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SAMAJ VIGYAN SHODH PATRIKA

समाज विज्ञान शोध पत्रिका

A PEER REVIEWED REFERED RESEARCH JOURNAL

मानविकी एवं समाज विज्ञान की अर्द्धवार्षिक शोध-पत्रिका

E-mail : samajvigyanshodhpatrika@gmail.com

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Dr. Virendra Sharma, D.Litt.

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Prof. M.M. Semwal

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Vol. 2 No. XXXX

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CONTENTS

EDITORIAL

- ◆ सम्पादकीय- डॉ. ए. के. रुस्तगी - 9

ARTICLES

01. **Development of Human Resource : Means and Agencies / Dr. Sushil Kumar Gupta- 11**
02. **Drug Abuse : Psychotherapeutic Approaches for Adolescents / Dr. Suneel Chaudhary- 25**
03. **Right to Safe Drinking Water : A Basic Human Right / Rachna Yadav, Dr. Anju Sharma- 32**
04. **एटा जनपद में हीनताजन्य रोग : कारण एवं निवारण/ डॉ० चन्द्रभान सिंह- 38**
05. **'बुधुवा की बेटी' और 'उग्र' जी की दलित-चेतना/ डॉ० रेखा चौधरी- 45**
06. **कृषि एवं कृषकों की समृद्धि पर सिंचाई का प्रभाव/ डॉ० शीबा फरीदी- 49**
07. **मुस्लिम महिला-शिक्षा : एक अध्ययन/ डॉ० नाहीद परवीन- 55**
08. **भारतीय जीवन बीमा निगम के व्यवसाय में ग्राहक सेवा एवं बीमा एजेंटों की भूमिका/ चंचल कुमार, डॉ० नरेन्द्रपाल सिंह- 62**
09. **नक्सलवादी आन्दोलन एक सामाजिक-आर्थिक समस्या/ रीना, प्रो० पूर्वमिणा जैन- 71**
10. **ग्रीक दर्शन में पारिस्थितिकी- संश्लेषणात्मक दृष्टि/ डॉ० शिवपूजन सिंह यादव- 75**
11. **गांधी और अंबेडकर की दृष्टि में राज्य और धर्म/ राकेश कुमार- 79**
12. **Socio-Economic Impacts of Dairy Co-operative on the Economic Empowerment of Rural Women / Dr. Kanchan, Dr. Amar Kanwer- 84**
13. **Emotional Bonding in Men-Women Relationship in the Novels of Manju Kapur / Urooj Azim- 94**
14. **Cashless Society, Problems and Prospects in Indian Scenario / Dr. Amar Singh, Dr. Deepti Gupta- 99**
16. **Effect of Ramzan Fasting during Pregnancy on birth Weight of New Born / Asiya, Dr. Pooja Nermaniya- 107**
17. **उपभोक्ता संरक्षण हेतु विधिक प्रयास/ डॉ० आशीष कुमार गुप्ता- 118**
18. **अनुसूचित जनजातियां एवं संवैधानिक प्रावधान/ आरती मिश्रा, सुभाष लाल, प्रो० एम० एम० सेमवाल- 125**
19. **सर्वोदय विचारधारा एवं दर्शन : एक विश्लेषण/ कु० वन्दना, प्रो० आर० एन० गैरोला- 130**
20. **भारत में निर्धनता-दुश्चक्र : कारण तथा निवारण/ डॉ० अवतार दीक्षित, डॉ० (श्रीमती) सरस्वती- 137**

21. **Impact of Privaization, Liberalization & Globlization on Indian Society & Economy** / Mr. Amar Singh, Ms. Kanchana Verma- 152
22. **Issue of Tibet and India -China Relations in Contemporary Era** / Manoj Kumar & Prerna Kainthola- 162
23. **Employee Recruitment and Selection in the Banking Sector : Challenges & Practices** / Mr. Amar Singh, Dr. Sanjay Mehrotra- 169
24. **Role of Different Agencies in Informal Education/** Dr. Avtar Dixit, Dr. Saraswati- 176
25. **आतंकवाद एक वैश्विक समस्या/ श्रीमती राधिका- 183**
26. **ब्राह्मण तथा श्रमण संस्कृतियों का प्रत्यय/ डॉ० अनिलेश कुमार सिंह- 190**
27. **1857 के आलोक में “खल्क खुदा का, मुल्क बादशाह का, हुक्म नवाब महमुद खाँ का” पर एक विहंगम दृष्टि/ डॉ० कुलदीप कुमार त्यागी- 195**
28. **Lack of Values and Moral Degradation in Modern Youth : Act Now to Safeguard the Future/** Dr. Prabha Sharma, Ms. Swati Bhardwaj- 198
29. **Ruskin Bond and His Fictional World/** Dr. Sandeep K. Gupta- 201
30. **भारतीय संविधान में संसदीय लोकतंत्र/ डॉ. हेमा राघव- 205**
31. **Dgingeffects on Political Behaviour in India/** Dr. Shivali Agarwal- 210
32. **Mapping Climate Change Negotiaions From Stockholm Conference 1972 to Paris agreement of Climate Change 2015/** Dr. Sanjay Sharma- 213
33. **जनपद बुलन्दशहर की प्रमुख जातियों का आर्थिक सर्वेक्षण/ डॉ. राजेश गर्ग- 219**
34. **Swami Dayanand Saraswati : Pioneer of Indian Renaissance and and Reformation (1824-1883/** Dr. Brahma Autar Sharma- 228
35. **मेरठ में नमक सत्याग्रह : एक ऐतिहासिक दृष्टि/ डॉ. चन्द्रशेखर भारद्वाज- 235**
36. **Literature and The Theory of Alienation : Various Approaches and Concepts/** Dr. Kaptan Singh- 239
37. **Panchayati Raj Institutions and Disaster Management in India/** Dr. Sanjay Sharma- 246
38. **SUBSCRIPTION FORM - 255**

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| <p><input type="checkbox"/> आप चिन्तनशील लेखक हैं। सत्यम् शिवम् सुन्दरम् आपके लेखन का आधार हो; पर तनावग्रस्त लेखन से आप भी बचें, हमें भी बचाएं।</p> <p><input type="checkbox"/> किसी भी लेख में उद्भाषित विचारों के लिए सम्पादक, प्रकाशक व मुद्रक की सहमति हो, आवश्यक नहीं।</p> <p><input type="checkbox"/> शोध लेख भेजते समय आप स्वयं संतुष्ट हो लें कि उसमें प्रूफ व भाषागत त्रुटियां नहीं हैं तथा सन्दर्भ आदि पूर्णतः ठीक हैं।</p> | <p><input type="checkbox"/> लेख आपकी मौलिक धरोहर है, प्रकाशन के बाद यह हमारी धरोहर है, इनका उपयोग हमारी अनुमति के बिना कोई भी न करे।</p> <p><input type="checkbox"/> लेखक अपना पता इतना स्पष्ट लिखें कि डाक पहुंचने में कोई असुविधा न हो। साथ ही, अपना फोन नंबर अवश्य लिखें, ताकि आवश्यकता पड़ने पर संपर्क किया जा सके। धन्यवाद!</p> |
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■ डॉ० अशोक कुमार रुस्तगी

केन्द्र सरकार ने अन्ततः बहु प्रतीक्षित टैक्स प्रणाली जीएसटी को क्रियान्वित करने में सफलता अर्जित कर ही ली और यह वस्तु एवं सेवा कर या माल एवं सेवा कर (Goods and Services Tax (गुड्स एंड सर्विसिज टैक्स), भारत में 1 जुलाई 2017 से लागू होने वाली एक महत्वपूर्ण व्यवस्था बन गयी है, जिसे सरकार व कई अर्थशास्त्रियों द्वारा स्वतंत्रता के पश्चात् सबसे बड़ा आर्थिक सुधार बताया जा रहा है। इससे केन्द्र एवम् विभिन्न राज्य सरकारों द्वारा भिन्न-भिन्न दरों पर लगाए जा रहे विभिन्न करों को हटाकर पूरे देश के लिए एक ही कर प्रणाली लागू की जाएगी, जिससे भारत को एकीकृत साझा बाजार बनाने में मदद मिलेगी। भारतीय संविधान में इस कर व्यवस्था को लागू करने के लिए संशोधन किया गया है।

1 जुलाई 2017 से पूर्व किसी भी सामान पर केंद्र एवं राज्य सरकार के द्वारा कई तरह के अलग-अलग कर लगाती हैं लेकिन जीएसटी आने से सभी तरह के सामानों पर एक जैसा ही कर लगाया जाएगा। पूर्व में किसी भी सामान पर 30 से 35% तक कर देना पड़ता था, कुछ चीजों पर तो प्रत्यक्ष-अप्रत्यक्ष रूप से लगाया जाने वाला कर 50% से ज्यादा होता था, जीएसटी आने के बाद यह कर अधिकतम 28 प्रतिशत हो जाएगा, जिसमें कोई भी अप्रत्यक्ष कर नहीं होगा। जीएसटी भारत की अर्थव्यवस्था को एक देश- एक कर वाली अर्थव्यवस्था बना देगा। उल्लेखनीय है कि वर्तमान में भारतवासी 17 अलग-अलग तरह के कर चुकाते थे, जबकि जीएसटी लागू होने के बाद केवल एक ही

