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Assessment Period 2017 to 2022

Criteria-3- Research, Innovation and Extension

Key Indicator- 3.3. Research Publication and Awards

**3.3.3. Number of Books and Chapters in Edited volumes,
Books Published and Papers Published in
National/International Conference Proceedings per Teacher
during Last Five Years**

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

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**ONE DAY NATIONAL SEMINAR ON -
THE FUTURE PROSPECTS OF HIGHER EDUCATION
INSTITUTIONS AND THE REVISED ACCREDITATION
AND ASSESSMENT PARAMETERS**
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EDITORIAL

Dear Readers,

It gives us immense pleasure to introduce before you the proceedings of National Seminar organized by the IQAC of Vaikunta Baliga College of Law, Udupi, in association with National Assessment and Accreditation Council (NAAC). The seminar was a grand success with the blessings and participation of renowned academicians and experts in the concerned area. This special edition is the collection of selected papers presented in the online seminar by the resource persons and faculties of different institutions all over India.

The NAAC sponsored one day National Seminar on the topic 'The Future Prospects of Higher Education Institutions and the Revised Accreditation And Assessment Parameters' was held on 30th July 2021 on online mode by using Microsoft Teams platform. Prof.(Dr.) P.Ishawara Bhat, Hon'ble Vice Chancellor of Karnataka State Law University, Hubballi was the inaugurator. Mr.Venkatesh Naik, Law Secretary to the Government of Karnataka was the chief guest. The first technical session was handled by Dr. G.N. Mallikarjunappa, Principal (Retd.), Dept. of Collegiate Education and Educational Consultant- on the topic National Education Policy and the Future of Higher Education in India. The Second Session was handled by Dr. Sujatha P. Shanbhog, advisor, NAAC, Bangalore on the topic "The Revised Guidelines for the Preparations and Online Submission of IQAR and SSR". The resource person for the third Session was Prof. Indrajeet Dube, Rajiv Gandhi School of intellectual property Rights, IIT Kharagpur – West Bengal, and the topic was "Research and Innovation for Quality Assurance in Higher Education". The authors of the selected research papers presented their papers in the seminar using online platform.

In this proceeding, we have included the papers covering and analyzing various aspects of higher education sector in India. The presenters were keen to emphasize the relevance of National Education Policy, 2020, for strengthening the higher education sector. Research papers were presented on the topics like lifelong learning skills, Role of IQAC, blended mode of teaching and learning, redesigning India's research and development,



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About the College

Vaikunta Baliga College of law, is the second oldest law college in the state of Karnataka, which has contributed well known legal luminaries in South India. Udupi, a fast-developing city is still upholding its traditional values which is situated in the southern coastal belt of Karnataka. It is also known as the temple town, bestowed with the blessings of lord Krishna.

Our college was established in the year 1957 and is named after the Late Sri.B.Vaikunta Baliga, a legal visionary and the then Minister of law, Government of Mysore. The college is one among the 42 reputed educational institutions run by the Dr.T.M.A.Pai Foundation, Manipal. It was founded by Late Dr.T.M.A.Pai who is remembered as a pioneer in the field of education, banking and industry. The college is now permanently affiliated to Karnataka State Law University and is recognized by the Bar Council of India and the UGC. The college has been accredited with B+ grade by the NAAC committee with Institutional score CGPA 2.67 in the year 2016.

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Innovative and changing dimensions of teaching and learning, and the transition of higher education sector and the vision of higher education in India. The presentations, discussions and interactions have concluded with the optimistic thinking towards achieving India, a better position among the nations of the world, to play a crucial role in research and innovation, and a nation with better human beings.

With Regards,

Prof (Dr.) Nirmala Kumari.K

Principal

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conducted through the help of technological tools in digital platform.⁹ But study of certain subjects includes, reasoning, analysis and interpretation, which can be better equipped to the students through simulative exercises in the physical classroom only.

7. Maintaining a process of parents' involvement-To monitor the performance of students, involvement of parents in education system is mandatory. The teachers and education institutions find some mechanism to reach the progress and problems of their children and ward to their parents and guardians. Parents Teachers association is also formulated often by calling their meetings, rapport can be developed. But still, the constant connection with all parents by the teachers is quite difficult to find in higher education system. As students are grown up, parents are not much worried about their children in most cases and some other cases, children stay away from parents for their education.¹⁰ In such situation, it gives a challenge to the teachers to monitor their progress and learning beyond the classroom.

Even the learners also facing certain problems during their studies. They are mainly like increased cost of higher education, change in learning environment which may lead to homesickness, problem of time management, political interference for some extent, work and learn process for financial setup etc. So, usually such challenges and issues encounter the students of higher education and they need to focus on education by combating those issues.

CONCLUSION

The ultimate purpose of teaching is to ensure that the last student with the least securing mark should be involved in learning process. There must be effective delivery system and comprehensive involvement on the part of students, through which this purpose can be served.

⁹ QIAN TANG, *Transforming Education: The Power Of Policies*, (United Nations Educational, Scientific and Cultural Organization, France, 2011).

¹⁰ MASADURISIC, MILA BUNJEVAC, *Parental involvement as an important factor for successful education*, Volume 8, Centre for Educational Policy Studies Journal, 140 (2017).

IQAC AND ITS ROLE IN QUALITY ASSURANCE IN HIGHER EDUCATIONAL INSTITUTIONS (HEIS) - A CRITICAL ANALYSIS

Manjunatha N G*

ABSTRACT

Historically, the idea of quality has been an evolutionary concept originating from the Japanese business community in the 1950s and 1960s between 1960s and the 1980s this evolutionary process gradually expanded in to the American and European business worlds before it finally spread its influences in to the public in the 1990s and by extension in to higher education thereafter. Concern for quality in higher education has become a prime agenda of Countries world over. The Centrality of higher education to societal development has led to increasing global attention to the issue of quality in contemporary higher education systems and HEIs are constantly under pressure to meet stakeholder's expectations of quality. Quality assurance is a dynamic process that requires building institutional strengths in accordance with the changes and demands in and of the society and economy. Many factors contribute to the declining quality of higher education and the main cause for this is the changing context of the socio-economic and political environment and the system's inability to cope with and manage this change.

Quality assurance as a domain of policy in higher education can be traced back to over a century, to the first accreditation organization in the United States. Quality assurance in the past was an issue of limited interests because higher education then consisted of small, socially homogeneous institutions that did not demand more formal management. Besides the change demands of time the pursuit of quality in higher education has also been triggered by many other factors which include the varying opinions on the purpose of higher education.

* Assistant Professor of Law, Vidyodaya Law College, B H Road, Tumakuru.

¹ NAAC 2019,IQAC guidelines for Universities and colleges.
<http://naac.gov.in/index.php/info/-for-institutions#iqac>

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IQAC is now mandatory in every institution as per NAAC requirements. It is the body which is responsible for introducing quality systems. The introduction of quality assurance systems is a measure of accountability but it can only succeed if it is acknowledged to measure what is important to academic fraternity in a manner that it can understand.

Key words: Internal Quality, Assurance, HEIs, Accreditation, quality education

INTRODUCTION

Education is the prime mover of the society and the pillar of National development. Therefore it is important to focus on appropriate human resource development which becomes the basis of development in all other domains of human activity. It is therefore very important to ensure the quality of higher education which makes the nation progressive and advanced in personal, professional and national spheres. A quality assurance system in higher education has to incorporate several elements such as the core values, vision, mission and goals of the institutions, the formation of the quality management system, and internal evaluations of programmes at the level of the institution, external evaluations by the external assessment Agency based on some predetermined standard criteria and finally publishing the assessment outcome. Being quality-minded in higher education means, caring and meeting the expectations of the stakeholder especially the students. All processes in any higher education institution will help to improve professional standards by comparing them with international educational qualifications. There are three concepts of quality assurance in higher education a) objectivistic concept of quality which includes an instrumental measurement of quality b) A methodology that should be used which is acceptable to all, based on inputs processes and outputs which should ultimately relate to the fitness of purpose c) The third aspect is the Evolutionary concept of quality which is part of the internal culture of institutions. Continues improvement is based on this concept.

Higher education in India is undergoing a transformation due to the rapid changes happening in the environment due to the socio-economic changes and the technological advancements. In a vast country like ours, there is great diversity in the geographic, socio-economic and political conditions and therefore in the higher education system, there is tremendous quantitative expansion in the number of higher education institutions. The

profile of education providers vary in types programmes curricular offerings, mode of delivery and funding pattern.

ESTABLISHMENT OF AN INTERNAL QUALITY ASSURANCE CELL IN INDIAN HEIS

In pursuance of its Action plan for performance evaluation, assessment and accreditation and quality up gradation of higher education institutions, NAAC proposes that every accredited institution should establish an IQAC as a post -accreditation quality sustenance measure. Since quality enhancement is a continuous process, the IQAC will become a part of the institution's system and work towards realization of the goals of quality enhancement and sustenance. It is expected that post towards realization of the goals of quality enhancement and sustenance. It is expected that post accreditation, during the tenure of the accreditation cycle, the HEI channelizes its best efforts towards both, quality sustenance and improvement, to motivate all components of the institution to achieve holistic academic quality enhancement and march towards excellence. Recognizing the importance of such institutional internal quality system the UGC has taken a policy decision to direct all colleges to establish IQAC for which it also decided to provide seed financial assistance under its XII plan guidelines 2012-2017.²

Strategies of IQAC: IQAC shall evolve mechanisms and procedures for:

- Ensuring timely, efficient and progressive performance of academic, administrative and financial tasks
- The relevance and quality of academic and research programmes
- Equitable access to and affordability of academic programmes for various sections of society.
- Optimization and integration of modern methods of teaching and learning
- The credibility of evaluation procedures
- Ensuring the adequacy, maintenance and functioning of the support structure and services
- Research sharing and networking with other institutions in India and abroad.

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Source: UGC website



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- VII. Continual up gradation of technology to enhance teaching-learning and research.
- VIII. Generation and dissemination of knowledge to generate and sustain efforts for conservation, development and efficient management of energy and resource for environmental protection.
- IX. Imparting training on all of the above at all levels.

ROLE OF IQAC IN ENSURING QUALITY ENHANCEMENT OF HIGHER EDUCATION

Quality is primarily the responsibility of higher education itself, although the government has a special responsibility regarding quality assurance in many countries it is the institution that is responsible for providing and ensuring quality. IQAC is the totality of systems, resources and information devoted to setting up, maintaining and improving the overall quality and standards of an institution. Thus if quality is required to be assured we need a structured quality assurance mechanism that makes it possible to monitor, improve and evaluate quality. Therefore each and every institution will have to build its own IQAC keeping certain objectives in mind namely monitoring, evaluation quality assurance for specific activities and instruments for quality assurance.

CONCLUSION

Quality and accountability are two sides of the same coin. Quality assurance is the outcome of the expected functions and responsibilities of the different stake holders as per the aims and objectives of higher education. The criteria for assessing quality of different institutions are well laid since 1994. However the accountability measures have to be well defined for the different stakeholders although the mechanism of operation for IQAC is in order.

The first call on our accountability in higher education is to our students. Do we do enough to cater to their individual and career needs are we catering to the community and societal and national developmental needs are we making reforms in the process of communication to develop the interactive and experiential methods of teaching and learning how do we inculcate the leadership qualities, team spirit, motivation and attributes of

innovation among the students we need to address these fundamental aspects of quality and accountability of higher education in globalised world.

Improved accountability is vital to ensuring the success of all the other reforms. Colleges and Universities must become more transparent about cost, price and student success, outcomes and must willingly share this information with students, parents and public. Student achievement which is inextricably connected to institutional success must be measured by institution on a value added basis that takes in to account student's academic baseline while assessing the results. Higher education is accountable in the broad base of the disadvantaged section.

The focus of higher education system should focus on performance based accountability based accountability system. Every one of our goals from improving access and affordability to enhancing quality and innovation, we should take the responsibility individually and collectively with commitment in the organization we are working for. At the same time all institutions shall implement the accountability system based on the aims and goals of higher education as well as the criteria for quality and excellence in education.


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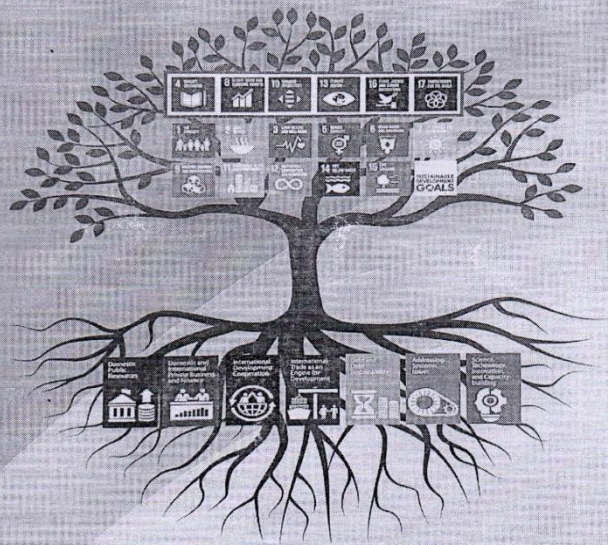
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One Day Multidisciplinary National Conference

On

SUSTAINABLE DEVELOPMENT IN RECENT GLOBAL SCENARIO – ISSUES AND CHALLENGES



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Sustainable Development in Recent Global Scenario – Issues and Challenges

Super Brain Yoga / Thoppukaranam Benefits

Dr. Kishor V.¹

Abstract – This paper intends to highlight the importance and benefits of Super Brain Yoga the Body is a living battery that requires constant recharging. This is done through different means, especially through the transference of Life Energy. One of the simplified techniques is Super brain Yoga which energizes and activates the Brain. Super brain Yoga gradually awakens the latent powers within us while involving internal alchemy. Super Brain Yoga is essentially a form of acupressure and breathing technique used to balance both hemispheres of the brain and bring energy up to the brain. The exercise is easy to learn, takes only a few minutes to do and can be done by almost anyone, anywhere. Electronic databases were used to identify articles and research papers relevant to this paper.

