truth, self-control, humility and detachment can be inculcated only through religion. Religion is the foundation of ethical life. It is natural for every person to take pride in his religion and feel it is the best. In a democracy people of all faiths have the freedom to follow the religion of their choice and observe all the customs and rituals associated with it. However, this doesnot give one the right to look down on other religions or treat people of other religions with contempt or suspicion as this will lead to social disharmony and unrest.

I admire Hinduism. It is the oldest religion in the world. It is the dominant religion in India and consists of several diverse traditions, notably. The term 'Hinduism' was introduced to denote the religious, philosophical and cultural traditions followed in India. Unlike other religions in the world, the Hindu religion does not claim any one Prophet, it does not worship any one God, it does not believe in any one philosophic concept. It does not satisfy the traditional features of a religion or creed, but it is away of life and nothing more.

7. Write an essay on ethical practices that should be followed in general by people of all professions.

A: While the word 'professional' can loosely be used to refer to anyone who holds a job, it is generally used in a more restrictive sense. It refers to well-educated workers who possess specialized skills and knowledge and who are engaged in creative and intellectually challenging work. Doctors, engineers, scientists, lawyers and educationists are common examples of professionals. Most professionals are required to follow strict codes of conduct. Professional Ethics can be defined as the personal, organizational and corporate standards of behaviour expected of professionals. While some of the provisions of the code are enforceable by law, the rest serve as guidelines. The disciplinary body of the particular association, however, can pass strictures or even take appropriate action against professionals who violate the provisions of the code.

Professionals enjoy high status and respect in society. The exalted standing of the professional finds mention even in the ancient scriptures. The doctor is equated to Lord Narayana and the teacher to the Trinity of gods. It is not surprising, therefore, that professionals are expected to follow exemplary standards of behaviour in their dealings with clients as well as with other members of the fraternity. They are expected to be motivated by the spirit of public service and concern for the underprivileged rather than concentrate on accumulating personal wealth. Integrity, objectivity, accountability,

confidentiality and transparency are some of the qualities and practices they are expected to follow. The public would be greatly benefited and life would be much smoother if people followed professional ethics in all spheres.

8. Discuss the effects of substance abuse. How can substance abuse be prevented ?

A: Substance abuse or drug abuse is a disorder characterized by the deliberate use of a substance for a non-medical purpose, which causes significant physiological harm. Such substances include nicotine (in cigarettes), alcohol and illegal recreational drugs like Marijuana, Ecstasy and LSD.

It was found that while earlier a majority of drug addicts belonged to the upper socio-economic strata, substance abuse is now becoming rampant among the middle and poor classes too. Alcohol accounts for the maximum abuse.

Substance abuse can cause neurological, respiratory and cardio-vascular damage, depending on the type of drug, dosage, frequency and individual factors.

The earlier a person indulges in substance abuse the greater is the chance of becoming an addict. It is important, therefore, to prevent substance abuse from childhood itself. Substance abuse prevention generally focuses on alcohol, tobacco and marijuana based on the '**Gateway Drug Theory**' which proposes that these three substances are generally used first and may lead finally to the use of hard drugs like cocaine and heroin. Prevention is effected at three levels – primary, secondary and tertiary. At the primary level the aim is to reduce incidence, at the secondary level the aim is to reduce prevalence while at the tertiary level the focus is on treatment and rehabilitation.

The family, school, community and neighbourhood can play a crucial role in inculcating good values in adolescents and ensuring that teens are sensitised to the dangers of substance abuse. The individual should develop enough self-worth and self-confidence to be able to refuse drugs even if pressurised by friends. Apart from the family, school and the community, the government too can play a vital role in the prevention of substance abuse. Legislation is an effective tool which can be used by the government to curb the growth and sale of narcotic substances and other drugs.