तरह का कर दिया जाएगा। इसके लागू होते ही एक्साइज ड्यूटी, सर्विस टैक्स, वैट, मनोरंजन कर, लगजरी कर जैसे बहुत सारे कर खत्म हो जाएंगे। जीएसटी लागू होने के बाद किसी भी सामान और सेवा पर कर वह लगेगा जहां वह बिकेगा। जीएसटी अलग-अलग स्तर पर लगने वाले एक्साइज ड्यूटी, सर्विस कर इत्यादि की जगह अब केवल जीएसटी लगेगा। जीएसटी परिषद ने 66 तरह के प्रोडक्ट्स पर टैक्स की दरें घटाई हैं।

केन्द्र सरकार ने जीएसटी स्वतंत्रता के बाद सबसे बड़े कर सुधार की संज्ञा देते हुए संसद के केन्द्रीय कक्ष में आयोजित भव्य समारोह में 30 जून 2017 को ठीक रात्रि 12 बजे जानी-मानी हस्तियों की उपस्थिति में राष्ट्रपति के हस्ताक्षरों के बाद लागू करके एक नये युग का सूत्रपात किया है। समारोह में जीएसटी के ब्रांड एम्बेस्डर अमिताभ बच्चन, गायिका लंता मंगेशकर, उद्योगपति रतन टाटा सहित विभिन्न क्षेत्रों से जुड़ी हुई लगभग एक हजार प्रतिष्ठित हस्तायां मौजूद थीं। समारोह के लिए संसद के केन्द्रीय कक्ष को भव्य तरीके से सज्जित किया गया था। इस अवसर पर जीएसटी के विषय में बनायी गयी एक दस मिनट की डाक्यूमेन्ट्री फिल्म भी दिखायी गयी। राष्ट्रपति महामहिम प्रणव मुखर्जी मुख्य अतिथि के रूप में समारोह में उपस्थित थे। वित्त मंत्री अरुण जेटली ने अपने भाषण से समारोह का शुभारम्भ किया। तदोपरान्त प्रधानमंत्री नरेन्द्र मोदी ने उपस्थित हस्तियों तथा राष्ट्र को सम्बोधित किया।

संसद के केन्द्रीय कक्ष में अपने सम्बोधन में

वित्त मंत्री अरुण जेटली ने बताया है कि चुंगी, सेंट्रल सेल्स टैक्स (सीएसटी), राज्य स्तर के सेल्स टैक्स या वैट, एंटी टैक्स, लॉटरी टैक्स, स्टैंप ड्यूटी, टेलिकॉम लाइसेंस फी, टर्नओवर टैक्स, बिजली के इस्तेमाल या बिक्री पर लगने वाले टैक्स, सामान के ट्रांसपोर्टेशन पर लगने वाले टैक्स इत्यादि अनेक करों के स्थान पर अब यह एक ही कर लागू किया जा रहा है। इससे एक मजबूत और व्यापक सूचना प्रौद्योगिकी प्रणाली भारत में जीएसटी व्यवस्था की नींव होगी इसलिए पंजीकरण, रिटर्न, भुगतान आदि जैसी सभी कर भुगतान सेवाएं करदाताओं को ऑनलाइन उपलब्ध होंगी, जिससे इसका अनुपालन बहुत सरल और पारदर्शी हो जायेगा। जीएसटी यह सुनिश्चित करेगा कि अप्रत्यक्ष कर दरें और ढांचे पूरे देश में एक समान हैं। इससे निश्चिंतता में तो बढ़ोतरी होगी ही, व्यापार करना भी आसान हो जाएगा। मूल्य श्रृंखला और समस्त राज्यों की सीमाओं से बाहर टैक्स क्रेडिट की सुचारू प्रणाली से यह सुनिश्चित होगा कि करों पर कम से कम कराधान हों। इससे व्यापार करने में आने वाली छुपी हुई लागत कम होगी। व्यापार करने में लेन-देन लागत घटने से व्यापार और उद्योग के लिए प्रतिस्पर्धा में सुधार को बढ़ावा मिलेगा। इससे भारतीय वस्तुओं और सेवाओं की अंतर्राष्ट्रीय बाजार में होने वाली प्रतिस्पर्धा में बढ़ोतरी होगी और भारतीय निर्यात को भी बढ़ावा मिलेगा।

जीएसटी की व्यवस्था लागू करके केन्द्र और राज्य स्तर पर बहुआयामी अप्रत्यक्ष करों को हटाया जा रहा है। मजबूत सूचना प्रौद्योगिकी प्रणाली पर आधारित जीएसटी केन्द्र और राज्यों द्वारा अभी तक लगाए गए सभी अन्य प्रत्यक्ष करों की तुलना में प्रशासनिक दृष्टि से बहुत सरल और आसान होगा। वस्तुओं और सेवाओं के मूल्य के अनुपाती एकल एवं पारदर्शी कर ख केन्द्र और राज्यों द्वारा लगाए गए बहुल अप्रत्यक्ष करों या मूल्य संवर्धन के प्रगामी चरणों में उपलब्ध गैर-इनपुट कर क्रेडिट के कारण आज देश में अनेक छिपे करों से अधिकांश वस्तुओं और सेवाओं की लागत पर प्रभाव पड़ता है। जीएसटी के अधीन विनिर्माता से लेकर उपभोक्ताओं तक केवल एक ही कर लगेगा,

जिससे अंतिम उपभोक्ता पर लगने वाले करों में पारदर्शिता को बढ़ावा मिलेगा। समग्र कर भार में राहत निपुणता बढ़ने और कदाचार पर रोक लगने के कारण अधिकांश उपभोक्ता वस्तुओं पर समग्र कर भार कम होगा, जिससे उपभोक्ताओं को लाभ मिलेगा। यह कर वस्तु एवं सेवा कर परिषद् द्वारा निर्धारित किया जा रहा है जिसके अध्यक्ष केन्द्रीय वित्त मंत्री हैं। जीएसटी काउंसिल ने चार तरह के कर निर्धारित किये हैं ये 5, 12, 18 एवं 28 प्रतिशत हैं हालांकि बहुत सी चीजों को जीएसटी से छूट दी गई है, उन वस्तुओं पर कोई भी कर नहीं लगेगा या जीएसटी नहीं लगेगा जबकि लगजरी एवं महंगे सामान पर जीएसटी के अलावा सेस भी लगेगा। सरकार के अनुसार इसमें से 81 प्रतिशत चीजें जीएसटी की 18 प्रतिशत की श्रेणी तक आएंगी।

आदर्श स्थिति में इस व्यवस्था में समस्त कर एक ही दर पर लगाए जाने चाहिए, किन्तु भारत में राज्य व केन्द्र तथा एक ही वस्तु या सेवा पर भिन्न-भिन्न राज्यों में भिन्न दरें आदि होने से प्रारम्भ में ४ दरें निर्धारित की गईं ताकि वर्तमान राजस्व में अधिक अंतर न पड़े। ये चार दरें 5%, 12%, 18% तथा 28% हैं। आवश्यक वस्तुओं जैसे कि दूध, लस्सी, दही, शहद, फल एवं सब्जियां, आटा, बेसन, ताजा मीट, मछली, चिकन, अंडा, ब्रेड, प्रसाद, नमक, बिंदी, सिंदूर, स्टांप, न्यायिक दस्तावेज, छपी पुस्तकें, समाचार पत्र, चूड़ियाँ और हैंडलूम आदि वस्तुओं पर जीएसटी नहीं लगेगा। २० लाख से कम की वार्षिक बिक्री वाले व्यापारियों को इस कर व्यवस्था से छूट दी गई है। अर्थशास्त्रीय एवं सरकार के दावे के अनुसार जीएसटी के अन्तर्गत वस्तुओं एवं सेवाओं की लागत में कमी आएगी, अर्थव्यवस्था की वृद्धि दर में तेजी आएगी और उत्पाद तथा सेवाएं वैश्विक रूप से प्रति स्पर्धी बनेंगी, जिससे मेक इन इंडिया की पहल को गति मिलेगी। जीएसटी की व्यवस्था के तहत निर्यात सुगम हो जायेगा। पूरा देश एक बाजार बन जाएगा और उत्पाद तथा सेवाओं पर देश में कर की दर, उसे निर्धारित करने की प्रक्रिया तथा कारोबारी गतिविधियों में आने वाली बाधाओं को दूर करने का तरीका भी एक हो जायेगा। □□□

DEVELOPMENT OF HUMAN RESOURCE : MEANS AND AGENCIES

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Since independence India is busy in its social and economic development. During this period the utilized efforts have given it enough success and now it has got a place in the category of middle income group of nations, instead of lower income countries. This journey of development is blessed by our policy makers and planners who have not only accepted the challenge of development but also designed five year plans, just after the independence. Development of human resource is the close part of over all development. It is not only the basic need of indigenous people but also related to the global perspective. Status of a nation in world community, balance of power for the purpose of peace and quality of life of the native people are also the major considerations in this regard.

People from other societies also do not like to visit a community which is not adequately developed. A society suffering from inequality, glaring disparity, dirty public places, ugly exposure of villa's and vicinities, dispel the arrival of foreigners. By this way the country suffers from the shortage of foreign currency and investment. The global community may also put us in isolation and we get away from the

desired societies due to under development. This means a line of demarcation exists between under developed and developed societies.

What is under development?

Under Developed Societies may be known by many characteristics like, low per capita income, poor quality of life, low savings for the large masses, wide spread rural and primary industry, export of food stuffs and raw material in place of finished goods, indebtedness, low credit facilities, poor marketing, old methods of production etc. The other well known reasons are poor health conditions, low life expectancy, problem of drinking water, inadequate nutrition and dietary deficiencies, rudimentary hygiene, public health and sanitation. In under developed societies we observe the agriculture as the main source of employment, non-stop migration to urban and metropolitan cities as a regular feature, land holdings in small size, low production of protein items, low yield per acre and lack of training of modern agriculture.