KEYWORDS: Brain anatomy, yoga, super brain yoga,

INTRODUCTION

India, the land of billion Yogis we are rich in spiritual identity reflects in our tradition and culture spirituality is the master key of Indian Mind. India will be the guru of world so said Swami Vivekananda and Sri Aurobindo in early decades of the 20th century that was the time when India was totally subjugated to the British and nobody could dare to think of India's Superiority in any field. The situation has changed and now India is energizing as a knowledge power of history and tradition is been rediscovered by the modern world. A simple devotional action performed by Hindus in front of Lord Ganesha from time immemorial is now promoted in the west as Super brain Yoga. Super Brain Yoga is a scientifically validated method that will help you energize your brain and enhance its sharpness and clarity. It's a simple technique which proposes to increase intellectual capacity and sharpen both memory and concentration.

This practice is based on the principles of subtle energy and ear acupunctures. Basically, Super Brain Yoga allows energy from your lower chakras—or energy centers—to move up to the forehead and crown chakras. When this happens, this energy is transformed into subtle energy, which is utilized by the brain to enhance its proper functioning.

Super Brain Yoga has enabled people to achieve mental, physical and spiritual well-being. With the inherent yogic practices, one can attain a higher state of awareness and improved bodily function along with a coherent spiritual connection. Followed by people for thousands of years, it is among the most popular practices and routine to establish control over mind, body, and soul.

One of such traditional practice is Thoppukaranam (Superbrain Yoga) from Indian schools. It is accepted from the Gurukulam education system. It is also called as "Uthak-Baithak" in Hindi or in Tamil, "Thoppukaranam". It is not a punishment form in the classroom as popularly known in Indian educational system but a confirmed Yogic practice for many who wish to take the steps while offering prayers. The devotees pray for pardoning themselves for any error or mistake made by them which is caused by bad intent. It is a way of punishing themselves via this process and often on a marginal note, it is a common scene in temples. It signifies the person's quest for redemption by punishing himself through this practice.

Derived from words "Thorpe" meaning hands and "Karanam" meaning ears, Thoppukaranam is a well-known Yogic process which is believed to improve the concentration of the mind and to activate the parts of the brain which then helps in one attaining a higher sense of alertness. As per the Hindu Yogis, the "Super brain Yoga" effect this practice has, activates the brain's energy connections. It helps in achieving a supreme level of consciousness through a simple process.

It has gained support from various research studies, and most of the developed countries have adopted it as a regular exercise which is also recommended by Doctors. It is also implemented in Schools competently. With its far-reaching effect on the human brain, it is becoming popular among masses especially in India and western countries as well. It is aptly named as Super brain Yoga which earned its reputation especially in western countries like the USA where special workshops are duly carried out to

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Sustainable Development in Recent Global Scenario – Issues and Challenges

support and teach eager people to learn and master this technique.

BENEFITS OF SUPER BRAIN YOGA:

- ❖ It reduces anxiety and stress and offers you a fresh mindset.
- ❖ Daily practitioners have witnessed the response and reactions have gotten too quicker.
- ❖ It regulates the intimidating drives.
- ❖ The yoga practice increases the thinking power and helps in concentrating
- ❖ The practice increases spirituality and mental growth.
- ❖ It energizes and activates the Brain
- ❖ It increases the inner peace
- ❖ Reduces psychological stress and gives greater psychological stability
- ❖ Greater intelligence and creativity
- ❖ Regulates the sex drive
- ❖ Partial cleansing and energizing effect on chakras
- ❖ Transformation of the lower energies into higher energies
- ❖ Proper functioning of the brain
- ❖ It increases the flow of pranic energies within the body
- ❖ Prolonged practice makes the practitioner in general, smarter and psychologically balanced.

HOW TO PRACTICE SUPER BRAIN YOGA: STEP-BY-STEP INSTRUCTIONS

- ❖ Ideally, this exercise should be done in the morning. Face the sunrise. This form of yoga should be done in the morning, so that your concentration and stress relief will apply throughout the whole day. Follow these seven steps:
1. Remove all jewelry and stand up straight.
 2. Place your tongue on the roof of your mouth right behind your teeth and Leave it there throughout the exercise.
 3. Take your left hand and cross your upper body to hold of your right earlobe with thumb and forefinger. Make sure that the thumb is in front.
 4. Take your right hand across your upper body to hold of your left earlobe. Again, make sure that the thumb is in front. At this point you 're pressing both earlobes simultaneously. Make sure your left arm is close to your chest and inside your right arm.
 5. Inhale through your nose and slowly squat down to the ground.
 6. Hold your breath and do not exhale until you start making your way back up to a standing position.
 7. Repeat this squatting action 21 times. Remember to keep holding your earlobes and to keep your tongue touching the roof of your mouth throughout the entire exercise. You may not notice a change immediately, but after a few weeks an improvement in concentration should become apparent.

CONTRADICTIONS:

The effect of Super brain Yoga on people with severe ailments such as cancer, sexually transmitted diseases (STD's), severe heart conditions, is unknown and females are to skip super brain Yoga altogether two days before, during and after menstruation. Any form of physical exercises should not be undertaken without first consulting a medical doctor.

CONCLUSION:

All these benefits are temporary in nature, if this exercise is not practiced regularly. The Super brain Yoga must be done almost every day to energize and activate the brain cells, to maximize these benefits and I request you all to start from you and your family members. Also practice super brain yoga in school and college regularly.

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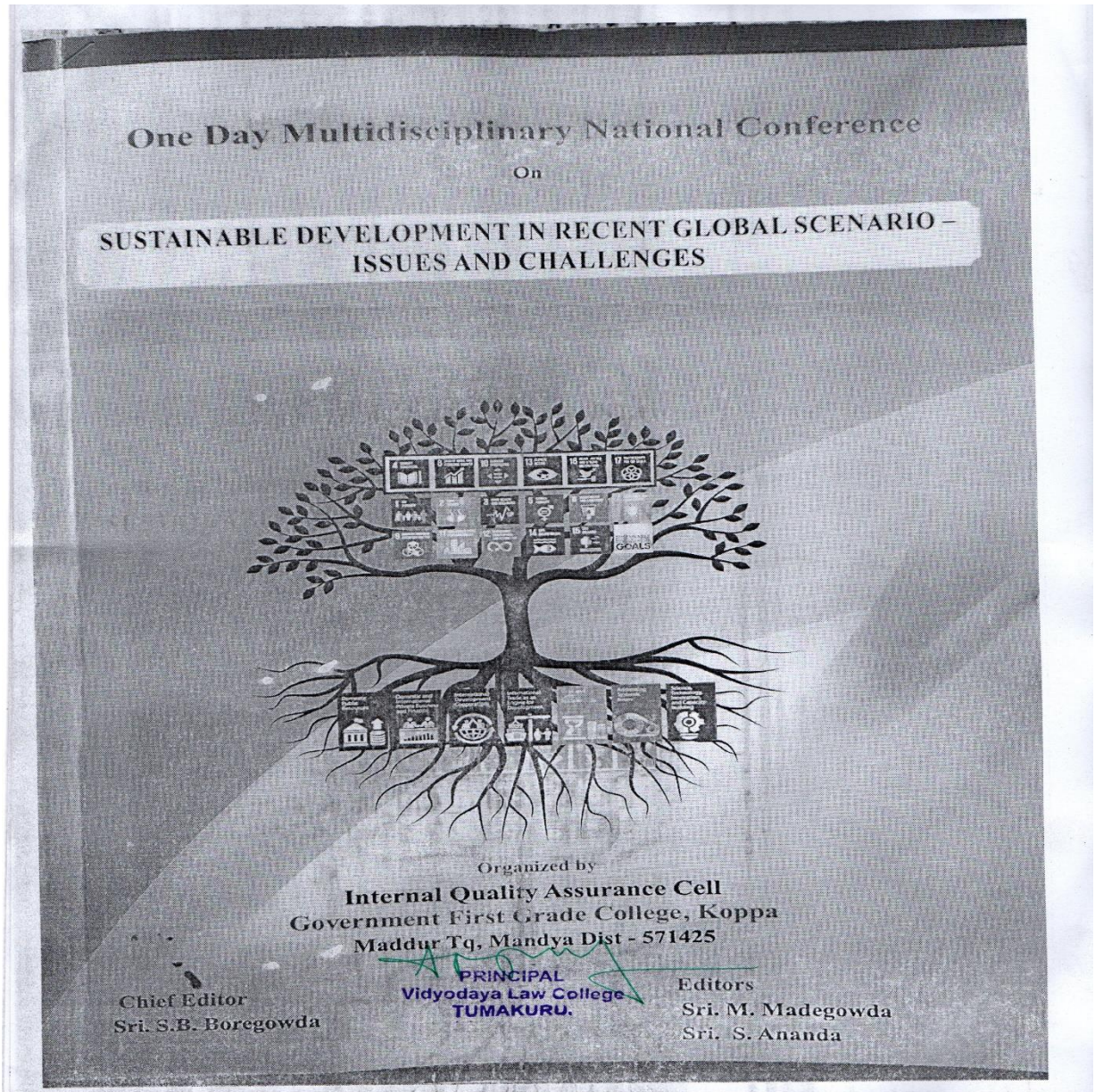
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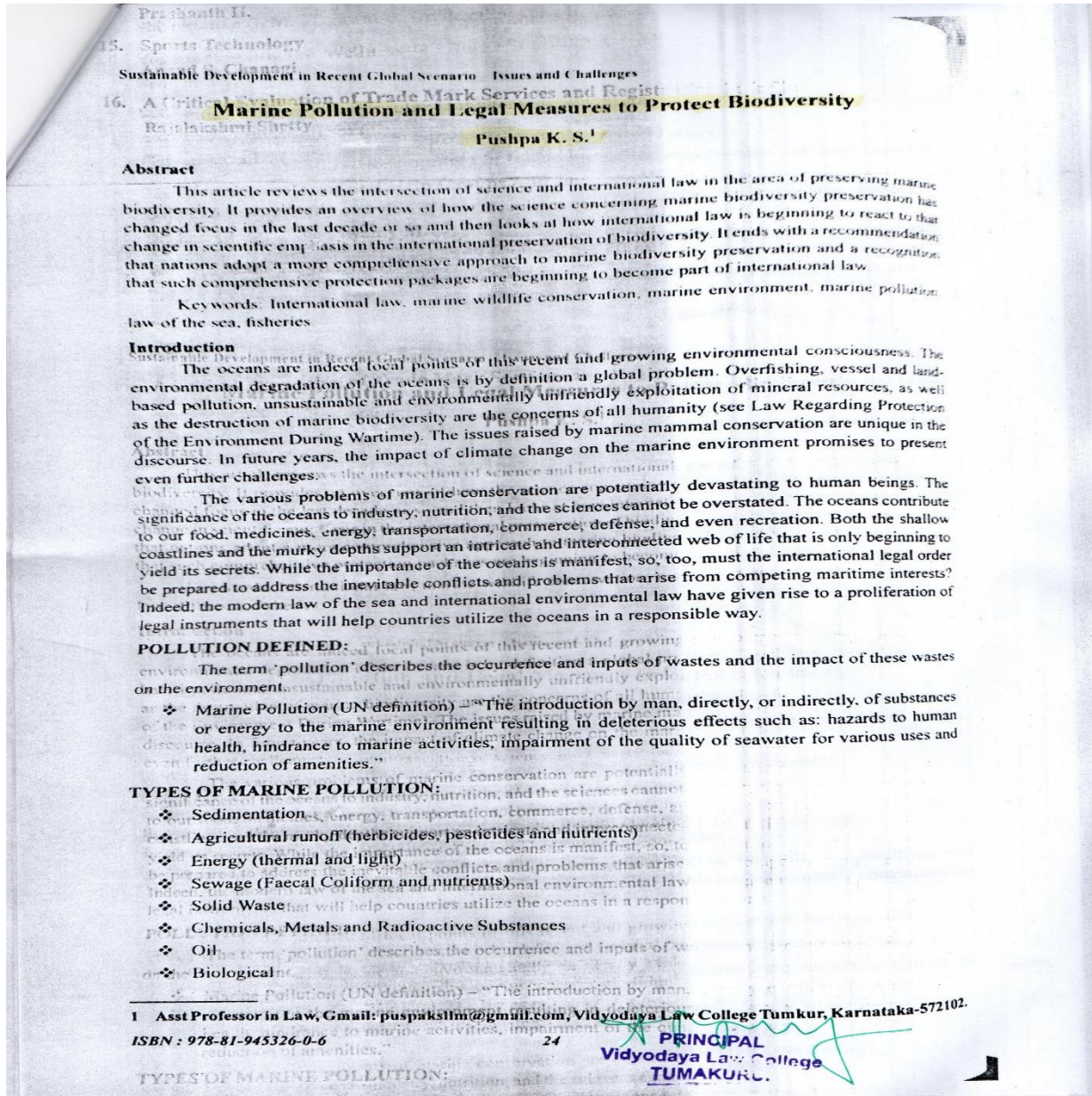

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15. Sports Technology

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16. A Critical Evaluation of Trade Mark Services and Register

Marine Pollution and Legal Measures to Protect Biodiversity

Reshmi Lakshmi Sankar

Pushpa K. S.¹

Abstract

This article reviews the intersection of science and international law in the area of preserving marine biodiversity. It provides an overview of how the science concerning marine biodiversity preservation has changed focus in the last decade or so and then looks at how international law is beginning to react to that change in scientific emphasis in the international preservation of biodiversity. It ends with a recommendation that nations adopt a more comprehensive approach to marine biodiversity preservation and a recognition that such comprehensive protection packages are beginning to become part of international law.