9. Describe some of the advantages and disadvantages of the internet.

A: The Internet is a global computer network providing a variety of information and communication facilities. Learning and communicating have never been the same after the advent of the Internet. It would not be an exaggeration to say that the Internet has altered our lives in ways which would have seemed unimaginable a few decades ago.

Uses of Internet

1. Availability of Vast Resources
2. Instant and Easy Access to Information
3. Effortless Communication with Friends and Family
4. Easy Interaction with Unknown Persons
5. Source of Endless Entertainment
6. Flexi-Work and Easy Transfer of Data
7. Applications in Banking and Finance (E-Commerce)

Drawbacks of the Internet and Misuse among Youth

1. *Excessive dependence on technology and Addiction* : The Internet is not only a substitute for a library, but doubles up as a TV, a phone, a music provider and a medium to play games and interact with friends. Youngsters, especially in western countries, spend a lot of time on the Internet. The extent of dependence on the Internet can be alarming at times.
2. *Disconnect with the Real World* : Youngsters are so immersed in the virtual world that they are losing connection with the real world in which they live.
3. *Loss of Skills* : Youngsters, especially in advanced countries, are accustomed to using their laptop from a tender age, as a result, rarely have an occasion to practice handwriting.
4. *Break-down of Family Ties* : Present day adolescents spend so much time on the Internet that the time they spend with family members is decreasing day by day.
5. *Inability to Communicate in the Real Social World* : It cannot be denied that social networking sites enable us to make friends with total strangers and stay in touch with family and friends living far away. However, excessive use of the Internet is leading to decreased social interaction in the real world.
6. *Blurring of distinction between Office Time and Home Time* : It might be convenient to work from home, wither part time or full time, but sometimes family life is affected adversely.
7. *Unethical usage of the Internet* : Students often 'copy' and 'paste' large chunks of information found on the Internet and do not bother even to acknowledge the source when submitting assignments.
8. *Easy access to Internet Sites* : Youngsters have easy access to sites which may contain indecent or sleazy clips or movies. The ready availability of pornography is a matter of grave concern.
9. *Information on the Internet may be Inaccurate* : The information available on websites may not always be accurate and may need to be cross checked.
10. *Safety of Children Compromised* : Children often unaware of the dangers and risks associated with social networking sites.
11. *Fraudulent Profiles, false Job Offers etc.* : False profiles are pasted on matrimonial sites to entice gullible people.
12. *Hacking of Accounts*: Malicious software or 'malware' is used o disrupt, damage and steal personal data from the host computer or network. Common types of malware include viruses and worms.
13. *Lack of Physical Exercise* : Adolescents spend so much time on the Internet that they do not get enough physical exercise.
14. *Increase of Electro-Pollution* : It is a major challenge today to find safe and eco-friendly modes of e-waste disposal.

10. Discuss the importance of Ethics and how values can be inculcated.

A: Man is a social animal. We cannot imagine a society without human beings. It is natural for all humans to form into families and for them in turn to form into societies. In every society, there are moral principles that decide what is right and what is wrong. The survival and development of a society depends on the execution of these principles. We should understand ethics in this context; it tells us what we should do and what we should not.

Ethical behaviour also demands consistency of conduct and belief in a principle. If the above two conditions were absent, some of the every foundations on which the society is based, such as trust, acceptance and cooperation would crumble.

“ Mahatma Gandhi is also frequently quoted in this respect – “ The purpose of all knowledge is to build up character”. We should note that values and ethics cannot be taught by direct teaching.

In newspapers and magazines, we often read many good quotations, moral sayings/principles instructing us to help others, not to tell lies, not to take dowry, not to take bribes, etc., but such practices continue to thrive in our society. For any value to be developed, it should be practised with regularity and without lapses. Gradually, it becomes a habit and then culminates in character.

People, whether in a family, or a society, or any other place, develop their character only through practising values. It is important, therefore, to discuss various strategies and programmes to achieve moral development by asking questions like : What can schools do ? What values should be developed in children? What values should be developed in the light of human rights?