At the level of human capital the under developed societies suffer from low status of women, poor technical/ education facilities, low percentage of middle class, tradition determined

behaviour, in adequate communication and transport facilities.

India to save itself from under development, adopted a formal frame of network from the very beginning. There were deliberate efforts to raise living standard within an articulated democratic setup, to dilute the feudal patterns which still exist in interpersonal relations and intergroup conduct. Development of human resource has opened new opportunities with the philosophy of coexistence, utilisation of man power and natural resources.

The other efforts, to modernize India include framing the required policies, use of administration in development, removal of poverty and reduction of inequality in all the social dimensions. The rapid advances in science and technology have also made further additions to it. Political scenario which focuses on democratic setup looks after and energises the entire society. **India being rich with natural resources is still poor because of many social and cultural reasons.**

Above mentioned several characteristics have encouraged the social scientists to give definition of development of human resource.

Frederic S. Lee¹ adopts social surplus approach with input-output, stock flow, social accounting and social fabric modeling with a structure agency methodology to develop historically grounded model of the economy.

D. Bright Singh² writes in Indian context. For him, rise in per capita resources, improvement in the skill, earning power, organisation, improved techniques, transport and communication, growth of financial institutions, removal of social obstacles, urbanization, rise in health standard, greater leisure, increased recreation and widening the mental horizon of people are characterised as overall development of a human society.

He further adds that **rise at the cost of**

poor, depletion of valuable natural resources, low quality products and mere increase in output may not be called development. Development is a human process and not just a mechanical or technological change. Infact, it is a development of people, imbibe the generation of awareness about the surroundings. There are various other definitions which also support this fact.

Human Resource as the Major Source of Development:

Along with other factors human resource plays important role in the process of development. It is a capital dimension of human factor. We may call it socio-psychological determinant of development. The human effort which includes the attitudes, aspirations of the people and their will to work which yields a stream of economic benefits during working life.

It's **origin** took place when social scientists realised that mere transfer of technology and investment of capital can not ensure the development, until human aspect is not strengthened. Therefore, greater attention is paid to the human resource. To achieve the goal of development, the specialists of education, social welfare and Anthropology diverted their attention towards minimizing the evils of **social friction** that arises due to the economic transformation. In his presidential address at American Economic Association in 1960 **T.W. Schultz**³ emphasized the role of investment of human capital in increasing productivity.

Therefore, Human factors can not be ruled out in any development activity. They are found existed in two forms Physical labour and organisation of an enterprise. When these two forms function with full dedication, economic development becomes definite. The quality and size is human resource are of vital importance in this regard. The size is relevant as it provides

a human force to the work. Generally a large size is always helpful but optimum number can provide highest average productivity. Quality of human resource depends upon the vigour, vitality, technical education and moral of the people.

Human Resource increases output and wages of the workforce. It upgrades the technical scenario of a society. Its consequence increases the capital stock and raise savings in the society. It increases mobility of the workers, motivates people for more work, improves quality of life, empowers weak sections of the society like, women, girl child, child labour, lower castes and destitutes.

According to **Talcott Parsons**⁴ the principle of achievement predominates in the economic activities of developed societies, whereas ascription predominates in backward countries. Economic assignments in advanced societies are based on achievements or performance of a person but in backward countries it is done with reference to the person's social status and family relations. Henry Maine in this regard feels that transformation of a backward into an advanced one is the evolution from status to contract. Therefore, one can say that difference in race, religion, climate and social condition reflects in the economic development and categorise the character of society.

Various social customs like early marriage effect population growth and influence the size of labour force. Employment of children increases work force but brings down the wage level. Poor health and physical fitness affect the efficiency and regularity of workers at the job. Religion is also a significant factor, influences economic life. Protestant ethics discussed by Max Weber is important in this regard. Among Hindus the karma of previous birth, influences the present birth. This is an

unhealthy influence of religion on the material life of the people. **In short, we can say, human aspect is the most important factor required for the development and progress.** In the age of technology this has become most important and barely needed for the existence of human society. **Vishal Sikka**⁵, CEO of Infosys, thinks that the best times for human kind, the best quality of living, the best advances, the best learning, the best experience, and even better, the best reason to live ahead of us. Technology will help us create a better future and far from making us irrelevant, help us become more human. Thus, we shall begin the great human revolution.

Planning of Human Resource:

Planning of human resource is necessary to get best results in a nation. It includes the maintenance and utilization of actual and potential members of labour force. Unproductive people should be converted as the part of work force. There should be balance between demand and supply of man power. It is a much wider term and concerned with the over all development process, mentions, **R.L.Goel**⁶

Means and Agencies Which Support the Human Resource Ethics :

In modern times, ethics is the social aspect of science and technology. It activates the human resource and makes it functional so that any development programme may get success and organization can work for the growth of society. Ethics generates moral pressure and develops '**Work Culture**'. Ethics works at the level of state also. **Jemima Kiss**⁷ talks about the balance between citizen and state's obligation to keep them safe. There is need of an ethical framework which exists between academia to government, technology and industry. Studies report, it is an instrument which ensures a responsible behaviour from the

bankers, managers and other business personals, mention, **Vincent Blok**⁸ and **M.D. Litonjua**⁹.

Welfare of Women and Children:

Women and children are important part of human resource. They constitute about 70% of total population. Their upliftment form an important basis for national development. A sustained and inclusive growth of the country begins with this section of society, adds **Rema Nagarajan**¹⁰. The poverty, social exclusion, gender discrimination and under nutrition influence the process of development. Now vigilant governments desire their access to health, nutrition, education and overall care. Safety of girl child and female youth are realised by the policy makers, scholars and social reformers. A check on child marriage, frequent pregnancies, female foeticide is required in every section of society. Now women are considered an equal partner in social, economic and political development. The commitments embodied in the constitution are taking a practical shape by the efforts of concerned organizations.

There are several enabling legislations and policies like, National Policy for Women Empowerment 2001, National Policy for Children 2013, National Nutrition Policy 1993, annual and five year plans. All these are trying to serve their purpose. All the plans and programmes put forth many challenges and problems to be solved as early as possible. National Crime Records Bureau (NCRB) high lights large number of crime cases committed against women which need prevention, prohibition and redressal, mentions, **Krishna Chandra Chaudhary**¹¹.

Entrepreneurship Development among women is an important aspect of women empowerment. An able woman can look after her family properly. She can educate her children, provides medicine and nutritious food.

They can gain more equality in the home and control over their own lives. This achievement is indirectly considered the progress of a nation. Their enterprise may get registered along with the number of partners. They share capital, enjoy equal partnership and maintain the society. The early women enterprises were confined to the preservation of fruits, vegetables, pickles and papads etc. Now they get organised in the areas of beauty parlours, jewellery, handicraft, electrical, electronics, chemical and other manufacturing areas.

Population Growth and Policy:

Prior to the economic reforms there was a delineated view that the large population is harmful for the development of a nation. It adversely affects the growth of an economy. It gives big loss to natural resources, capital formation, puts pressure on agricultural land, makes sub-divisions of agricultural land holdings. It was difficult to provide education, technical knowledge how and employment to such a large population. The concerned, governments were busy in making policies to curb the rising population.

But this thinking has got some good additions. The importance of skilled human resource is being realised. The highly populated country like, China has made a great contribution on this issue. It has utilized its human power in a way that the large population seems to be a boon in the age of technology.

Literacy or Skill Formation:

This is the most important means which supports the human resource in any society. Small number of literates, defective in terms of quality, inadequate teaching facilities, shortage of school buildings, books and equipment make the society incapable for the progress. This absence of education facilities creates shortage of skilled manpower, essential for the installation of development projects. Skill development

generates innovators and quality managers required for the progress of the society. Many Scholars think in this direction. **Raju Narayan Swami**¹² talks about distance education in India, which has emerged as a great help to the women and intellectuals of all ages. **Sanjay Kumar**¹³ Director, Centre for the Studies of Developing Societies (CSDS) expresses concern with the Indian youth who are making significant contribution in abroad societies. **J.G. Kobus**¹⁴ realises the need of education in **South Africa**. **Glenda Kruss**¹⁵ writes about Sub-Saharan Africa where low income population could not receive the technical education. They have been away from systematic learning, innovation and national economic development.

Health:

Health is a holistic process related to the overall progress and development of human resource. A healthy society moves fast on the path, dedicated to achievement and committed to hardwork. But good health condition depends on the ‘health care system’ devoted to delivering services for the diagnosis, treatment, prevention of disease, promotion of physical and mental well-being. Regarding health, it is important, how medical care is organised, financed and delivered to the people? Health care system depends on various factors including the availability of hospitals, doctors, outdoor patients, clinics in rural, urban and sub-urban locations.

Malnutrition has to pay significant cost to any country’s development. Some of the estimates indicate that there is 2-3 percent GDP loss due to low productivity by the under nutrition labour countries like, China, Brazil and Vietnam have been successful in reducing under nutrition, writes, **S. Mahendra Dev**.¹⁶

The over all scenario of health situation in India reports that nearly three quarters of the population still live in rural areas. About 37

percent of the population is living below poverty line. Because of these facts, there is need of efficient health care system which can offer quality and cost effective treatment, at large scale. Health sector in India is the responsibility of government upto large extent. Local, state and central governments bear their shares. Central and state governments share various programmes and projects of health, designed to improve efficiency in the allocation and use of health resources through policy, system management and institutional development.