Keywords: International law, marine wildlife conservation, marine environment, marine pollution, law of the sea, fisheries

Introduction

The oceans are indeed local points of this recent and growing environmental consciousness. The environmental degradation of the oceans is by definition a global problem. Overfishing, vessel and land-based pollution, unsustainable and environmentally unfriendly exploitation of mineral resources, as well as the destruction of marine biodiversity are the concerns of all humanity (see Law Regarding Protection of the Environment During Wartime). The issues raised by marine mammal conservation are unique in the discourse. In future years, the impact of climate change on the marine environment promises to present even further challenges.

The various problems of marine conservation are potentially devastating to human beings. The significance of the oceans to industry, nutrition, and the sciences cannot be overstated. The oceans contribute to our food, medicines, energy, transportation, commerce, defense, and even recreation. Both the shallow coastlines and the murky depths support an intricate and interconnected web of life that is only beginning to yield its secrets. While the importance of the oceans is manifest, so, too, must the international legal order be prepared to address the inevitable conflicts and problems that arise from competing maritime interests? Indeed, the modern law of the sea and international environmental law have given rise to a proliferation of legal instruments that will help countries utilize the oceans in a responsible way.

POLLUTION DEFINED:

The term 'pollution' describes the occurrence and inputs of wastes and the impact of these wastes on the environment.

❖ Marine Pollution (UN definition) – "The introduction by man, directly, or indirectly, of substances or energy to the marine environment resulting in deleterious effects such as: hazards to human health, hindrance to marine activities, impairment of the quality of seawater for various uses and reduction of amenities."

TYPES OF MARINE POLLUTION:

- ❖ Sedimentation
- ❖ Agricultural runoff (herbicides, pesticides and nutrients)
- ❖ Energy (thermal and light)
- ❖ Sewage (Faecal Coliform and nutrients)
- ❖ Solid Waste
- ❖ Chemicals, Metals and Radioactive Substances
- ❖ Oil
- ❖ Biological

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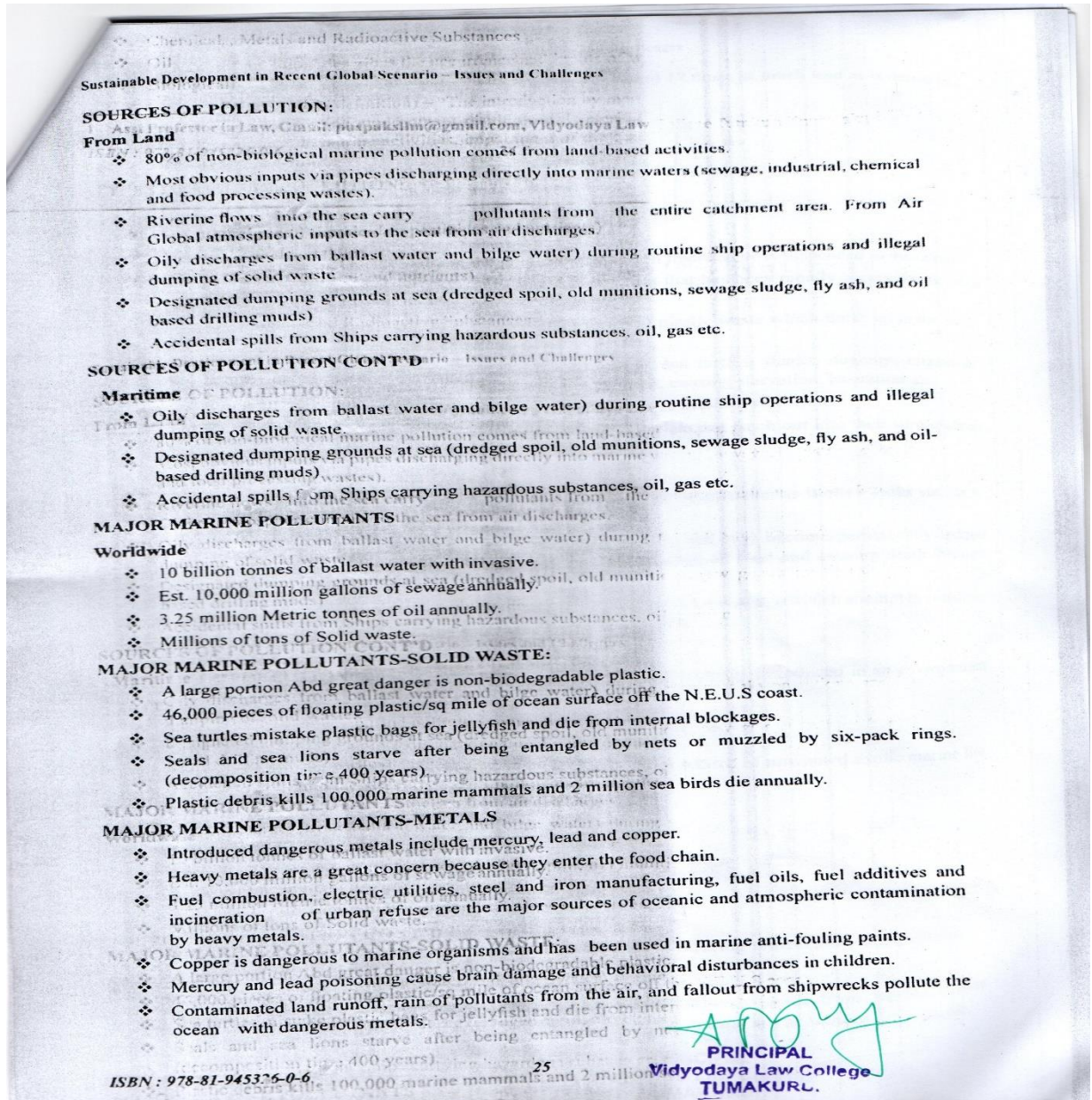
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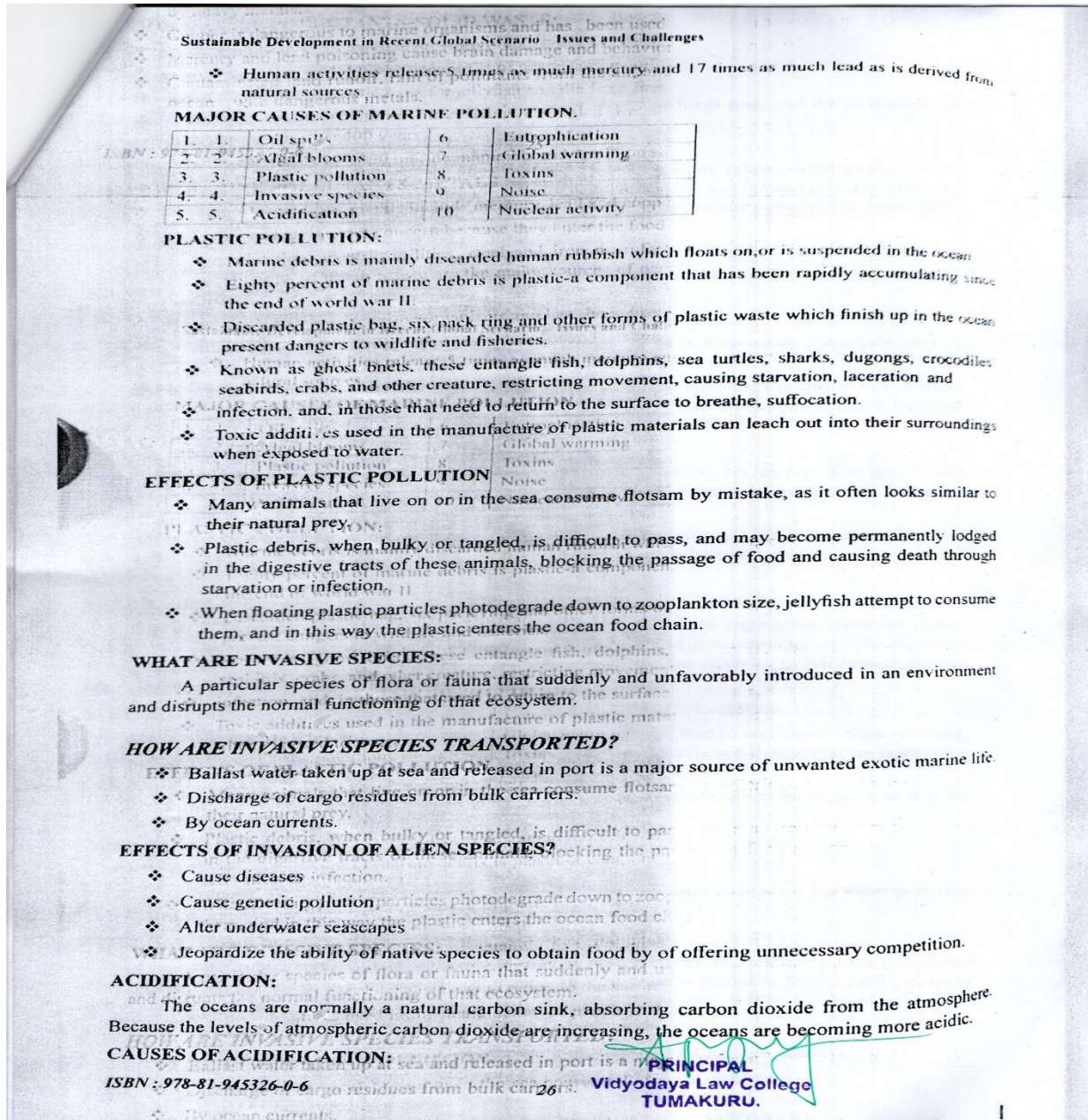




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Human activities such as land use changes, the combustion of fossil fuels and the production of cement have led to a new flux of CO₂.

EFFECTS OF OCEAN ACIDIFICATION:

One of the most important repercussions of increasing ocean acidity relates to the production of shells and plates out of changes in ocean chemistry can have extensive direct and indirect calcium carbonate CaCO₃. There are concerns that structures made of calcium carbonate may become vulnerable to dissolution, affecting corals and the ability of shellfish to form shells.

EUTROPHICATION:

Eutrophication is an increase in chemical nutrients, typically compounds containing nitrogen or phosphorus, in an ecosystem.

CAUSES OF EUTROPHICATION:

The biggest culprit are rivers that empty into the ocean, and with it the many chemicals used as fertilizers in agriculture as well as waste from livestock and humans.

In addition to land runoff, atmospheric atherogenic fixed nitrogen can enter the open ocean. A study in 2008 found that this could account for around one third of the ocean's external (non-recycled) nitrogen supply and up to three per cent of the annual new marine biological production.

EFFECTS OF EUTROPHICATION:

It can result in an increase in the ecosystem's primary productivity (excessive plant growth and decay), and further effects including lack of oxygen and severe reductions in water quality, fish, and other animal populations.

An excess of oxygen depleting chemicals in the water can lead to hypoxia and the creation of a dead zone. It has been suggested that accumulating reactive nitrogen in the environment may have consequences as serious as putting carbon dioxide in the atmosphere.

THERMOHALINE CIRCULATION: (GLOBAAL WARMING)

The term **Thermohaline circulation (THC)** refers to the part of the large-scale ocean circulation that is driven by global density gradients created by surface heat and freshwater fluxes. The adjective Thermohaline derives from *thermo-* referring to temperature and *- haline* referring to salt content, factors which together determine the density of sea water.

EFFECT OF GLOBAL WARMING ON THERMOHALINE CIRCULATION:

❖ Circulation, trigger localized cooling in the North Atlantic and lead to cooling or lesser warming, in that region. This would affect in particular areas like Scandinavia and Britain that are warmed by the North Atlantic drift.

❖ Warming reduces the ocean's ability to absorb CO₂ as well as having effects on ecosystems (e.g. by melting sea ice, affecting algae that grow on its underside).

ORGANISATIONS DEALING WITH MARINE POLLUTION:

❖ ENVIROCARE SYSTEMS (PVT LTD) here.

❖ Environment protection: offering a wide range of oil spills control equipment sea water pollution control equipment, etc. Since the last two decades.

INTERNATIONAL MARITIME ORGANISATION:

The noise from shipping, seismic surveys, and military activity is creating a totally different environment than existed even 50 years ago. That high level of noise is bound to have a hard-sweeping impact on life in the sea.

COST OF MARINE POLLUTION:

❖ 3.25 million Metric tons of oil wasted vs. 3.4 million tons used by Jamaica annually.

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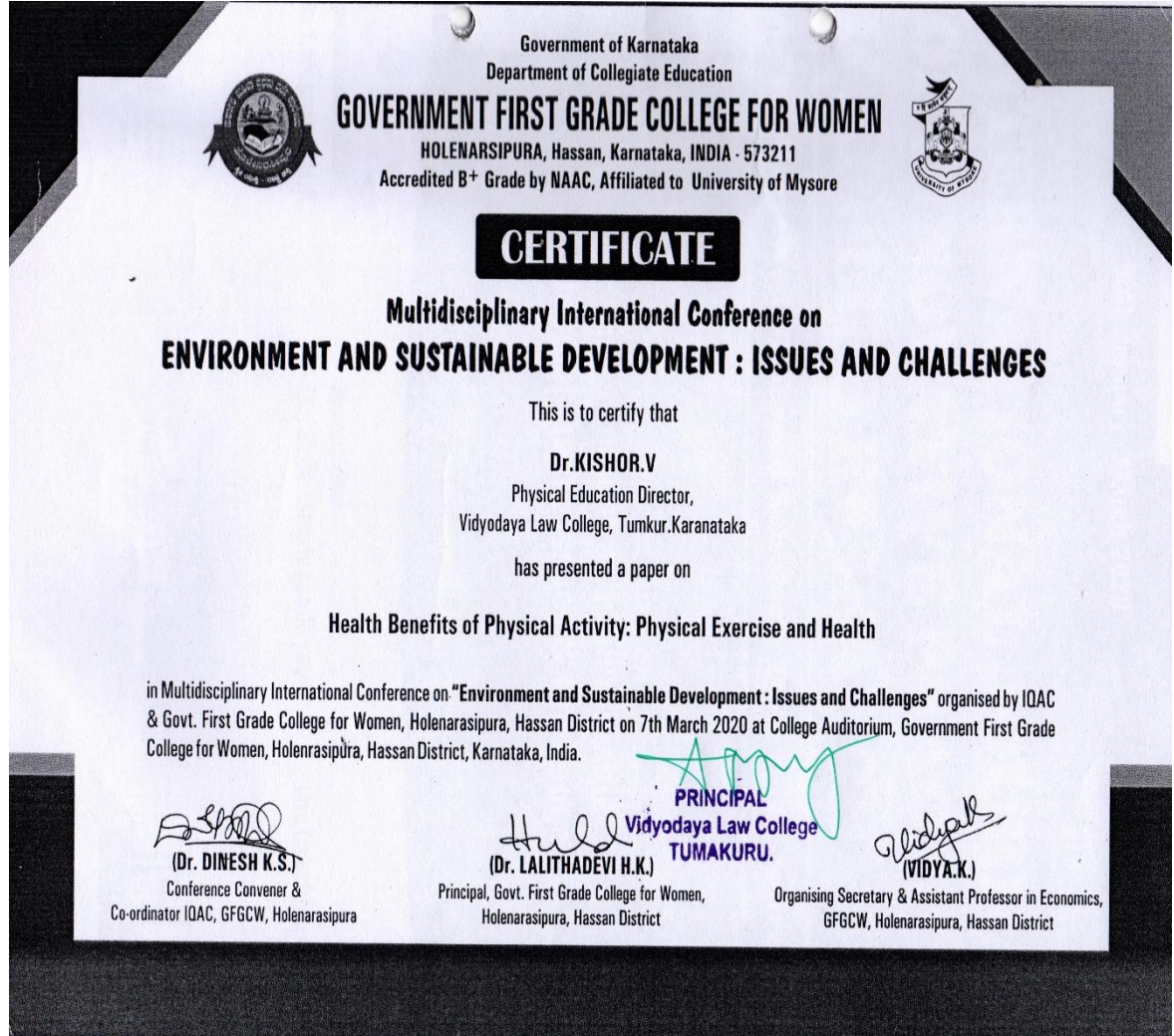
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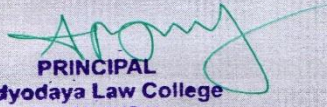
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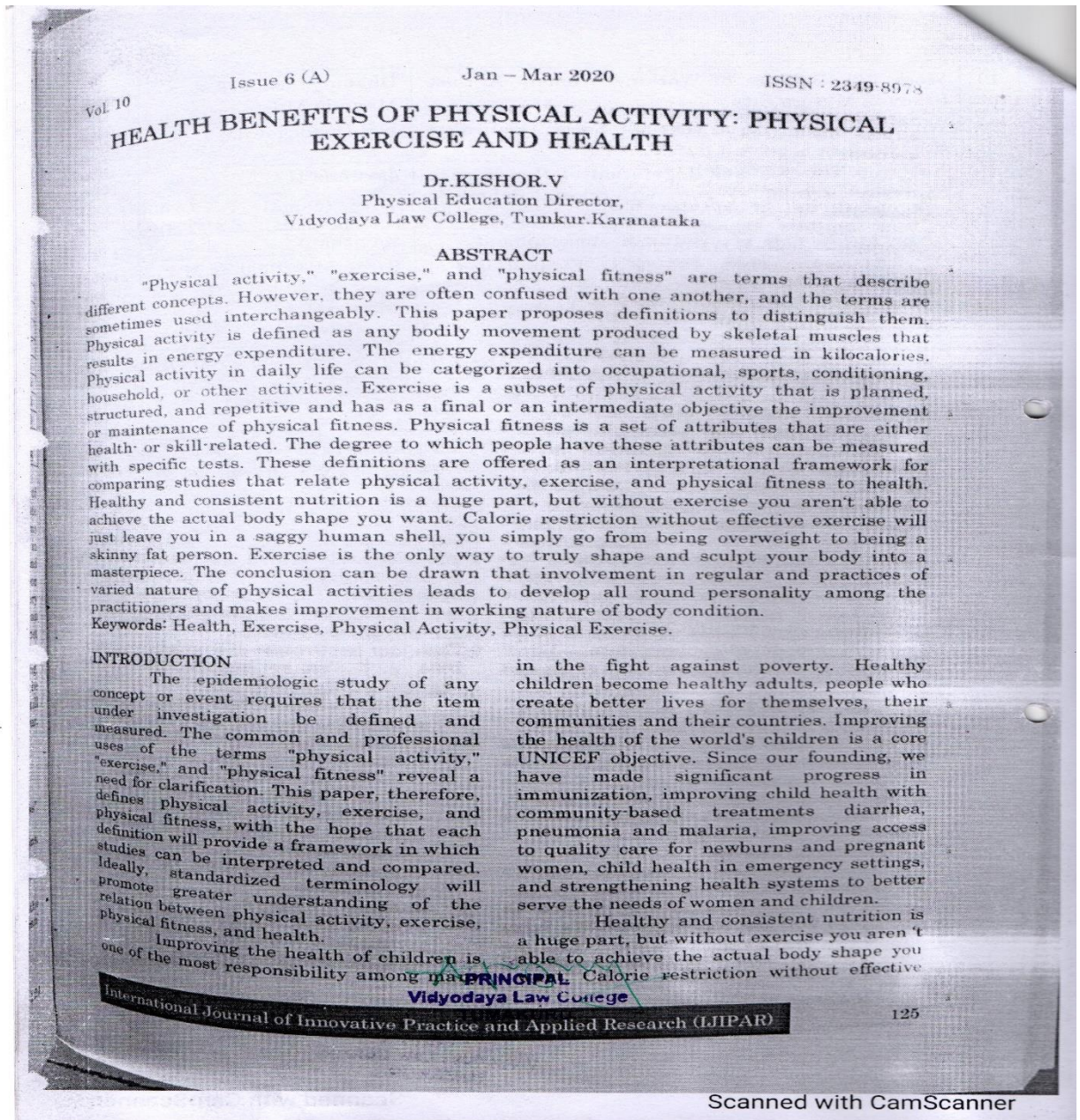
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HEALTH BENEFITS OF PHYSICAL ACTIVITY: PHYSICAL EXERCISE AND HEALTH

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ABSTRACT

"Physical activity," "exercise," and "physical fitness" are terms that describe different concepts. However, they are often confused with one another, and the terms are sometimes used interchangeably. This paper proposes definitions to distinguish them. Physical activity is defined as any bodily movement produced by skeletal muscles that results in energy expenditure. The energy expenditure can be measured in kilocalories. Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities. Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health- or skill-related. The degree to which people have these attributes can be measured with specific tests. These definitions are offered as an interpretational framework for comparing studies that relate physical activity, exercise, and physical fitness to health. Healthy and consistent nutrition is a huge part, but without exercise you aren't able to achieve the actual body shape you want. Calorie restriction without effective exercise will just leave you in a saggy human shell, you simply go from being overweight to being a skinny fat person. Exercise is the only way to truly shape and sculpt your body into a masterpiece. The conclusion can be drawn that involvement in regular and practices of varied nature of physical activities leads to develop all round personality among the practitioners and makes improvement in working nature of body condition.

Keywords: Health, Exercise, Physical Activity, Physical Exercise.

INTRODUCTION

The epidemiologic study of any concept or event requires that the item under investigation be defined and measured. The common and professional uses of the terms "physical activity," "exercise," and "physical fitness" reveal a need for clarification. This paper, therefore, defines physical activity, exercise, and physical fitness, with the hope that each definition will provide a framework in which studies can be interpreted and compared. Ideally, standardized terminology will promote greater understanding of the relation between physical activity, exercise, physical fitness, and health.

Improving the health of children is one of the most responsibility among ma

in the fight against poverty. Healthy children become healthy adults, people who create better lives for themselves, their communities and their countries. Improving the health of the world's children is a core UNICEF objective. Since our founding, we have made significant progress in immunization, improving child health with community-based treatments diarrhea, pneumonia and malaria, improving access to quality care for newborns and pregnant women, child health in emergency settings, and strengthening health systems to better serve the needs of women and children.

Healthy and consistent nutrition is a huge part, but without exercise you aren't able to achieve the actual body shape you want. Calorie restriction without effective

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exercise will just leave you in a saggy human shell, you simply go from being overweight to being a skinny fat person.

The skinny fat person is a tragic waste of a human body! We are made to be brilliant!! But by lacking the muscle and bone structure not to mention a healthy mindset to hold yourself with strength or confidence you don't feel empowered or positive about your body because underneath the smaller sized clothing is still the side effects of being overweight. The flabby flesh and loose skin, wobbly bits and lack of muscle tone are still lurking underneath. The outside may have changed but the inside still feels unworthy and punished.

Having a Play trainer to help you set goals for your training is inspiring and motivating! Then seeing what you achieve is one of the greatest feelings in the world! It is far better than suffering through a diet only to become a saggy human shell!! Maybe your goal would be to building a bigger chest or strong back, or having shapely legs and great posture! You must ask yourself more than just I want to lose weight! You need to ask yourself what your ultimate body looks like! Whether it be healthy, fit, toned, strong muscular, firm, lifted! Exercise is the only way to truly shape and sculpt your body into a masterpiece.

PHYSICAL EXERCISE

Definition:

Exercise is physical activity that is planned, structured, and repetitive for the Purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

Importance of exercise

It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active.

For example: In the same way that a sports car is designed to go fast, we are designed to move. If the sports car is taken out once a week for a 3 mile round trip through a town Centre then it would probably develop engine problems fairly quickly.

Importance of Health

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health.

Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardiorespiratory ability, muscular ability, flexibility, and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health.

The other components of health (Greenberg, 2004, p. 7) that are just as important as physical health include the following:

- > Social health-The ability to interact well with people and the environment and to have satisfying personal relationships.
- > Mental health-The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.
- > Emotional health-The ability to control emotions so that you feel comfortable
- > Expressing them and can express them appropriately.
- > Spiritual health-A belief in some unifying force. It varies from person to person but has the concept of faith at its

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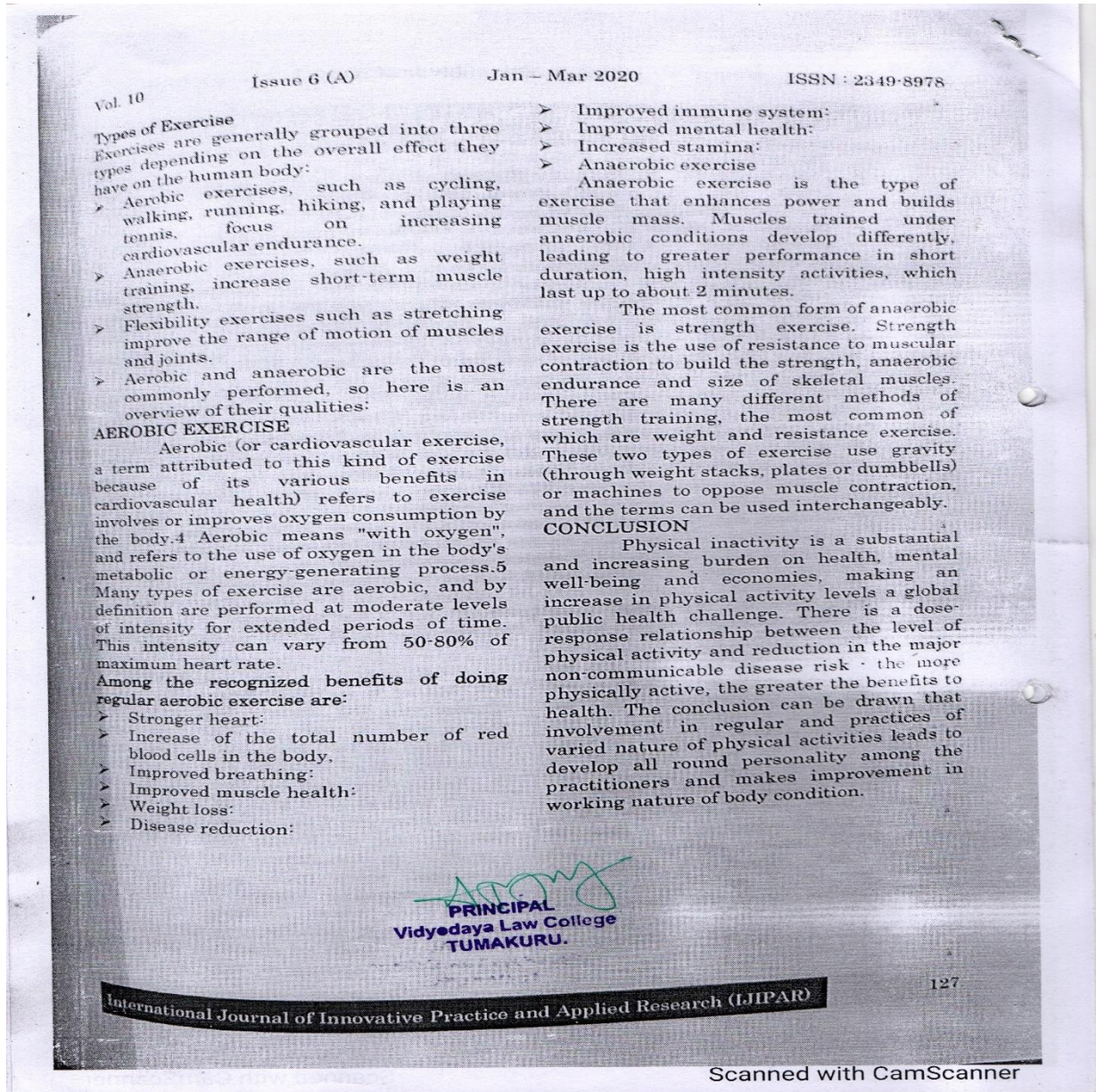
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ROLE OF SPORTS IN HIGHER EDUCATION ISSUES, CHALLENGES AND RECOMMENDATIONS

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Abstract

The goal of the paper is to explore the role and functions of sports in higher education. Although there have been tests to higher education in the past, these most current calls for reform may provoke a fundamental change in higher education. This change may not occur as a direct response to calls for greater transparency and accountability, but rather because of chance to reflect on the purpose of higher education, the role of colleges and universities in the new millennium, and emerging systematic research on how people learn. These disparate literatures have not been tied together in a way that would examine the impact of fundamental change from the policy level to the institutional level and to the everyday lives of college and university administrators, faculty and students. Now the time has come to create a second wave of institution building and of excellence in the fields of education, research and capability building. We need higher educated people who are skilled and who can drive our economy forward. When India can provide skilled people to the outside world then we can transfer our country from a developing nation to a developed nation very easily and fast.