Various programmes and schemes on health care include, National Rural Health Mission, National Health Policy 2002, National Leprosy Eradication Programme, National T.B. Control Programme, National Programme for the Control of Blindness, Iodine Deficiency Disorders, Mental Health Programmes, Aids Control, Cancer Control, Immunization, Control of Deafness, Diabetes, Tobacco Control etc., highlights, **Papori Baruah**¹⁷.

Capital:

Capital can strengthen human resource. Many of the developing societies suffer from financial crises as the poor human resource finds difficult to manage it. Low income, low savings, weak demand and supply forces generate the problem of finance. Taxation and public savings have their own limitations.

Foreign Direct Investment:

Under fragile circumstances and for rapid development, the only means is raising the capital from abroad sources. Thus, foreign direct investment (FDI) can be an important resource for development. Not only India but other countries also give and take capital for development. The supply of foreign exchange includes necessary materials and equipments directly needed for the skilled people. It also allows the importation of other commodities

which are in demand as development proceeds. Purchase of tools, skill equipments are the part of foreign direct investment.

Fiscal Policy:

Fiscal policy effects allocation of resources and distribution of income among human sections. It promotes capital accumulation and restrain inflation. It provides direction according to the aspirations and goals of the society. It can support social progress and better standard of human life. Fiscal policy also reduces extreme inequality in wealth and income.

Socio-Economic Environment:

Socio-economic environment affects the people of a society. Many religious and social attitudes are more favourable to the process of development. The value system in developed societies has been conducive to rapid growth in comparison to backward societies. The efficiency of labour is determined by social, cultural and religious institutions. Social rigidities are very harmful for development. Non materialistic philosophy of the people, Joint family system, caste system, the system of inheritance, attitude towards the work and religious values affect the progress.

Micro Finance:

It is a growing concept being used by the people of developing societies for their economic independence and income generation. Term micro finance includes micro-credit, micro savings and micro insurance to poor people. Most of these transactions involve small amounts of money. These tiny loans are utilized by micro-entrepreneurs to begin and enlarge their small business. This effort includes skills like, weaving baskets, raising chickens or buying products for resale. Income from these enterprises is used for better food, housing, health and education for the children. The programme of micro finance attain the goal of social and economic empowerment.

Poverty alleviation and rural development is the major goal of micro finance. There are several agencies which provide small loans in India. Women are the major beneficiaries. They are economically backward, have higher unemployment rate and suffer from gender inequality. All the national and international agencies are ready to stand in the support of economic empowerment of women. **Renu Verma**¹⁸ mentions, "Putting extra income in women's hand is often the most efficient way to support an entire family, as women typically put their children's needs before their own" By such efforts gender discrimination and poverty comes down. Economic growth and living standard goes up.

Technology:

Advanced technology makes people, competent in their trade and economically sound. People in developing societies generally lack scientific knowledge and modern technology. Hence, they are economically backward. At present the major task is to transform society on the basis of science and technology. Although it is a difficult task as backward society is not conducive to technological improvement. But at the same time it is confirmed that without technological development, economic growth is not possible. Our every effort must be related to the production oriented education.

Technological change means change in the system of production. According to **Herbert Frankel**¹⁹. "Technological change is not a mere improvement in the technical know how but much more than this. It should be preceded by sociological change also, a willingness and desire on the part of community to modify their social, political and administrative institutions so as to make them fit in, with new techniques of production and faster tempo of economic activity." This means technology is also found

responsible for a vast change on social beliefs and practices. Social knowledge has to grow, capital has to be created, new hopes and beliefs have to be evolved to urge men and women to move forward. Now most of the growing societies are laying emphasis on the use of technology.

Information Technology:

A lot of progress has been done in this area. It has made life happy and meaningful. It has entered in the society as a revolution and gradually touched every aspect of human life. By providing knowledge and information it has increased people's mental ability and has prepared them for the change. Now more and more people read magazines, watch television and listening radio. This addition in the knowledge of people has kept them away from conservative views. Every section of the society is benefitted by it. Various programmes based on it include education for women, removal of bad social practices and inspiration for economic independence. **F.M. Radio** in different parts of the country is making people aware of many social issues.

India is a vast country. Without information technology, it is difficult to educate such a huge population. The country side of India is very backward but information technology makes possible to contact people at the time of need. Rural people are also settled at many remote places. They may be informed about the agriculture and other development programmes. Information Technology is like a revolution in the life of rural/ tribal people. Literacy mission is getting success due to information technology.

According to **Abdul Raheem**²⁰. Information technology in rural development is an important strategy to enable a specific group of people, poor rural women and men, to gain for themselves and their children more of what they want and need. It has a great potential to

bring the desired social transformations by enhancing access to people, services, markets, health, education, employment, poverty alleviation, building interaction, selling agricultural produce, information about social problems and their solutions.

Rural Development:

Development of rural people can not be ignored if we have to achieve the target of national development. In India, rural people suffer from the problem of utter backwardness, unemployment and poverty. Significance of rural development lies in the fact that two third of India's population depends on agriculture. Rural development is a comprehensive term. It includes different areas which are challenging and need fresh initiatives for intervention.

Most important is rural human resource which includes all the following activities:-

- Literacy, education, skill development and public health of rural people.
- Land reform, development of infrastructure, electricity, transport facilities, irrigation, feeder roads and information related to agriculture.
- For poverty alleviation, there is need of rural credit.
- Regional rural banks, cooperatives, land development banks and self help groups.
- People's participation in Panchayati Raj institutions enables the poor masses to take the charge of human resource development programmes.
- Cottage industry may be supported by increasing the ability of workers, supply of power and raw materials. This can generate the self confidence and enthusiasm among the rural people.

Studies conducted abroad also realize the need of rural development. **Alan de Brauw et. al.**²¹ discusses the role of Chinese women in agriculture which has increased since the late

1990's. Now women do a majority of farm work. They are equally efficient in farm management as the men. **Mueni Wa Mui**²² explains the agro industry of Ghana which could get developed by the support of technology. It has increased the export of Pineapple. This means rural development is an integral part of nation's socio-economic development. It is concerned with the development of rural communities. This is to dispel the ignorance and create self-reliant, healthy, little communities.

One more important thing is that rural sector provides raw material to the industry. Therefore, a balance should be maintained between agricultural and industrial sectors. It provides food supplies to the growing population which is high in the number in developing countries. If knowledge regarding agricultural sector is depressed, adequate supplies of agricultural products are not possible which will hamper the growth of industry and society. Expansion of exports also take place due to the agricultural production which earns foreign exchange. Rural area provides man power to the industry. A bulk of labour force goes to cities from rural sector.

Poverty:

Poverty is most painful both physically and emotionally. It can alienate people from their home land and may make them subservient of rich people in many cases. Poverty reduces productivity of a nation and effects the development of human resource. People suffer from malnourishment due to poverty and low purchasing power. It can push people into severe social abnormalities and may indulge them in social evils. Because of these reasons all the governments and citizens of different nations are working for its elimination. Civilized society takes poverty as a sin. The major causes behind poverty are poor wages in agricultural activities. Seasonal and full time unemployment,

small land holdings, low demand of traditional artisans and change in technology. All these reasons of poverty give birth to urban migration. After migration they demand every thing in metropolitan cities and as a result disrupt urban life.

To meet this challenge several strategies have been adopted time to time. **K.S.Narayana**²³, The Registrar, Institute for Social and Economic Change, Bangalore, suggests different measures like, augmentation of per capita income, prioritisation of agriculture, cost saving farm practices, institutional credit, revitalisation of traditional occupational skills, networking of artisans and craftsmanship. Effective role of public distribution system and infusing people against major risks like insurance in agricultural sphere. Government of India, since independence is taking up various programmes for the employment and health of country's people like, NREGA, TRYSEM, RLEGP, IRDP, MNREGA etc. All these include, training, finance and management of target groups in different parts of the country.

For **G. Sampath**²⁴ poverty is the best friend of development. The problematisation of poverty is a recent phenomena. It has gone hand in hand with the rise of the economy as an autonomous domain. After 67 years of failing to eliminate deprivation in India, time has come to look for new ideas, studies, surveys and theoretical models for the solution. What we find, poor are the people lacking in essential economic goods that can only be accessed when they embrace the market, increase productivity and improve income.

Self Help Groups:

Self help groups are considered functional for the poverty alleviation and rural development programmes by the planners. According to Prof. **Arjun Y. Pangannavar**²⁵

SHG are the best facilitators of rural empowerment, income generation, income distribution and empowerment of rural women. National Bank for Agriculture and Rural Development (NABARD) is the main initiator of Self - Help- Group, started as a movement from 1986-1987 in India. Now it is being promoted by the various departments of central, state government, nationalized commercial banks, regional rural banks, cooperative banks and societies.

The Self-Help-Group (S.H.G.) is an informal organization of 10-20 persons from homogeneous poorer section of society. It is controlled and managed by the members. The mutual trust is the spirit of the organization. It has its own rules and regulations.

They perform on the basis of transparency and accountability in their transactions. The study conducted by Prof. Arjun reports that these SHG have achieved the expected results in income and employment generation activities. They have empowered the rural poor women to some extent and enabled them to cross the poverty line.

Consumerism in Rural Area:

To grow consumerism among rural people is a good option for the development of society. In case of India rural market is vast and demand based. It offers large opportunities for fine quality usables. Now rural consumer is aware of articles required for the high standard of living. Information technology, Government policies, corporate strategies and satellite communication do enough interaction in this regard.