Keywords: Learning, Academia, Education, University, Cooperation, Higher Educational

INTRODUCTION


The role of physical education and sports in colleges is to aid the educational process as a whole by enhancing students' physical and mental efficiency and capacity for work, thus preparing them for their future professional careers. India's higher education system is the world's third largest in terms of students, next to China and the United States. Unlike China, however, India has the advantage of English being the primary language of higher education and research. India educates approximately 11 per cent of its youth in higher education as compared to 20 per cent in China. The main this article published in edited book 'Higher Education', LAMBERT Academic Publishing Germany, 2011, Pp 93-103, ISBN: 978-3-8465-1753-6.

CRITICAL ISSUES IN INDIA HIGHER EDUCATION

As India strives to compete in a globalized economy in areas that requires highly trained professionals the quality of higher education become increasingly important. So far, India's large, education population base and its reservoir of at least moderately well-trained university graduates have aided the country in moving ahead, but the competition is fierce; from China in particular. Other countries are also upgrading higher education with the aim of building world class universities. Even the small top tier of higher education faces serious problem. Many IIT graduates, well trained in technology, have chosen not to contribute their skills to the burgeoning technology sector in India; perhaps half leave the country immediately upon graduation to pursue advanced studies abroad, and most do not return. A stunning 86 per cent of India students in the fields of science and technology who obtain degrees in the United States do not return home immediately following their graduation. A body of dedicated and able teachers works at the best and brightest to the academic profession.

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CHALLENGES OF PRESENT HIGHER EDUCATIONAL SYSTEM IN INDIA

Since we have got independence we are facing challenges to establish a great and strong education system. Various government came and gone. Off course they tried to establish new education policies in the system but this is very sad to dictate that they were not sufficient for our country. Still we are facing lot of problems and challenges in our Education System. India recognizes that the new global scenario poses unprecedented challenges for the higher education system. The University grants commission has appropriately stated that a whole range of skills will be demanded from the graduates of humanities, social, sciences, natural sciences and commerce, as well as from the various professional disciplines such as agriculture, law, management, medicine or engineering.

SUGGESTIONS FOR IMPROVING QUALITY OF HIGHER EDUCATION

These are some suggestions and Expectations from Government, Industry, Educational Institutions, Parents and Students for improving quality of higher education-

- 1. Incentives to Teachers and Researches-Industry** and students are expecting specialized courses to be offered so that they get the latest and best in education and they are also industry ready and employable. Vocational and Diploma courses need to be made more attractive to facilitate specialized programs being offered to students. Incentives should be provided to teachers and researches to make these professions more attractive for the younger generation.
- 2. Towards a Learning Society-** As we move towards a learning society, every human activity will require contributions from experts, and this will place the entire sector of higher education in sharp focus. Although the priorities, which are being assigned today to the task of Education for All, will continue to be preponderant, the country will have to prepare itself to invest more and more on higher education and, simultaneously, measures will have to be taken to refine, diversify and upgrade higher education and research programmes.
- 3. Industry and academia Connection-** Industry and academia connect necessary to ensure curriculum and skills in line with requirements. Skill building is really very crucial to ensure employability of academia to understand and make sure good jobs (keeping in view knowledge + skills + Global professional skills=good-jobs)
- 4. Innovative Practices-** The new technologies offer vast opportunities for progress in all walks of life. It offers opportunities for economic growth, improved health, better service delivery, improved learning and socio-cultural advances. Through efforts are required to improve the country's innovative capacity yet the efforts should be to build on existing strengths in light of new understanding of the research innovation-growth linkage.
- 5. Coming of Information Age-** The world is entering into an information age and developments in communication information and technology will open up new and cost-effective approaches for providing the research of higher education for the youth as well as to those who need continuing education for meeting the demands of explosion of information, fast-changing nature of occupations, and lifelong education. Knowledge, which is at the heart of higher education, is a crucial resource in the development of political democracy, the struggle for Social justice and progress towards individual enlightenment.
- 6. Student-Centered Education and Dynamic methods-** Methods of Higher Education also have to be appropriate to the needs of learning to learn, learning to do, learning to be and learning to become. Students-center education and Employment of dynamic method of education will require from teachers new attitude and new skills. Methods of teaching through lectures will have to subordinate to the

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methods that will lay stress on self-study, personal consultation between teachers and pupils, and dynamic session of seminars and workshops. Methods of distance education will have to be employed on vast scale.

7. **To mobilize resources-** The decline in public funding in the last two plans periods has resulted in serious effects on standards due to increasing cost on non-salary items and emoluments of staff, on the one hand, and declining resources, on the other. Effective measures will have to be adopted to mobilize resources for higher education. There is also a need to relate the structure to the student's capacity to This article published in Edited book 'Higher Education' LAMBERT Academic Publishing, Germany, 2011 PP.93 -103. ISBN: 978- 3-8465-1753-6 pay for cost. So that, students at lower economic levels can be given highly subsidized and fully subsidized education.
8. **Public private partnership-** PPP is most essential to bring in quality in the education system. Governments can ensure PPP through an appropriate policy. University Grants communication and Ministry of HRD should play a major role in developing a purposeful interface between the Universities, industries and national research Laboratories (NRLs) as a step towards PPP. Funding to NRLs by the government should ensure the involvement of institutions of higher education engaged in research activities to facilitate availability of latest sophisticated equipment. There has been some effort both by the government and private education Institutions to develop the teaching staff at various levels. However, this needs to be intensified with appropriate attention to all the aspects related in order to prepare quality and sufficient number of educational staff. Search efforts need a very serious structuring for the research base institutions. We have to be optimistic that private- public partnership and the Industry interface will take place in the field of education at all levels, and particularly in the backward regions, which is the need of the hour. To achieve excellence, we thus need to create a real partnership between Government, educators and industry -Partnerships that can provide our article published in Edited book 'Higher Education' LAMBERT Academic Publishing, Germany, 2011 PP.93 -103. ISBN: 978- 3-8465-1753-6 high-tech industries with skilled workers who meet the standards of industry.
9. **International Cooperation-** Universities in India has been a primary conduit for the advancement and transmission of knowledge through traditional functions such as researcher, innovation, teaching, human resource development, and continuing education. International cooperation is gaining importance as yet another function. With the increased development of transport and communication, global village is witnessing a growing emphasis on international cooperation and action to find satisfactory solutions to problems that have global dimensions and higher education is one of them.
10. **To provide need Based Job- Oriented courses-** all round development of personality is the purpose of education. But the present day education is neither imparting true knowledge of life and nor improving the talent of student by which one can achieve laurels in the field one is interested. So, combination of Arts subjects and computer science and Science and Humanities for literature should be introduced so that such courses could be useful for the students to do jobs after recruitment some companies which would reduce unnecessary to higher education. The programme must be focused on graduate studies and research and developing Strategies and mechanisms for the rapid and efficient transfer of knowledge and for its application to specific National and local conditions and needs. Meritorious

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doctoral students should be recognized through teaching assistantships with stipends over and above their research fellowships. Finally, based on Knowledge only vision of the future life and work can be had; based on this version only a broad ambition can be fixed for oneself; and based on this ambition only one can lead interesting life doing satisfying job to do remarkable achievements in some field in the world.

CONCLUSION

The asocial integration function of sports, the communicative function, and the health and recreation function are intrinsic to the process of physical education and sports in colleges and universities. The principle of fair play unites human morality with the norms established in sports, while the norms emergent as a result of behavioral patterns are humane and they do not counteract against the concept of victory in competition. After independence, there has been tremendous increase in Institution of learning in all disciplines. But with the quantitative growth has it been able to attend to the core issue of quality. India is today one of the fastest developing countries of the world with the annual growth rate going above 9%. In order to sustain that rate of growth, there is need to increase the number of Institutes and also the quality of higher education in India. To reach and achieve the future requirements there is an urgent need to re look at the Financial Resources, Access and Equity, Quality Standards, Relevance and at the end the Responsiveness.

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Government of India
Ministry of Human Resource
Development

Dr. S A Kori
Executive Director
Karnataka State Higher Education Council



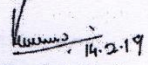
I am happy to know that Mount Carmel College, Autonomous, Bengaluru is organizing International Conference in collaboration with Karnataka State Higher Education Council, Bengaluru on the theme 'Sports: An Integral Component of Nation-building' on 19th and 20th February 2019. As this topic deals with physical education & sports, it clearly indicates the institution's commitment to promote physical fitness, health and overall development of the youth.


It gives me immense pleasure to write a message for the conference proceedings. Conferences provide opportunities for researchers and faculty members and students for networking and collaboration among the peer groups along with publications in conference proceedings and UGC approved journals. It is really good that such conferences are held to enhance the spirit of innovation among Faculty member, Research Scholars and Students.

I am sure, this conference will provide an opportunity for the participants to share their knowledge and get updated. I encourage all participants to present their knowledge to strengthen India as developed and prosperous nation.

I would like to congratulate the Principal, Staff and Students of the College who worked hard to make the conference a reality.

I wish the conference great success.


14.2.19
(Dr. S A Kori)


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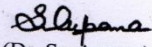
Dr. Sr. Arpana
Principal
Mount Carmel College, Autonomous



It is a matter of pleasure and pride that Mount Carmel College, Autonomous has successfully hosted an international conference on the theme 'Sports: An Integral Component of Nation –Building'. A theme such as this, with its vast interdisciplinary scope, is indeed a relevant one for the times in which we live.

The Greek physician Herophilos rightly said "When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth is useless, and reason is powerless." In other words a sound mind and a sense of well-being are inextricably bound to a sound body and physical fitness. When we undertake to empower young people entrusted to our care in order to help them become conscientious and responsible agents of social change, it is important to integrate all aspects of development into the educational experience. This conference reminds us that the great project of nation-building cannot afford to neglect the physical health and fitness of the individuals who constitute it.

I would like to congratulate all the organizers of this event along with those who have contributed their ideas and research findings through their paper presentations. I hope this publication serves to create greater awareness of the need for a holistic approach to education.


(Dr. Sr. Arpana)


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INTERNATIONAL CONFERENCE SPORTS: AN INTEGRAL COMPONENT OF NATION-BUILDING

India has the second highest number of obese children in the world after China. Last year, the number stood at a mind-boggling 14.4 million children. Who's to blame?

Sports, or the lack of it, becomes a topic of discussion after every major sporting event. From a population of 1.3 billion people, only a couple go on to win medals. But more worrisome than that, is India's swelling population – literally – and the diseases that it brings in its wake.

In a young nation like India, it is imperative that policy-makers focus on youth and their overall development. Apart from education, the need of the hour is good health. Unfortunately, it is only the mind that is the focus in our education system. We train constantly at school, college and the workplace to sharpen our minds and in the process, we forget our bodies. Sports is embedded in school curriculum, but the inclusion is usually a mere formality. Many schools do not encourage students to participate in sporting events and parents add to it by giving priority to academics, buoyed by the belief that sports is a waste of time and chances of success are remote. It gets progressively worse after the school years. In college, sports is a mere topic of discussion for the majority.

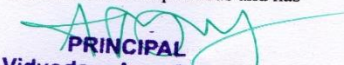
The mindset of seeing sports as a frivolous activity needs to change. Sports deserves a much sincerity and attention as any academic subject. And it is the duty of schools and colleges to recognize this while framing the curriculum. Research has proved that playing a sport enhances focus and can actually help improve grades. It is a great training ground as it boosts confidence, quick thinking, decision-making and team-work.

Sports also brings in a sense of responsibility, enhances leadership abilities and helps build bonds that transcend the barriers of caste, religion and nationality. Whether for life-skills, recreation or fitness, a good sports curriculum is of utmost significance in the life of a student. At a national level, a healthy mind in a healthy body is a recipe for nation-building.

Conference Theme

| | |
|---|---|
| Sports Nutrition | Corporatisation of Sports and its Impact |
| Managing Sports Injuries | Evaluating the Sports Policies of Nations |
| Psychological Benefits of Sports | Sports Tourism-Opportunities & Challenges |
| Sports and Media-A New Medium of Dialogue | Societal & Parental Attitude towards Sports |
| Sports as a Political tool in International Relations | Sports Infrastructure |

The selected research papers are presented in the UGC-approved "*International Journal of Physiology, Nutrition and Physical Education*". The Journal is indexed in Index Copernicus and has Research Journal Impact Factor of 5.48


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Prof. S. Japhet
Vice Chancellor
Bengaluru Central University




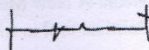
Mount Carmel College, Autonomous has hosted an International Conference on Sports, a topic that has great relevance for an institution of higher learning that follows a holistic approach to education. An event like this brings into focus the importance of physical fitness as an integral part of an individual's wellbeing.

Education in its pursuit of academic excellence, all too often fails to take into account the impact that physical and emotional health have on mental faculties. It is crucial, more so in a world where youngsters are lured by gadgets that promote a sedentary lifestyle, that institutions of academic learning encourage students to devote sufficient time to activities that ensure physical fitness.

I am happy to know that Mount Carmel College, Autonomous, a reputed institution that has produced some of the finest sports women in the state and to the country, has taken the initiative to provide a platform for students and experts in the field to gather and engage with constructive discussions around physical health and sports.

I congratulate the organizers of this conference and hope that this publication brings together some very significant thoughts and ideas on the various aspects of sports and related subjects.


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(S. Japhet)



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The Importance of Internet and Social Media in Sports

Dr.Kishor V

Physical Education Director, Vidyodaya Law College Tumkur

The Internet and social media are transmuting sports marketing. Traditionally television broadcasting was the main source of revenue for elite sports teams, leagues and sports federations. This is now shifting because the Internet creates new opportunities for the circulation and consumption of sporting events. Social media is creating new forms of message between fans, athletes, teams and sponsors. Mobile technology is also altering the way that fans consume sports content generally and also at live events. These changes create many strategic tasks and opportunities. This case study presents more than a few frame works and concepts, in particular the sports ecosystem model, event-driven marketing, star marketing and international differences in sports viewing for specific sports. These Concepts are illustrated using sports marketing data from Com Score, individual sports organization's and personal research. A frame work for the development of a social media plan is proposed that can be used to evaluate the current position of a sports organization and also to facilitate the growth of a social media strategy. A series of queries is posed to structure the discussion of the strategic and technology issues facing the commercial director of a major sports team.

Keywords: *Sports marketing, Social media, Internet strategy, Mobile technology*


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On 19TH March, 2019



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Sustainable Development And Knowledge Management In Higher Education

The Significance of Sports and the Part of the Organizational Head

Dr. Kishor .V & Mr. Thippeswamy D H**

Abstract

It is a longtime proven fact that for each creature, sports area unit second to atomic number 8 in maintaining an honest health resulting in a cheerful life. The role of sports contains an important place among different extra-curricular activities. In this regard, the academic institutions act as a nucleus whose impact on the youngsters matters a lot in the society. These establishments area unit accountable in lightness the importance of sports within the community. For the sports' activities, an ample place is needed which is not available especially in the urban areas. The academic institutions provide solution to this problem as they have vast grounds in their authority to pursue such activities. In this context, the head of the academic institution has a vital role to lead and organize sports in his/her corresponding institution. In these institutions, there are separate funds to hold sports on daily, weekly, once-a-month and yearly basis. The concerns and the interests of the head of the institution are very significant to institutionalize the extra-curricular activities expressly the sports.

Keywords: Institutions, Intercollegiate, Educational, Sports competition.

1. INTRODUCTION

Since the beginning of this world, food was the first priority for the human kind for the maintenance of his/her health. As, the time passed individuals got engaged in different activities aside from food and health, the sports became the major option for their leisure. In this regard, the sport has been a beneficial way for people to increase their mastery of nature and the atmosphere. "The history of sport will teach us an excellent deal regarding social changes and regarding the character of sport itself". Sport appears to involve basic human talents being developed and exercised for his or her own sake, in parallel with being for his or her quality. It also shows how society has different its beliefs and consequently there are changes in the rules. "Of course, as we go further back in history the dwindling evidence makes the theories of the origins and resolves of sport difficult to support". When a good sports man develops the head of the institutions then there will be elevated performance in an effective and efficient manner (Hanks & Eckland, 1976).

This study is an effort to relate the utmost standing and prospectus of the sports with the social and physical health of every member of society. On the part of the head of the institution, consciousness and incentive is the first task to be dispensed with. It is organized into three main parts, each specifying a key aspect of the literature. "The first appraisals the majority of evidence that has been accumulated over the years which documents the strong and positive correlation between athletic involvement and the academic success of student-athletes". The additional section summarizes the research into the social foundations of this association between sports and education, as well as the ways in which the association varies for certain social groups, altered types of sports, and in different kinds of school settings. "The third and final section of the report highlights implications for policy formation, program design, and working out as well as recommendations for future research and analysis". Through, the goal and intent is to focus attention the tutorial prospects and potential of extramural athletics (Alwin & Luther, 1977).

The need is to study and impart the sports as a science which should be thought and searched out in the academic institutions both at the public and private level. "The participation and educational achievement and becoming a successful head of institution is one of the most deliberated, debated, and explored topics in all of sport allowance, mainly when one airs at the social scientific research focused on sport and society interactions and their consequences". Dozens of dissertations are written on the subject and new studies and papers the simplest and most significant of that area unit reviewed during this report seem each year. "Ongoing for nearly half a century (as old as sport studies itself), research and writing on this topic has come from academic disciplines ranging from sociology, psychology, and economics to sport management, kinesiology, and education, and yielded some of the most sophisticated and clear results of any topic in the field" (De Boer, 2000).

2. SPORTS IN THE EDUCATIONAL INSTITUTIONS

Both at the school and college level, there are annual rivalry of indoor and outdoor games. Among them athletics, hockey, cricket, football are held outdoor while badminton, volleyball, basketball, table tennis are played indoor. "Among the many issues that distinguish the colleges and universities from their counterparts elsewhere in the world, intercollegiate athletics occupies a place of importance. Each observer of the university life need engage the pervasive, ubiquitous institution of intercollegiate athletics that occupies so many students, faculty, staff, alumni, and contacts and consumes large institutional resources" (Hanks & Eckland, 1976).

Some detractors see this head of establishment's passion for organized faculty sports competition as Associate in nursing glaring attachment to the body tutorial whose removal ought to be the goal of each serious person. Some partisans of intercollegiate sports see the pursuit of athletic competition as an essential component

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Sustainable Development And Knowledge Management In Higher Education

of superior higher teaching institutions. "Neither of these assessments is correct, for athletics in HOIs has a long and enduring tradition that represents a fundamental construct within the activities of almost every type of higher-education establishment and sustains its vitality and significance within the face of considerable commercial enterprise and social control challenges" (Alwin, 1977).

At the start of the 21st century, the student-organized competitions to the professionalized structure and operation of extramural athletics have considerably the followers. However, in the available literature, the public exchange about this issue tends to degenerate rapidly into hyperbolic argumentation about the abilities and harms of intercollegiate sports (Boer, 2000). "It is believed that sports build character, give essential coaching for achievement within the nowadays, and develop the individual values of cooperation, discipline and achievement". In turn, others see college sports as a humiliating influence on academic life that distort good values, teach students and sports fans to cheat to win, and undermine the university's core values of quality and integrity. Both outlooks are partially right. Our purpose here is not to resolve the issue of values but to appreciate how sports have come to have such a highly visible collegiate presence even in some of the foremost secure and academically powerful analysis establishments (Marsh & Kleitman, 2003).

Some other significant characteristics of college athletics was also identified by this beginning. Likewise, hockey, and soccer alternative faculty sports may perhaps have strengthened values of strategy, conditioning, discipline, sacrifice and teamwork, but their principal purpose remained to win. Though it should seem obvious, as every college sport highlight the major standing of this code of challenging to win because the whole thing that develops around college sports the rules and guidelines, the association, the tasks, the money, the cheating and corruption, the heroics and awards serves the purpose of identifying winners (Lipscomb, 2006). "Organized sports provide an opportunity to test strength, skill, plan, and competitive values in a highly stylized and structured venue where outcomes crop clear winners and losers". "The games themselves recur recurrently, each time starting from a new start. We cannot rewind and begin afresh the struggle of life that sports model, but we can participate vicariously in the endlessly renewed process of sports where each episode, game or season begins fresh, with no predetermined winners or losers and with an hope of achievement undiminished by prior failures".

3. THE IMPORTANCE OF SPORTS

The rule of the sports is thus an effort to exploit on the successes and attainment of every opportunity to spread and grow the sports while strengthening groups. "It will provide the background that will support an environment in which there will be increased involvement between all voters, arrangement and human resource progress to promote improved availability and the drive for excellence, a coordinated sports policies that supports athletes' development and progression to high performance and economic development and prosperity through sport growth by steps taken by the head of the institutions". Head of establishment leadership is crucial in guaranteeing that sport and education area unit incorporated in sports development and international cooperation policies and laws. The strategic role of sport within the accomplishment of sports development goals and national growth can't be immoderate. It is main that institution is proactive in exploiting every opportunity to diversify and develop the economy while union the communities (Hanks & Eckland, 1976).

The head of the institution concerning the sports is devoted to setting targets and invites serious and creative partnerships at all levels in order to ensure that the sport system functions in a transparent, synchronized and effective manner. "This is a new approach that promotes and facilitates shared leadership and collaboration amongst all stakeholders in order to achieve the goals of increased participation, economic growth and wealth through sports, enhanced physical and social organization and an additional coordinated and joined sports system". In developing this framework this can mean putting bigger stress on policies that strengthen human capital in the least levels, through maintaining our strong record on sports development in the educational establishments and within the communities and rising the standard of education and coaching.

"The head of the establishment is committed to convey priority to cross cutting problems with sports and environmental protection and also the rising problems associated with speedy temperature change and continue the firm stance against doping in sports and healthy lifestyle and healthy habits among all students as well as the removal of systemic barriers to the full participation of those persons with special needs". Finally we'd like to own policies in situ that acknowledges the worth of sports as a legitimate suggests that as a passage for conflict mitigation and peace building and development (Alwin & Luther, 1977).

4. DISCUSSIONS

The head of the establishment should inspire all forms of physical activities that contribute to physical fitness, mental grooming and social interaction such as play, recreation, organized or competitive sport, indigenous sports and games at all levels. "The approach is predicated on an awfully broad, all inclusive notion of sport. As a mortal to the convention on the rights of persons with disabilities, the policy seeks to promote and encourage participation to the fullest extent possible of persons with disabilities in thought sporting activities in the least levels that acknowledges sports as being conducive to participation, inclusion, citizenship, human values such as respect for opponent, acceptance of defeat, teamwork and fairness" (Boer, 2000). The revised sports policy

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Development And Knowledge management in Higher Education

concerning the pinnacle of establishment requires integrated and harmonious coordination and administration of sports. The organization and management of sports in HOI is decentralized and fairly complex. "It involves a combination of presidency and non-government, national and international structures. The collaboration and coordination is difficult and this is often a region to be highlighted in stakeholders' consultations and needs their input". The governance system of the HOI in place is constrained on achieving the best possible results in the sports policy implementation due to limitation in public resources; the perceived lack of a culture of outcome orientation, and analysis. There is also the under development of sports as an industry.

The head of institution viewed the sports as a cross cutting vehicle that will contribute to achieving national growth and a strong society. "Sports donate to individuals: personal, sensitive, physical, social, cultural and academic development. It provides opportunities for leadership skills, constructive outlets and generally enhances individual quality of life". As a how to be physically active, participation in sport contributes to the adoption of a healthy lifestyle and prevention of disease and illness. Physical activity is fundamental to positive human development and contributes to healthier, longer and more productive lives. "The participation in sport and physical activity in any respect ages will increase resistance to such diseases as cardiopathy, cancer, diabetes, osteoporosis, arthritis, and obesity and to mental health disorders". An increased investment in sports suggests that a rise in health quality and a decrease in health care prices.

The sports policy by the pinnacle of establishment implies programs which will support the event of athletes and seeks to cater to the mental grooming. "Altogether, the factors outlined above impact on the programs for athletes' growth". Funding is a major challenge however; there is also the need for a methodical, analytical, and collective approach to the growth of high presentation athletes. "This is one in every of the policy goals and also the input of past and current athletes as stakeholders is additionally vital within the informatory method. Sport professions are growing and there are now several non-traditional areas such as, facilities administration, building of sports facilities, psychologists, sports medicine specialists and many other areas". These are all critical for the development of sports and to ensure sustainability and the development of a high performance program. However, of this area unites area unit in brief offer in Jamaica and also the programs for coaching are either simply rising or absent.

The educational institutions, at both the local and national levels, offer adequate and effective administrative institutions for sport. "There is a dire need for new and upgraded community facilities for multi-use recreational and good sport, secondary facilities and services that facilitate the holistic growth of the professional athlete. The sports development basis should be provided with an increased allocation in order to provide additional support to sporting institutions to upgrade their facilities. Increase education and arranged sports programs in facilities and in communities". Most schools have faith in alternative category lecturers to manage the education program. In some instances the Sports Associations companion with schools in providing support for the sports and physical education programs.

The sport Academies area unit established and in operation at intervals the best standards for international sport. "Adoption of international best practices for training of sports personnel including guarantee and introduction of a Capability Founded and Education Training program. Other tertiary institutions are now beginning to strengthen their curriculum by introducing sports development programs". The head of establishment has been supplied with the requisite tools and autonomy to push and facilitate the adherence to the principles and standards that area unit the pillars of answerability and slide. "The government expects the game organizations to stick to the best moral standards because it demands conjointly that there's integrity within the governance of the society as a whole". The government expects that private sector, professional relations, international organizations will adhere to these principles in promoting their self-interests and in ensuring public acceptance.

5. CONCLUSION

The growth and future development of sport needs innovative and artistic thinking. It needs daring and fearless leadership and a temperament to travel on the far side the establishment. The opportunities and potentials seem limitless. Though, the competition for scarce resources especially in the economically challenging times, defines to some extent the direction for sport evolution. The folks with their robust spirit and nice love for sport give one in every of the best natural assets. The protective dimensions of the head of institution in sports development can be a sustainable process that builds headship, supports healthy behavior and routine as well as peaceful coexistence among groups. Sports are often employed by government and non-government organizations, businesses, educational institutions, sports federations and other institutions as a means to systematically reduce poverty, build peace, reduce conflict and create wealth within communities. Sport is crucial for the event of our youth. Sport brings young persons connected with one another and is a unharness from tension and stress. It is conjointly a very important avenue for tutorial advancement and a chance for social quality.