Markets of rural India are large and scattered, major source of income is agriculture, follow old customs and traditions in their purchase. Because of diverse socio-economic background, demand a variety of goods which varies from segment to segment. A number of

rural consumers are illiterate and are easily vulnerable to unethical marketing by the greedy businessmen. They are not aware of their consumer rights, quality marks and trade acts. There is need to save them from deceptive pricing and misleading advertisements, writes, **Sheetal Kapoor**²⁶.

NGOs:

Non Government Organizations play important role in the life of people. They are usually large in numbers spread through out the country. Many NGOs work across the nations. They do specialized jobs in their area of expertise. According to **Mohd. Asif**²⁷, NGO's are organizations with in the civil society that work on the "Not-for-profit" approach in the state which exists between the family (Household), market and state. It is made up of several types of formal voluntary organizations, where people based on community, neighborhood, work, place and other connections from their association to participate in actions for their own collective interests for larger social good.

Social scientists consider them a new force dedicated for the social upliftment. According to an estimate India has 3.3 million registered NGO's. They work at grassroot level and touch the remote areas also. Their engagement may be seen in areas like, health, education, water, environment, disability, human rights, weaker sections of society and natural disaster relief.

The NGO's face various challenges in their working. In this sector, highly committed people have to work with rather minimum resources. Many suffer from hardships. But despite all the odds this sector in majority of cases shows enthusiasm for social and development purposes. NGO's promote people's participation which strengthens democracy and good governance in the country.

To influence socio-cultural and economic

life of people, we find various organizations in India. Mention may be made of Centre for Science and Environment (CSE), Gandhi Peace Foundation, Natural History Society. These are working in the country for the last many decades. India against Corruption and Awaaz are working against corruption. Centre for Social Research has been active for female. All India Human Rights Association is functioning for the rights of masses.

Social Service:

Various strategies have been adopted by the government in the form of policies to improve the effectiveness of any development mission. The last decade has seen many programmes for improving the social services related to the health, education and income opportunities for the less advantaged. Let it be the **National Rural Employment Guarantee Scheme, Rural Health Mission, and Integrated Child Development Mission Services, Sarva Shiksha Abhiyan** etc. related with infrastructure development. **Bharat Nirman** or a number of medical insurance schemes which reflect effective set of intervention in the society.

In a Large and diverse country like India, social service itself is a challenge. Here public services require accountability and responsiveness. They have to function as per the public needs. Many experiments have been done in this regard. The decentralization of governance of the delivery system and Panchayati Raj system of local governance in rural area are the examples from the field.

All the human development programmes need planning, stage wise monitoring and time to time corrective actions. Strategies for the development must be based on specific multiple approaches. Dynamic environment of socio-economic conditions give further success to the programme, adopted for the purpose of social

development.

Weak human development conditions may give ill health, lack of education and association with unfavourable income. Consequently, poverty becomes characteristic of social life. At the same time skills also do not provide opportunities for escaping from the trap of poverty. Although in recent time technology tries to provide advance health and education services to the population which may have been unserved. By this way the challenge is not merely to expand social services but it is more concerned with the affordability to the individuals.

Tourism and Leisure:

Indian tourism sector is a growth story in itself. India is an old society. It has many historical places like, forts, tombs, minars, maqbaras, cemeteries, geographical parks, temples and mosques to visit. Not only historical monuments but various geographical locations, like, valleys, mountains, large green grass slopes and sea shores attract the tourists. By this way India has all the reasons to become tourist hub. People from different places may come to visit and pass a couple of days there for the leisure. Forts of Rajasthan, back waters of Kerala and beaches of Goa are well known to many people. Shanti Stupa (Peace towers) located near Bhubaneswar, Gaya, Sarnath and Ladakh give the glimpse of Buddhist Culture. Temples of South India, Mathura, Vrindavan in Uttar Pradesh are famous among the pilgrims.

These destinations for the purpose of tourism are good source of employment and income generation in the country. But tourism in India suffers from the problems of experts, base infrastructure, such as, hotels and transport connectivity, both air and road. Uneven growth of tourism infrastructure in the country is discussed by **Sandip Das**²⁸ in the situation when the foreign tourist arrival into the country

continue to rise. Tourism also plays an important role in the country's foreign exchange earnings.

Domestic tourism also plays an important role in the overall tourism development of the country like, foreign tourists arrival, the domestic tourist visits have also increased in different parts of the state. Clean India mission of P.M. Modi is also related with the increasing tourism in the country as no one can enjoy the time and place in dirty environment.

Eradication of Corruption:

Corruption by dishonest human resource in any society hampers development. Majority of the societies suffer from this problem. Sufferers always raise their voice against it but hardly find solution in many cases. Planning commission can not be perceived as an organization that has done some good work on this problem. A Google search shows several reported cases on bribery and corruption. Poor governance is found in the root of corruption. This erodes the moral fabric of the society. Corruption undermines the legitimacy of the system also and changes the views of the people. It reduces the value potential for achieving the efficiency through competition and loses the confidence among people regarding the quality of governance. Corruption in the society prevails in many forms. Due to growing awareness more and more people realise it, as a big problem and demand transparency in the system. The movement of **Anna** is the burning example in this regard. We see various allocations of mines, minerals, land, spectrum on the basis of corrupt methods.

Corruption in the society may be reduced through further simplification of procedures for the delivery of public services and introducing greater transparency in public processes. Demand for Lokpal and Lokayuktas may further extend support in this direction. Several other arrangements include, citizen friendly and

time bound public services, use of information and communication technology, citizen's charter, citizen's report card, social audits through surveys, laws like, Right to Information, public protest in different forms, action plan for effective and responsive government at the centre and state level, set of anti-corruption ombudsmen etc., may give relief from the wide spread problem. Several attempts have been made on these lines to remove the corruption.

Bibek Debroy²⁹ has mentioned twelve reasons of corruption in his study which are most cited.

1. Absence of rules, regulations, policies and legislation.
2. Weak systems of enforcement
3. Lack of Accountability
4. Weak system of oversight
5. Lack of transparency
6. Lack of checks and balances in the system
7. Lack of integrity
8. Monopoly of power
9. High degree of discretion
10. Low salaries
11. High rewards compared to risks and
12. Low detection rates

Some of the antidotes suggested by **Bibek Debroy** to check the corruption in Indian society include reformation of civil services, introduction of code of conduct in salaries and promotions. Independent anti-corruption bodies, strengthen the private sector, transparent public procurement needs, awareness and dissemination of information in the society.

Important Role of the State:

Assistance at the level of government can ensure the development of human resource along the desired lines. It can set out objectives, lay down priorities and stipulate means. The government can ensure the supply of other resources for the accomplishment of projects

and development programmes. It can encourage the entry of FDI, loans and equity capital. The government can manage for education, health, care of the child and aged. The poor people can be productive by supplying labour, skills and time. Market friendly approach, growth of necessary institutions can smoothen the course of development.

On the other hand state maintains law and order, adopt legal frame work, takes vigorous actions, over comes the rigidities, control over the price and distribution of goods and services. All these achievements can grow an environment congenial to the progress of society.

Modi Era:

Initiatives taken by Narendra Modi in terms of state policy are important and noteworthy. He resumed power in a time when the country was suffering from crises of economic decline, unchecked inflation and rampant corruption, which had affected everyone. This despair served as an invitation to good government. He entered in national politics with the pledge of development. His era is blessed by many programmes, radical changes, new initiatives and rejuvenation of several age old ideas.

As per his analysis, India has a large and young population but this demographic dividend will benefit only if this population is cultured, healthy and adequately skilled. India also needs a massive investment in social infrastructure and empowerment of women to reap the benefits of this dividend.

The innovative ideas of Modi include human development as a mass movement, clean politics, and changed image of India, from "Scame India to skilled India." He is of the view of empowering the poor through education, imparting required skills to youth for the purpose of empowerment, improving farm

production, take research work of agricultural universities to farm land to increase production.

The **Digital India** programme of the government has ensured the broadband connectivity in the villages, software production, national rural internet training in IT skills and e-kranti for government schemes.

Women empowerment, gender equality and female everywhere is another area, operated at domestic level, where the new government's commitment draws applause globally. The thirty three percent reservations in parliament and in legislative bodies, along with a mass campaign on ' **Beti Bachao, Beti Padhao** and **Zero Tolerance for Violence Against Women** are the main objectives for the half population of India.

Planning of **Make-in India** Campaign includes the mantra of 'zero defect and zero effect' manufacturing, renewable energy on a massive scale and a move to evolve a circular economy where manufacturing follows a sustainable process of, **Take, Make, Recycle and Reuse**' by skilled youth rather than the linear approach that '**Takes, Makes and Wastes**'. writes, **Sanjoy Narayana**³⁰.

Some other important activities include, formation of National Institution for Transforming India (NITI) Aayog, Idea of Good Governance, Garib Kalyan Melas, Vanbandhu Kalyan Yojna, Shram Yogi Kalyan programmes for the welfare of unorganised sector, Jan Dhan Yojna, Swachh Bharat, Foreign policy, more importance of federal structure and use of green energy.

His village adoption scheme (Saansad Adarsh Gram Yojna) encourages members of parliament from both houses to identify and develop one village from their constituency as a model village. This is not a rupiya-paisa yojna but a demand drive, people's participatory scheme, mentions **Anumeha Yadav**³¹. A

number of urban areas are selected to make them smart cities. These cities will be smart not only in terms of information and communication technology but also in the design of urban, physical and social infrastructure. The economic base of these cities will be hub for knowledge production and knowledge marketing.