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On

**“PROTECTION OF RIGHTS OF CHILDREN IN INDIA -
CONTEMPORARY ISSUES AND CHALLENGES”**

18th May, 2018

BOOK OF ABSTRACTS



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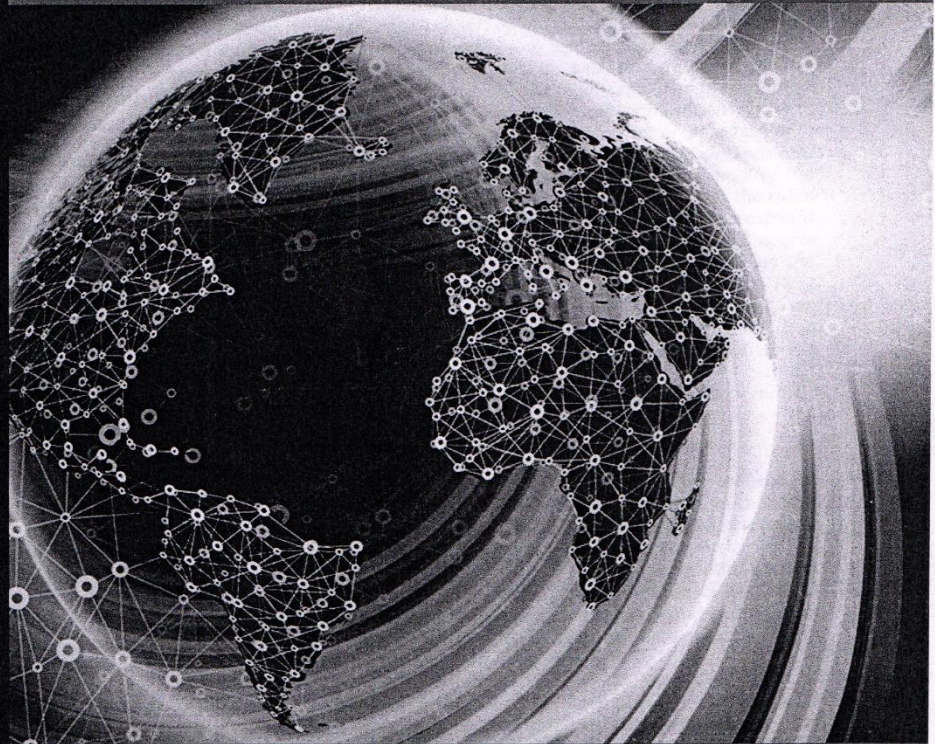
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GLOBAL INNOVATIVE RESEARCH DIMENSIONS



Book
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Editor

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Chapter - 39

SPORTS AND LAW: ISSUES AND JUDICIAL PERSPECTIVE IN INDIA

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Abstract

While commenting upon the 'law as a system of rules', Salmond took 'contract bridge' as an example. At that time, Salmond would not have imagined that the rules of game would take such a proportion that it would necessitate a separate branch of study called 'sports law'. Well, now sports law has a definite position in legal system and new sports law jurisprudence - lex sportiva is emerging. Increasing interaction between the sports and law has led to the development of sports law. Sports touches varied areas of law and the legal principles are adapted to the situation in sports. Areas of law like contract, tax, competition, discrimination share a boundary with sports when issues arises relating to performance of a contract or selection of a player on the basis of racial discrimination. There are larger issues of match-fixing, doping, and violence too. However, there is a haphazard development of sports law, reason being most of the rules being governed by various organization and as Salmond said 'a person is subject to the rules of the game only when he plays the game.' There are other areas like advertising rights, restraint clauses for players in contracts. The problem gets still larger when it comes to international sports where we already are under the porous roof of international law. The present article traces the development of sports law and points out key issues in sports law. The paper has five parts. First part deals with the introduction of sports law which includes the development of 'sports law' from 'sports and law'; difference between amateur and professional sports, international sports law and global sports law. The second and third part discusses about the international sports federations and international sports organizations respectively. Fourth part discusses various issues involved in sports law and the paper ends with discussion on status of sports law in India.

Keywords: Sports law

INTRODUCTION:

The area of sports law is relatively new in our country from a mere source of entertainment and personal recreation; sports have grown in to a highly competitive industry with global pervasiveness. It is one of the largest revenue generating industries in the world comprising 3% of the world trade. It is one of the largest revenue generating industries in the world comprising 3% of the world trade. Sports law is applicable on sports persons athletes and on sports which they play it also deals with gender discrimination. Contract criminal tax issues and inequality among the players. It also related to all the judicial decision and ruling that governs all different sports. Sports law provides the protection to the entire sports person. Sports club, league, federations or companies that are engaged in the field of sports.

ISSUES

There are several issues in development of sports law like doping- testing and procedures, team selection compilation qualification and hiring good firing of coaches and trainers are just a few critical areas that not long ago were subject to the paternalistic quirks of sports administrations who refused to book disobedience or dissent from their players. As the time changed there are various issues emerging from the activity of sports around the world.

Sports law covers various issues such as:-

- A. Contractual issues.
 - i. Contract of Employment
- B. Issues non competition Law
- C. Organizational issues
- D. Intellectual property
 - i. Right to Publicity
 - ii. Fantasy sports
- E. Copy Right
- F. Trade Mark
- G. The problem of Doping

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- H. Violence at sports - Sports injury
- I. Dispute Resolution

Contractual issues

Sports associations are using contracts more and more frequently, not only in business affairs but also in areas of employment and programming. For example, coaches sign employment contracts, athletes sign participation contracts with sports associations as well as with major organizations. General Principles of contract apply to such contracts.

Contract of employment

Sports have definitely taken a commercial turn in this commercial turn is the athlete, whose value is his or her image over which the athlete has complete ownership. Originally, the respective obligations of the athlete and the organization were written down in agreements and specified and addressed details, such as conduct matters, compliance with rules of organization. Training commitments and reporting expectations called agreement of athlete assistance program.

Competition Law

Many other sectors of the national economy. Professional sports have faced antitrust scrutiny but arguably no other sector has faced a more haphazard application. Specifically the five major professional sports. For instance, in recent years leagues have faced challenges to regulations on television broadcast costs and the unilateral implementation of league-wide labor policies. The issue under competition law/antitrust relates to treatment of professional leagues as single entity. To single entities prohibits monopolization of an industry by a single legal entity and is difficult to establish.

Organizational issues

It is one of the greatest issues in sports leagues is to reconcile the competing interests of clubs/ franchises while maintaining the spirit of sport. There are issues as to which league design to be followed so as to avoid the antitrust laws.

Right to Publicity:

The right of publicity is frequently employed by athletes or celebrities in law suits. The right of publicity decline first appeared. In Haclan Laboratories in v/s Topps chewing Gum, inc. as an offspring of the right of privacy cause of action.

Trade Mark:

A Trade Mark is a word, Name, Symbol device or any combination thereof which is used to distinguish the goods of one manufacturer from those manufactured or sold by others and to indicate the origin of the goods. In assessing the national Football's trade mark dilution claim. The court recognized that the NFL trademark was famous and that modifying it by linking it to the word "Prayers" would increase the likelihood of the NFL trademark using its function as a unique symbol or identifier.

Problem of Doping:

Doping is a large problem in sports. There are issues like implementation of where about requirements. Analysis of samples results management and management of therapeutic use exemption. Doping cases are becoming common among the sports person. So, the government of India formed an agency to put control and testify the purity in the sports person.

STATE LEGISLATIONS IN INDIA

The Ministry of youth Affairs and sports has been set up by the government of India for the regulation of sports in India at various levels. There is no national or state legislation in India at various levels. There is no national or state legislation in India to govern sports laws. The ministry also promotes the level to sports at national as well as international level and to achieve excellence in various competitions. Sports promotion is a primary function and duty of various national sports Federations (NFS) which are autonomous in nature.

THE SPORTS LAW IS GOVERNED AND REGULATED IN INDIA BY

- National Sports policy
- Sports law and welfare Association of India.
- Sports Authority of India
- Sports broadcasting law in India

The national Sports policy was made with the objective to raise the standard of sports in the country the resolution of National Sports policy was laid in both the houses of parliament in August 1984.

THE MAIN OBJECTIVES OF NATIONAL SPORTS POLICY ARE AS FOLLOWS

- It defines areas of responsibility of various agencies involved in the field of sports for development and promotion.



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- Identify national sports Federations eligible for coverage under the guidelines and to give details of the producer followed by the federations to avail government sponsorship and support
- State the conditions for eligibility for which the govt will get ready to release. The grants to sports federations.

SPORTS LAW AND WELFARE ASSOCIATION OF INDIA. [SLAWIN]

Sports law and welfare Association of India is a national non profitable association. It works with aim of understanding the practice of sports law in India. It promotes sports with a legal practitioners and sports person together. The association provides consultancy in matters of sports governing bodies, law issues and a forum of lawyers representing teams, athletes leagues involved in Olympics, amateur sports and physical education.

SPORTS AUTHORITY OF INDIA

The sports authority of India operates to promote games at various levels such as sub junior, junior and senior. SAI also provides various programs like academic program. Coaching physical Education awareness and scholarship to sports person.

SPORTS BROADCASTING LAW IN INDIA

The Sports Broadcasting signals [Mandatory sharing with parser Bharali] act was passed in 2007. Its objective is to provide the coverage of sports to maximum number of viewers & listeners. The act provides that no television holder or radio broadcast service owner shall provide a live telecast of sports in India unless it shares the live broadcast signals with prasar Bharati the public broadcast agency of the country.

SPORTS AND LAW – JUDICIAL REVIEW – PERSPECTIVE

Sports is not only limited to a private recreation activity but takes a public proposition as it involves representation of a notion in international sports. Issues like equal opportunity to play and protection from racial discrimination is involved generally, the courts would not interfere in the activities of sporting federations, but when their activity takes a public function" the decline of judicial review gets attracted. The approach of the court as regard judicial review has undergone a sea change in India also. Different observations made in different cases varying views on some aspects.

IN ST. JOHNSTON FOOT BALL CLUB LTD V/C FOOTBALL ASSOCIATION LTD

Scottish court held the council with regard to its nature of function to the effect that it can impose fine or expel a member would be amenable to judicial review. In Brentwood Academy v/s Tennessee Secondary School Athletic Association.

In this case law the issue was as to whether the respondent "which was incorporated to regulate interscholastic athletic competition among. Public and private secondary school" is engage in state action when it enforced one its rules against a member school. It was held that the pervasive entwinement of state school officials in the structure of the association would make it a state actor.

ZEE TELE FILMS CASE

In India, The minority view in this case. Supports judicial review by saying "The right of Indian players. Having regard to the observations made in *Geirg&ors*, is comparable to their constitutional right contained in article 19(1) (g) of the constitution of India which would include @ right to work and right to pursue one's occupation.

GENDER EQUITY AND RACIAL DISCRIMINATION – HUMAN RIGHT

Constitution speaks of equality and no one can be discriminated on the basis of sex only this issue was raised in USA and because there was no assurance of equal opportunity in the range of components of education. Congress enacted title IX of the educational Amendments of 1972. The federal law stipulates that, no person in the United states shall. On the basis of sex, be excluded from participation in, be denied the benefits of. Or be subjected to discrimination under any education. Program or activity receiving federal financial Assistance.

The courts in England which were reluctant to intervene in the month of sports did so when there was question of violation of Human rights. In zee Tele films, the court observed that "Even a hybrid body is bound to protect human rights as it cannot be violated even by such a body. The Board which has the pervasive control over the Entire sport of cricket including the participants as well as spectators cannot apparently act in violation of human rights.

SUGGESTIONS

The national sports commissions are the need of the hour to regulate and work on matters like:-

- 1) Proper functioning of all sports board/ federation/ association/ authorities.
- 2) Co-ordination between all sports bodies for promoting the sports.
- 3) Solve dispute and punish the offender for violations of guidelines.
- 4) Implementations of guidelines made by sports commission.

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CONCLUSION:

The true nature of sports law and difficulty in its development Sports law is in its developmental stages in the developing nations and has a long way to go. Justice Cardozo say, "The law has its Epochs of ebb and flow; the flood tides are on us. The old order may change yielding place to new; but the transition is never on easy process. In recent time, there is a need for the development of sports and for the establishment of a national legislation in India which would look after all related matters of sports.

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The cover features a collage of images: a large archway (Gopuram) on the left, a deity in a crown in the foreground, a waterfall on the bottom left, and a person in traditional attire on the bottom right. The text is centered and includes the title, volume number, and editor information.

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**Multi Disciplinary Researches in
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Water Resource Management
Culture, Tourism and
Recent Emerging Trends in India**
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Legal Regime on the Protection of Political Rights of Women to Access Gender Justice and Empowerment in India –A Study

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“Empowering women is a prerequisite for creating a good nation, when women are empowered, society with stability is assured which leads to the development of a good family, society and ultimately a good nation.”

- Dr.A.P.J.Abdul Kalam.

Introduction:

In India, Women constitute approximately half of the total population, but their representation in politics is extremely low and they have been deprived of equal political justice in decision making power. Even after the completion of Seventy years of Independence, yet they have been placed at various disadvantages positions due to gender differences, inequality and discrimination. Indian women have been associated with politics since the pre-independence period. They were part of the freedom movement both as volunteers and leaders. But in modern India, their political representation and participation in government is extremely below the mark. Indeed, Indian women are grossly under-represented at the political level in Central and State governments and led to a testimony to lack of political power in the hands of women.

As per 2001 Indian Census report, women represents 58, 64, 69,174 population out of total 1,21,01,93,422 population. It means that women represent nearly 50% of the total population in India. But, even after the seventy years of Independence, women have been deprived of equal political justice compared to men. At present Women representation in Lok Sabha merely 12% and state Assemblies nearly 7% only. Indeed, one side International Declarations, Covenants and 1979 Convention on the elimination of all kinds of discrimination against women, on the other side the Constitution of India guarantees equal rights and equal justice to all in all fields including political decision making field to women. But, due to male predominance in politics, economical backwardness of women, illiteracy of women, family customs and bindings, over expenditure in elections, lack of financial stability and independence to women, existence of malpractices in elections, caste basis politics and ancestral politics ...etc women could not cope equally with men in the field of politics and ultimately they have been deprived of equal political justice and lack of equal opportunities in decision making. Therefore, women remain seriously under represented in decision-making positions in India particularly at state level and Central level.