Not only in India but **abroad** also. Modi is in demand as a new vision. US Secretary of State John Kerry says, the new Indian government's plan, "Sabka Saath Sabka Vikas" together with all, development for all- that's a concept, a vision that we want to support. We believe it's a great vision, and our private sector is eager to be a catalyst in India's economic revitalization, mentions, **Chidanand Rajghatta**³².

By this way the new approach of Modi is remarkable which seeks to create a caring society where the poor, weak, vulnerable and marginalised are protected, all means have connectivity including road, rail, air, IT and media. The country is woven into one Hindustan as it was not thought.

When we conclude and give all the efforts a real shape, the new India comes in forefront which involves revision, repair, punar nirman, rebirth, reinvention, creation of a shristi, punar jeevan of a rashtra and its inhabitants.

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DRUG ABUSE : PSYCHOTHERAPEUTIC APPROACHES FOR ADOLESCENTS

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ABSTRACT

This paper focuses on variety of psychotherapeutic approaches and various aspects of individual and group therapy that are unique to the treatment of drug abused adolescents. This article presents guidelines on therapy applicable to all types of drug abuse. Rather than focus on specific techniques associated with the different approaches, this paper focuses on two topics that can guide drug abuse therapy for adolescents within a variety of different schools: (a) specialized knowledge needed to apply psychotherapy to treat drug abuse, and (b) common goals and strategies that must be addressed by psychotherapists. Key tasks of most psychotherapy are enhancing motivation to stop substance use, teaching coping skills, changing reinforcement contingencies, fostering management of painful affects, and improving interpersonal functioning of adolescents. This paper describes some of the specific psychotherapy approaches such as, cognitive behavioral therapy, motivational approaches and family therapy, for drug abuse that have at least

a minimal level of empirical support from randomized clinical trials.

The epidemic of drug abuse in the adolescent has assumed alarming dimensions in India. The incidence of drug abuse among adolescents is higher than the general population. This is notably because adolescence is a time for experimentation and identity forming. Many times adolescents initiated drug abuse due to peer group pressure, subculture and lifestyle of peers According to one recent report (Sharma & Tripathi, 2012) 60% individuals involved in drug abuse in India, are below 20 years. Heroin, Opium, Cannabis and Propoxyphene are the four most common drugs being abused by adolescents in India. Some form of psychotherapy is usually considered as a treatment option for virtually all adolescents seeking treatment for drug abuse. The major strategy that is now common to all currently practiced psychotherapy for adolescents who abuse drugs is to place primary emphasis on controlling or reducing drug use, while pursuing other goals only after drug use has been at least partly controlled. This means that either (a) the therapist employs techniques designed to help the adolescent stop

drug use as a central part of the treatment, or (b) the therapy is practiced in the context of a comprehensive treatment program in which other aspects of the treatment curtail the adolescent's use of drugs. While in the detoxification program, the adolescent may receive brief directed psychotherapy that focuses mainly on controlling the impulse to use. In outpatient treatment settings, psychotherapeutic treatments often include all the components previously mentioned as well as an opportunity to engage in longer-term treatment that can address broader issues in the adolescent's life that may indirectly play a role in the adolescent's ability to remain abstinent.

Beyond setting differences, psychotherapy for drug abuse may be delivered in a range of different modalities, such as group or individual. Major advantages to group drug abuse treatment are: (a) cost savings, (b) given the social stigma attached to having lost control of drug use, having group members who acknowledge similar problems can provide comfort, (c) group members who have longer periods of abstinence can model that attempting to stop using is not a futile effort, (d) group members can act as social supports, and (e) the public nature of the group can provide powerful incentive to avoid relapse. Principal advantages to individual drug abuse treatment are: (a) privacy for members whose careers or reputations may be damaged from more widespread knowledge of their drug use, (b) increased flexibility to address problems that are uniquely relevant to that patient, (c) easier resolution of logistics surrounding therapist caseloads where often there are not enough drug abuse clients to form a group or deterrent from individuals having to wait to engage in treatment until the group is formed, and (d) therapists may use the one-to-one relationship

to explore relational elements not possible in group treatment.

The history of individual psychotherapy for drug abusers has been one of importation of methods first developed to treat other conditions. Initially, psychoanalytic and psychodynamic therapies were used to treat the adolescents who abuse drugs. Likewise, with the development of behavioral techniques, client-centered therapies, and cognitive-behavioral treatments, were followed by the special modifications needed to treat drug abuse.

Although always present as a treatment option, individual psychotherapy has not been the predominant treatment modality for drug abusers adolescents. Some of the difficulties reported with individual psychotherapy were premature termination, reaction to anxiety-arousing interpretations with resumption of substance use, erratic attendance at sessions, difficulties posed by attending sessions while intoxicated, and failure to pay fees because money was spent on drugs. In fact, the newer modalities informed milieu therapy, group treatments, and therapeutic community approaches, derived their popularity from the limitations of individual psychotherapy.

A. Areas of Specialized Knowledge to Treat Substance Abuse:-

1. Understanding the Effects of Using Drugs:

For therapy to be effective, it is useful not only to obtain the academic knowledge about frequently abused drugs, but also to become familiar with street names about drugs and the clinical presentation of adolescents when they are intoxicated or experiencing withdrawal from the different abused drugs. This knowledge has many important uses in the course of individual therapy with adolescents who abuse drugs. First, it fosters a therapeutic alliance by allowing

the therapist to convey an understanding of the addicted adolescent's problems and the world in which he or she lives. By knowing the natural history of drug abuse and the course of drug effects, the clinician can be guided in helping the adolescent anticipate problems that will arise in the course of initiating abstinence. Second, knowledge of drug actions and withdrawal states is crucial for diagnosing comorbid psychopathology and for helping the adolescent who is addicted to understand and manage dysphoric affects. Third, learning about drug effects is important for detecting when adolescents have relapsed or have come to sessions intoxicated.

2. Understanding Treatment Philosophies:

A second area of knowledge to be mastered by the psychotherapist is an overview of treatment philosophies and techniques for the other treatments and self-help groups that are available to adolescents who abuse drugs. For many adolescents who abuse drugs, individual psychotherapy is best conceived of as a component in a multifaceted program of treatment to help them overcome a chronic or relapsing condition. It is vital that the therapist attempt to adjust his or her own work to bring the psychotherapy in line with the other treatments.

B. Common Goals and Strategies for Drug Abuse Psychotherapy:-

Drug abuse psychotherapy typically requires both empathy and structured limit setting, whereas the need for limit setting is less marked in psychotherapy with adolescents who are depressed or anxious. Key tasks that are common to most approaches to psychotherapy for drug use: enhancing motivation to stop substance use, teaching coping skills, changing reinforcement contingencies, fostering management of painful

affects, and improving interpersonal functioning. Although different schools of thought about therapeutic action and behavior change may vary in the degree to which emphasis is placed on these different tasks, some attention to these areas is likely to be involved in any successful treatment. These areas are:

1. Enhancing Motivation to Stop Drug Use:

Even at the time of treatment seeking, which usually occurs only after drug-related problems have become severe, adolescents usually can identify many ways in which they want or feel the need for drugs and have difficulty developing a clear picture of what life without drugs might be like. To be able to achieve and maintain abstinence or controlled use, adolescents who abuse drugs need a clear conception of their treatment goals.

Regardless of the treatment type, an early task for psychotherapists is to gauge the adolescent's level of motivation to stop drug use by exploring the treatment goals. In doing this, it is important to challenge overly quick or glib assertions that the adolescent's goal is to stop using drug altogether. One way to approach the adolescent's likely ambivalence about treatment goals is to attempt an exploration of the adolescent's perceived benefits from abused drugs or perceived needs for them. To obtain a clear report of the adolescent's positive attitudes toward drug use, it may be necessary to elicit details of the adolescent's early involvement with drugs. When the therapist has obtained a clear picture of the adolescent's perceived needs and desires for abused drugs, it is important to counter these exploring advantages of a drug-free life.

All types of drug abuse psychotherapies address the issue of motivation and goal setting to some extent, motivational therapy or

interviewing makes this the sole initial focus of treatment. Motivational approaches, which are usually quite brief, are based on principles of motivation psychology and are designed to produce rapid, internally motivated change by seeking to maximize adolescent's motivational resources and commitment to abstinence.

2. Teaching Coping Skills:

One enduring challenge of treating drug abuse is to help the adolescent avoid relapse after achieving an initial period of abstinence. A general tactic for avoiding relapse is to identify sets of circumstances that increase an adolescent's likelihood of resuming drug use and to help the adolescent anticipate and practice strategies (e.g., refusal skills, recognizing and avoiding cues for craving) for coping with these high-risk situations. Examples of approaches that emphasize the development of coping skills include cognitive-behavioral approaches such as relapse prevention, in which systematic effort is made to identify high-risk situations and master alternative behaviors and coping skills intended to help the adolescent avoid drug use when these situations arise.

3. Changing Reinforcement Contingencies:

As drug abuse worsens, it can take precedence over concerns about work, family, friends, possessions, and health. As compulsive drug use becomes a part of every day, previously valued relationships or activities may be given up so that the rewards available in daily life are narrowed progressively to those derived from drug use. When drug use is brought to a halt, its absence may leave the adolescent with the need to fill the time that had been spent using drugs and to find rewards that can substitute for those derived from use.

4. Fostering Management of Painful Affects:

Dysphoric affects are the most commonly

cited precipitant for relapse, and many psychodynamic clinicians have suggested that failure of affect regulation is a central dynamic underlying the development of compulsive drug use. To foster the development of mastery over dysphoric affects, most psychotherapy include techniques for eliciting strong affects within a protected therapeutic setting and then enhancing the adolescent's ability to identify, tolerate, and respond appropriately to them.

5. Improving Interpersonal Functioning and Enhancing Social Supports:

A consistent finding in the literature on relapse to drug abuse is the protective influence of an adequate network of social supports. Gratifying friendships and intimate relationships provide a powerful source of rewards to replace those obtained by drug use, and the threat of losing these relationships can furnish a strong incentive to maintain abstinence. Typical issues presented by adolescent's who abuse drugs are: (a) loss of or damage to valued relationships occurring when using drugs was the principal priority, (b) failure to have achieved satisfactory relationships even prior to having initiated drug abuse, and (c) inability to identify friends or intimates who are not, themselves, abusing drugs. For some types of psychotherapy, working on relationship issues is the central focus of the work (e.g., interpersonal therapy, supportive-expressive treatment), whereas for others, this aspect is implied as a part of other therapeutic activities such as identifying risky and protective situations.

Again, although most approaches address these issues to some degree in the course of treatment, an approach that strongly emphasizes the development of social supports is traditional counseling approaches and other approaches that underline the importance of involvement in self-help groups. Self-help

groups offer a fully developed social network of welcoming adolescents who are understanding and, themselves, committed to leading a drug-free life. For psychotherapists working with drug abuse, encouraging the adolescent to become involved in a self-help group can provide a powerful source of social support that can protect the adolescent from relapse while the work of therapy progresses.

Specific Psychotherapy Approaches:-

Some of the most promising therapies for drug use that have at least a minimal level of empirical support from randomized clinical trials are:

a). Cognitive Behavioral Therapy:

Cognitive-behavioral treatment (CBT) approach is based on social learning theories on the acquisition and maintenance of drug use disorders. Its goal is to foster abstinence through helping the adolescent master an individualized set of coping strategies as effective alternatives to drug use. Typical skills taught include: (a) fostering resolution to stop drug use through exploring positive and negative consequences of continued use, (b) functional analysis of drug abuse, that is, understanding drug use in relationship to its antecedents and consequences, (c) development of strategies for coping with craving, (d) identification of seemingly irrelevant decisions that could culminate in high-risk situations, (e) preparation for emergencies and coping with a relapse to drug use, and (f) identifying and confronting thoughts about drug use.

A number of randomized clinical trials over the last decade with several diverse cocaine-dependent adolescent populations have demonstrated: (a) compared with other commonly used psychotherapies for cocaine dependence, CBT appears to be particularly more effective with more severe cocaine users or those with comorbid disorders, (b) CBT is

significantly more effective than less intensive approaches that have been evaluated as control conditions, and (c) CBT is as or more effective than manualized disease model approaches. Moreover, CBT appears to be a particularly durable approach, with adolescents continuing to reduce their cocaine use even after they leave treatment.

b). Motivational Approaches:

For adolescents with severe abuse who deny the seriousness of their involvement, a course of individual therapy in which the adolescent is guided to a clear recognition of the problem may be an essential first step toward more intensive approaches. Motivation enhancement treatment (MET) sets out to accomplish this in a brief therapy approach (i.e., 2-4 sessions). Included in these sessions are typically emphasis on personal responsibility for change with advice and change options, objective feedback of impairment, therapist empathy, and facilitation of adolescent self-efficacy.

Stephens & associates (2000) compared a delayed treatment control, a 2-session motivational approach, and the more intensive (14-session) relapse prevention approach and found better outcomes for the two active treatments compared with the delayed-treatment control group, but no significant differences between the brief and the more intensive treatment.

c) Family Therapy:

Early intervention with adolescents who abuse drug has historically been approached in some settings by addressing past crisis caused by the drug abuse into one dramatic confrontation by family and friends. This therapeutic approach is designed to combat denial by having family and individual close to the person present the negative effects of the

adolescent's use in attempts to move the adolescent to agree to get treatment.

Moving beyond initial confrontation, others have included family in ongoing aspects of treatment. Edward Kaufman has identified three basic phases of family involvement in treatment: (a) developing a system for establishing and maintaining a drug-free state, (b) establishing a workable method of family therapy, and (c) dealing with the family's readjustment after the cessation of drug abuse. Where these three stages may vary is based on the drug abused, stage of the addiction, family reactivity, and gender of the adolescent.

Stanton and Shadish(1997) conducted a meta-analysis across 1,571 cases reviewing drug abuse outcome studies that included family couple's therapy. Family therapy was seen as more beneficial than individual counseling, peer group therapy, and family psycho-education. In addition, family therapy had higher retention rates than nonfamily therapies and was seen as a cost-effective adjunct to methadone maintenance.

SUMMARY

Psychotherapy should be considered as a treatment option for all adolescents seeking treatment for drug abuse. The treatment itself can take place in a variety of settings including inpatient, residential, partial hospitalization, or outpatient treatment. In more controlled settings the frequency and duration of sessions increases. The adolescents who abuse drugs are a heterogeneous group reflecting much diversity. To address this diversity in treatment, it is useful to consider multidimensional outcomes. Consequently, no one form of psychotherapy is as universally effective across all type of drug abuse. However, one major strategy common to all currently practiced psychotherapies is to place primary emphasis on reducing drug use, while pursuing other

goals only after drug use has been at least somewhat controlled.

The history of individual psychotherapy to treat drug abuse arose from using already established therapeutic strategies adapted for use to treat adolescents who abuse drugs. Most schools of therapy that have been adapted to address drug-related problems share common knowledge and common goals or strategies that must be addressed to provide successful treatment to drug using adolescents.

Common goals and strategies related to drug abuse psychotherapeutic treatment include enhancing motivation to stop using, teaching coping skills, changing reinforcement contingencies, fostering management of painful affects, and improving interpersonal functioning and social supports. The therapist needs to take a more active stance than in the treatment of other disorders such as depression or anxiety disorders due to the principal symptom, compulsive use, being initially gratifying until the long-term consequences of use induce pain and desire to stop.

The efficacy research on psychotherapies for drug abuse provides support for the use of a number of innovative approaches: individual drug counseling, and cognitive behavioral treatment for cocaine dependence; Motivation enhancement treatment; and Family involvement in therapy. Future studies are needed to evaluate the usefulness of various psychotherapy approaches and further investigate less rigorously studied treatments.

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RIGHTS TO SAFE DRINKING WATER: A BASIC HUMAN RIGHT

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Abstract

"A law on paper is not adequate, though it is a beginning. The implementation of any law must also take into account ground level realities with strategies to deal with them"

The Question of a human right is often a chicken and the egg situation. 'What comes first- the chicken or the egg?' may be analogous to what comes first- the law or the right. The right of water is one such area where there is no clear answer and there is a need to recognize the right to water without having to rely on provisions of black letter law. While the human right to water is being increasingly recognized in international human rights law, it also needs recognition at the domestic level. (Dr. Kaushlendra Mishra, (2008).) In addition to ground level social realities, there are a number of developments especially occasioned by liberalization, privatization, globalization which need to be taken into account and dealt with. Increasingly, access to water is seen as the write of those who can afford it. It has become an economic good rather than a social necessity. Water thus belongs to the highest bidder or who can dig the deepest bore well or purchase the land beneath which the aquifer

lies. Water resources which are not attached to private property are presumed to belong to the state even if there are private user or communities depend on the water. The Plachimadacase (Preumatty GramPanchayat v state of Kerala 2004(1) KLT 31)challenged this and the appeal is now pending in the Supreme Court.

Key words- Human right, The states commitment to access to water, The right to water in the constitution, Development of human rights law on right to water by the judiciary, Humane right law versus social reality in accessing the right to water.

However, schemes and policies of the state are not enough. There must be a clear statement of a human right to water so that it can be claimed as a right rather than a privilege which the state grants. The question which the state grants. The question which next arises is whether there is such a right in India.

The right to water in the constitution of India. Most claims to human rights are founded on the basis of the fundamental rights chapter in the constitution of India as fundamental rights are justifiable and can be enforced. The preamble of the constitution is often described

Rights to Safe Drinking Water: A Basic Human Right



| Drinking | 3 |
|--------------------------|----|
| Cooking | 5 |
| Bathing | 15 |
| Washing utensils & house | 7 |
| Ablution | 10 |

(Source ARWSP Guidelines http://ddws.nic.in/popups/arwsp_pop.htm accessed on 20.02.2011)

as setting up a welfare state. While providing basic needs such a state, the fundamental rights chapter is silent about a right to food or water. While the right to life is mentioned most claims to human rights are founded on the basis of the fundamental rights chapter in the constitution of India as fundamental rights are justifiable and can be enforced.

The preamble of the constitution is often described as setting up a welfare state. While providing basic needs such a state, the fundamental rights chapter is silent about a right to food or water. While the right to life is mentioned (Article 21), the dimensions of this

right are not laid down in detail and water is not mentioned. The only direct reference made is in the prohibition of discrimination (Article 15) in accessing places and facilities for the use of the general public including wells.

In the directive principles of state policy too, there are no direct references to a right to water although the state is required to work towards raising the standard of living of people and improving public health (Article 47). Also since directive principles of state policy are not justifiable, they become difficult to implement as a matter of right.

The angle from which the constitution



deals with water is from the angle of division of powers between the center/union, the state and after 1992, the Local Government. Thus while standard setting on water pollution, insecticides and pesticide is with the center, interstate water disputes, irrigation is a state subject and so are important areas including sources of water such as groundwater. The local government has the power to make provision for water and to make rules at the local level on use of water. In this scheme of distribution of powers, there is no mention made of a right to water. (Sarasu Esther Thomas, YOJANA, April 2011)

Development of human rights law on right to water by the judiciary

The architect of the right to water in India is the judiciary. Many rights have been brought within the ambit of the right to life (Article 21) by reading them into the scope of life. The first landmark decision was in Francis coralline Mullin v the administrator, union territory of Delhi (1981(2) SCR 516) where the Supreme Court clearly said that the right to life included the right to live with human dignity. It also made a passing observation that it also includes the bare necessities of life. The right to water was not specifically mentioned.

In 1990, the Kerala High court state in

Attakai Than gal v union of India that the right of sweet water was part of the right of life as water is necessary for life. This has been reiterated by high courts and in many cases the Supreme Court as well, in a number of case dealing with situations which adversely impacted the quality of drinking water.

The Kerala High Court in Attakai Than gal v. Union of India recognized the fundamental importance of the right to water. In this case, the petitioners claimed that a scheme for pumping up ground water for supplying potable water to the Locatives (now known as the Lakshadweep Islands) in the Arabian Sea would upset the fresh water equilibrium, leading to salinity in the available water resources and causing more long-term harm than short-term benefits. The Kerala High Court, in its judgment, requested deeper investigation and monitoring of the scheme and the judge clearly recognized the right of people to clean water as a right to life enshrined in Article 21, observing that:

"...the administrative agency cannot be permitted to function in such a manner as to make inroads into the fundamental right under Art 21. The right to life is much more than a right to animal existence and its attributes are manifold, as life itself. A prioritization of human needs and a new value system has been recognized in these areas. The right to sweet water and the right to free air are attributes of the right to life, for these are the basic elements which sustain life itself."

Case against Coca-Cola Kerala State, India In a number of districts of India, Coca Cola and its subsidiaries are accused of creating severe water shortages for the community by extracting large quantities of water for their factories, affecting both the quantity and quality of water. Coca Cola has the largest soft drink bottling facilities in India. Water is the primary

component of the products manufactured by the company. There have been numerous public protests of The Coca-Cola Company's operations throughout India, involving thousands of Indian citizens and several non-governmental organizations. Protests against the Coca-Cola factories have taken place in a number of districts including: Madigan near the holy city of Varanasi; Kala Dear, near Jaipur, Rajasthan; Thane district in Maharashtra; and Savaging in Tamil Nadu. The protests by villagers from Plachimada, in the southern state of Kerala have shown the strength of community-led activities, even against this global multi-national company. Through round-the-clock vigils outside the factory gates, they have managed to 'temporarily' shut down Coca-Cola's local bottling plant. As of early 2007, the factory had remained closed for a number of years and a combination of community action and legal redress was aimed at permanent closure.

Background to Coca Cola ground water exploitation case in Kerala

In 1999, the Hindustan Coca-Cola Beverages Private Limited, a subsidiary of the Atlanta based Coca-Cola Company, established a plant in Plachimada, in the Palakkad district of Kerala, southern India. The Perumatty Village Council gave a license to the company to commence production in 2000. Coca Cola drew around 510,000 liters of water each day from boreholes and open wells. For every 3.75 liters of water used by the plant, it produced one liter of product and a large amount of waste water. Two years after production began protest by local residents became common place. Local communities complained that water pollution and extreme water shortages were endangering their lives. In 2003, women from the Vijayanagaram Colony in the village of Plachimada, protested that their wells had dried up because of the over exploitation of

groundwater resources by the Coca-Cola plant. They complained that they now had to walk nearly five kilometers twice a day to fetch water. They also argued that the little water which was left was undrinkable and when used for bathing, the water burned their eyes and led to skin complaints. Aside from these health issues; the depletion of groundwater resources also affected the ability of local residents to raise their crops of rice and coconuts.

In the Narmada Bachao Andolan case ((2000) 10 SCC 664) the supreme court commented "water is the basic need for the survival of human beings and is part of right to life and human rights as enshrined in Article 21 of the constitution of India and can be served only by providing source of water where there is none" It also linked this right to the recognized human right to water in international law documents which have provisions relating to access to adequate drinking water.

The Supreme Court has also decided cases which have a bearing on water quality. These include areas such as water pollution, building/ construction/mining which affected the water and so on. It has also given directions in the context of natural disasters such as floods and earthquakes. Thus court have been concerned both with the protection of quantity and quality in dealing with cases with a bearing on the right to water in some form. (Sarasu Esther Thomas, YOJANA, April 2011)

In November 2002, the United Nations Committee on Economic, Social and Cultural Rights issued a non-binding comment affirming that access to water was a human right:

"The human right to water is indispensable for leading a life in human dignity. It is a prerequisite for the realization of other human rights."

United Nations Committee on Economic, Social and Cultural Rights

This principle was reaffirmed at the 3rd and 4th World Water Councils in 2003 and 2006. This marks a departure from the conclusions of the 2nd World Water Forum in The Hague in 2000, which stated that water was a commodity to be bought and sold, not a right. There are calls from many NGOs and politicians to enshrine access to water as a binding human right, and not as a commodity. According to the United Nations, nearly 900 million people lack access to clean water and more than 2.6 billion people lack access to basic sanitation. On July 28, 2010, the UN declared water and sanitation as human rights. By declaring safe and clean drinking water and sanitation as a human right, the U.N. General Assembly made a step towards the Millennium Development Goal to ensure environmental sustainability, which in part aims to "halve, by 2015, the proportion of the population without sustainable access to safe drinking water and basic sanitation". (Rathor, 2005).

Human right law versus social realities in accessing the right to water

A human right law on right to water, especially drinking water seems to be fast emerging. However, a law by itself will not work, nor will programmers for targeted beneficiaries, unless it can be ensured that everyone benefits from the right in a meaningful way at the ground level. This is especially true when caste and communal realities are not taken into account. Two case studies will illustrate this.

The first case deals with the adequacy of water quantity. In a village in Madhya Pradesh, a hand pump was set up for the benefit of women from Scheduled castes in order to facilitate their access to water for domestic use. This was important as in many of these households; there was no adequate source of water. However, the location of the hand pump was a public one, possibly for ease of access and it was located along the main village road

and began to be used by Brahmin households which already have to access private water source. The hand pump meant to be the main source of water for the SC community become an additional source for another community. The problem of access to water for SC women was left unsolved in practice, though in theory action had been taken to protect their right to water. The adequacy of water quantity was not addressed for the intended beneficiaries.

The second case deals with a village in West Bengal where all the public hand pumps were found to contain unsafe and impermissible levels of arsenic. While quantity of water was not an issue, quantity of water used especially for cooking and drinking needed to be resolved. Accordingly an arsenic removal plant was installed. The installation however was close to a Hindu temple. The village had a Muslim minority population. Muslim women who tried to access the installation were denied by Hindu women. The problem was later resolved through alternate dispute resolution was working out a schedule for water use between the two groups of women. A law of paper therefore is not adequate, though it is a beginning. The implementation of any law must also take into account ground level realities with strategies to deal with them. (Thomas, 2011)

Challenges to be the human right to water

In addition to ground level social realities, there are a number of developments especially occasioned by liberalization, privatization, globalization which need to be taken into account and dealt with. Increasingly, access to water is seen as the right of those who can afford it. It has become an economic good rather than a social necessity. Water thus belongs to the highest bidder or who can dig the deepest bore well or purchase the land beneath which the aquifer lies. Water resources which are not attached to private property are presumed to belong to the state even if there are private user or communities

depend on the water. The Plachimadacase (Preumatty GramPanchayat v state of Kerala 2004(1) KLT 31)challenged this and the appeal is now pending in the Supreme Court.

Permatty Grama Panchayat v state of Kerala

In April 2004, the Perumatty Grama Panchayat(Village Council) refused renewal of Coca-Cola's licence to operate on the grounds that it was not in the public interest to renew the licence stating: "...the excessive exploitation of ground water by the Coca-Cola Company in Plachimada is causing acute drinking water scarcity in Perumatty Panchayat and nearby places..." The Village Council considered revocation of the licence to be necessary in order to protect the interests of local people

In December 2004, the Village Council's decision was challenged in the High Court of Kerala State. The Court considered two issues: the question of the over exploitation of ground water, and the justification for the Village Council's decision to revoke the licence. The Court recognized that the State as a trustee is under a legal duty to protect natural resources. It considered that these resources, meant for public use, cannot be converted into private ownership. The presiding judge, JusticeK Balakrishnan Nair, asserted that the government had a duty to act to "protect against excessive groundwater exploitation and the inaction of the State in this regard was tantamount to infringement of the right to life of the people guaranteed under Article 21 of the Constitution of India." The next few years saw a confusing array of legal battle between the Village Council and the company. In 2005, the divisional bench of the High Court granted permission for the company to extract 500,000 liters from the common ground water per day in the year 2005-2006. The Court also affirmed that the Village Council was not justified in cancelling Coca Cola's licence to operate until

a full scientific assessment had been made of the facts.

There is a strong move in civil society the privatization of the supply of drinking water especially in urban areas. Privatization treats water as a profit making venture for a private company as an against a duty to be complied with by the state, not sold by a company. Modern water policy which leans towards contribution by communities would leave out the poorest who are the most vulnerable and whose human right to water would be further violated. Not only would they not be able to access new schemes, existing to water which was not owned by them also be at risk. (Thomas, 2011)

Conclusion

Water as a right must be recognized at all levels beginning with its recognition in clear terms as a fundamental right under the constitution. If a citizen has a fundamental right to water, the state should have a duty to provide that water. Law and policy must take into account dynamics in the course of their drafting. Finally, water, especially water for drinking and household needs must be made available freely as a common good and not as a commodity.

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