Recognition of Political Rights of women at International Law:

After the establishment of UNO, the UDHR universally recognized equal rights to all men and women without any discrimination based on sex, race, religion, language and region. According to UDHR (1) everyone has the right to take part in the government of his country, directly or through freely chosen representatives. (2) everyone has the right to equal access to public service in his country. (3) the will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures. Then, the United Nations General Assembly, on 23rd March 1966 adopted the International Covenant on Civil and Political Rights which came into force on 3rd March, 1977 which is mandatory to implement the provisions of the ICCPR. Accordingly, every citizen shall have the right and the opportunity, without any of the distinctions mentioned in article 2 and without unreasonable restrictions: (a) to take part in the conduct

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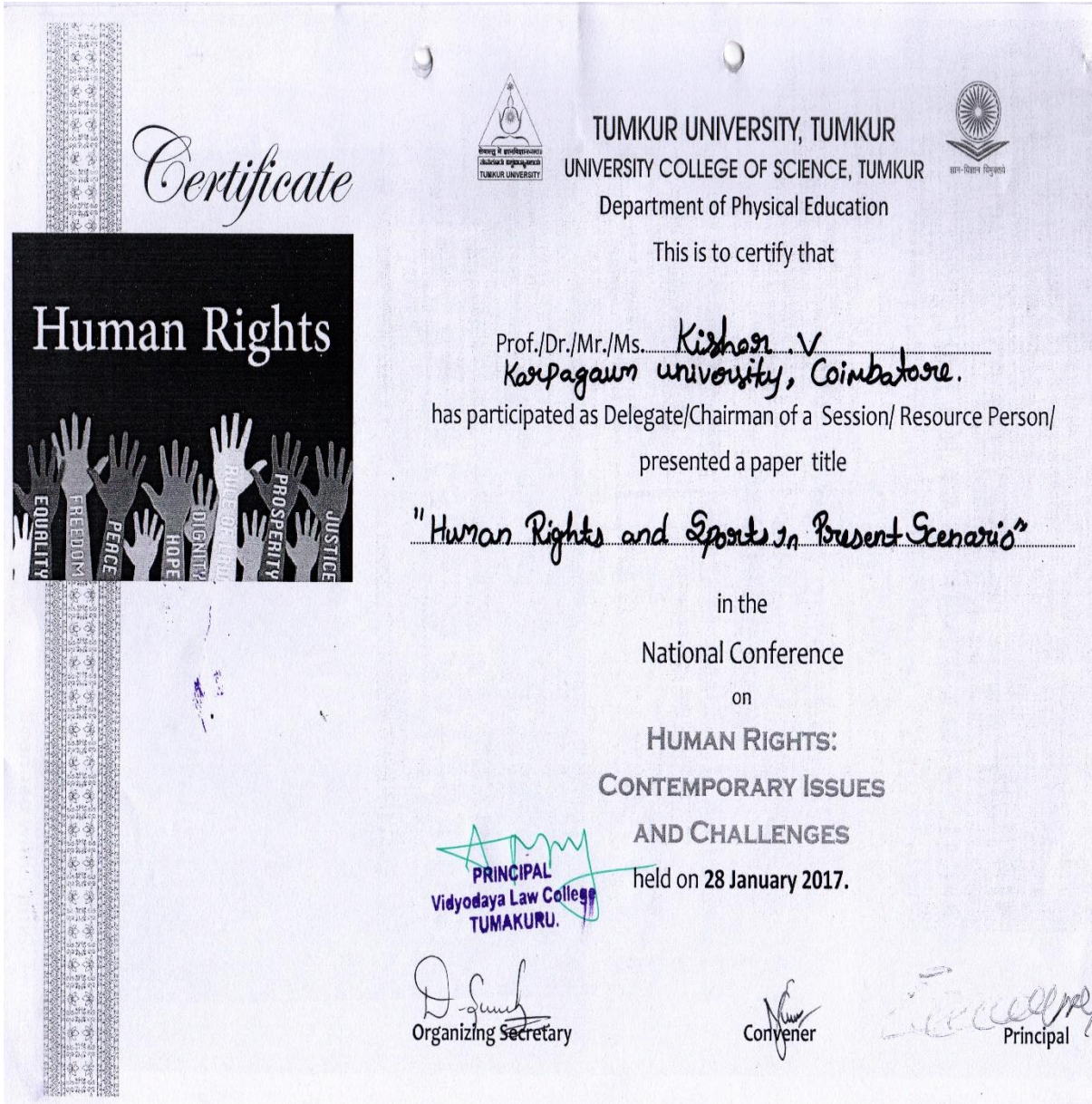
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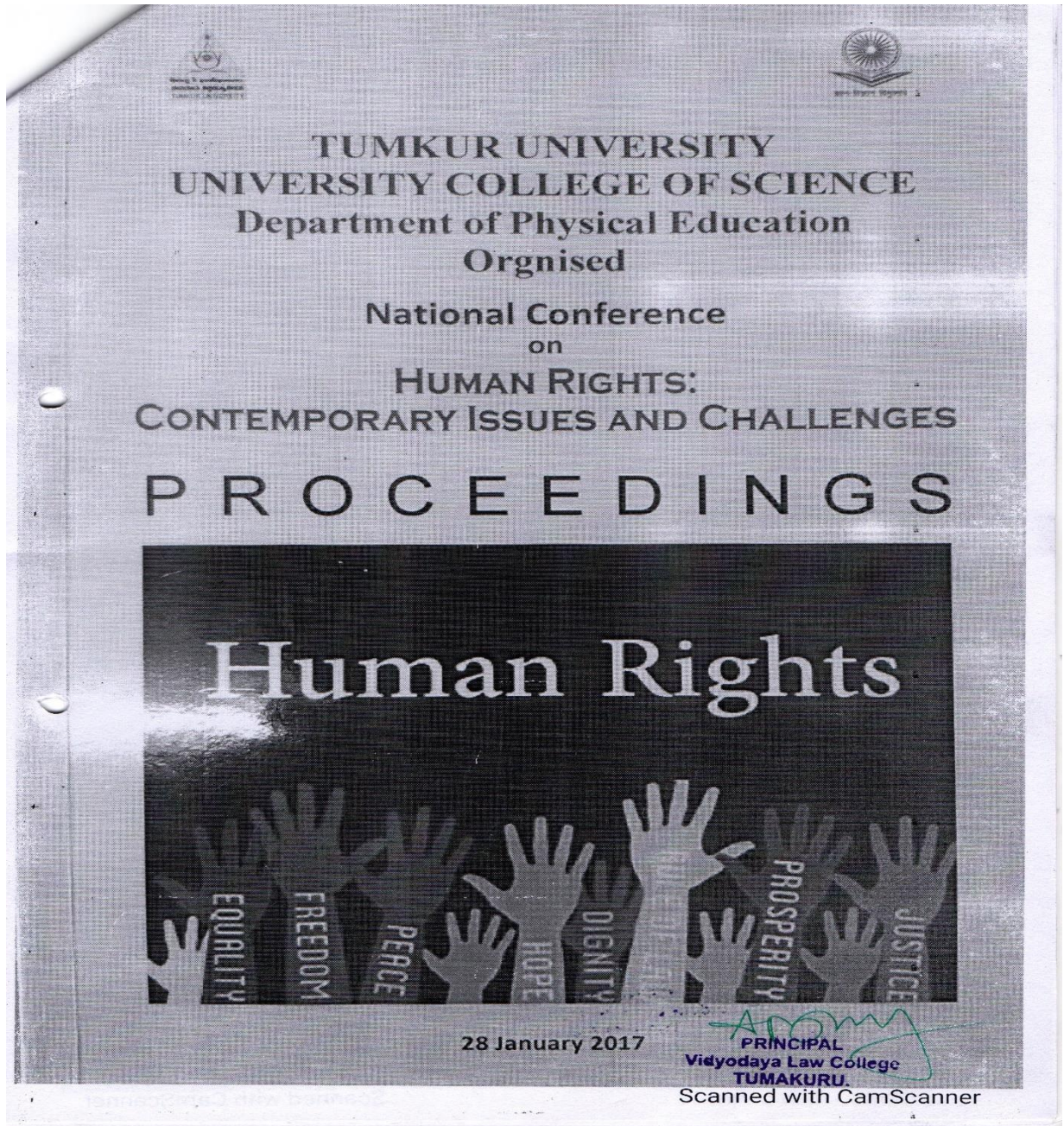
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Edited by

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protective and developmental measures do not make any remarkable impact on tribal development. Tribal development is challenge for government till now. Hence, researcher felt appropriate to investigate the impact of welfare measures on tribals with social work perspective and at the same time the constitutional guarantee, which governs and protects the rights and sovereignty of Tribal communities, need an immediate implementation. Otherwise, this would lead to a disappearance of the various Tribal communities from the human picture.

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P17: HUMAN RIGHTS AND SPORTS IN PRESENT SCENARIO

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ABSTRACT:

Following a brief introduction to current problems and concerns with regard to international human rights, this essay is structured around three overlapping themes: 1) the right to participate in sports; 2) the achievement of human rights through sport; and 3) sport and the human rights of specific classes of persons. The first considers various charters declaring the right to participate in sport, and the widespread endorsement of these charters by nations around the world; and points to the ways in which such rights have either not been addressed, or have often been addressed in ways that are neo-colonialist, leading, for example, to the loss of aboriginal cultures, or to the establishment of systems of sport that emphasize the development of high performance athletes rather than broad-based participation. The second points out that the only major human rights victory that may be attributed, at least in part, to sport is that of the anti-apartheid movement. The third combines the right to participate with the achievement of human rights through sport by considering the various ways that sport has been involved in the achievement of human rights by specific classes of persons (women, persons with a disability, aboriginal people, etc.). The essay concludes with a consideration of international foreign policy initiatives, and the ways in which they have, and could, further human rights in and through sports; briefly considers the place of sport in achieving the Millennium Development Goals; and argues that the status of children should be the next major international foreign policy initiative in sport.

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INTRODUCTION

Human rights have a vital role to play in sport that is often overlooked. From fighting racism, sexism etc. sport and human rights are intrinsically linked. It often occurs that in countries that organize major international sporting events, human rights violations increase. Freedom of expression is suppressed, people are forcibly evicted from their houses without compensation, or construction workers building stadiums are exploited. There is an urge to whitewash the country's reputation, stifle critical voices and hide all wrongs.

HUMAN RIGHTS AND YOUTH SPORT:

- ❖ The universality of sport allows it to encompass several different rights. Most sporting events have a huge impact on human rights. In particular youth sport which concerns the rights of children.
- ❖ The practice of sport is beneficial to children as it can have a positive impact on their physical, mental, psycho-motor and social development skills.
- ❖ Sport is helpful in a human rights context as it encourages the integration of children from different cultural or economic backgrounds, those with disabilities and helps promote gender equality.
- ❖ The practice of sport is seen to be important to the development of young people as it fosters their physical and emotional health and builds valuable social connections.
- ❖ It offers opportunities for play and self-expression that is beneficial especially for young people with few other opportunities.
- ❖ Within schools physical education is a vital component of quality education as it promotes physical activity and can help improve academic performance.
- ❖ Youth sport can help to combat discrimination by promoting the integration of race, gender, religion, children from different economic and social backgrounds, age and ability.
- ❖ By providing sport in schools or community it can motivate and stimulate children towards achievement, promotes public health and encourage fair play and the channeling of certain emotions and violence.
- ❖ Sport is defined as "all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organised or competitive sport, and indigenous sports."

CHILD PROTECTION

Sport is a physical activity which is most readily identified with youth as there has been an increase in youth involvement in high performance sports due to early identification of athletic talent and early specialization. There is a need for child's rights to be protected in organised sports as abuses can take place.

The Rights of the Child are;

- Right to health,
- Right to protection from all forms of violence and maltreatment,
- Right to protection from trafficking,
- Right to education and
- Right to rest.

The WHO defined child abuses as "all forms of physical and/or emotional ill treatment, sexual abuses, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity in the context of a relationship of responsibility, trust or power."⁹



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The most common forms of abuse in youth sport are child trafficking and labour, physical abuse, peer violence, physical violence by adults including physical punishment, violence due to participation in competitions, sexual abuse and harassment.¹⁰

Abuse can lead to other problems which can have lifelong effects on the child such as physical injuries, sexual health problems, depression, low self-esteem, eating and sleeping disorders, post-traumatic stress disorder and suicide.

Abuses in youth sport can happen for numerous reasons. Abuses can occur because children feel a sense of dependency. Also emotional and psychological abuse such as neglect and victimization. Training to please, the psychological development of the child often impels them to train excessively and do almost anything to please adults and achieve in their chosen sport which can make them vulnerable to the possibility of abuse.

Lack of qualified trainer's, often trainers are sports people who may have gone through a professional sports career but may not have the necessary coach training required to deal with children.

WHAT ARE HUMAN RIGHTS?

Human rights are those activities, conditions, and freedoms that all human beings are entitled to enjoy, by virtue of their humanity. They include civil, political, economic, social and cultural rights. Human rights are inherent, inalienable, interdependent, and indivisible, meaning they cannot be granted or taken away, the enjoyment of one right affects the enjoyment of others, and they must all be respected.

Human rights in India is an issue complicated by the country's large size & population, widespread poverty, lack of proper education & its diverse culture, even though being the world's largest sovereign, secular, democratic republic. The Constitution of India provides for Fundamental rights, which include freedom of religion. Clauses also provide for freedom of speech, as well as separation of executive and judiciary and freedom of movement within the country and abroad. The country also has an independent judiciary and well as bodies to look into issues of human rights.

The 2016 report of Human Rights Watch accepts the above-mentioned faculties but goes to state that India has "serious human rights concerns."

SPORT, USED TO PROMOTE HUMAN RIGHTS:

The Constitution of India provides for Fundamental rights and freedom to participate in Games and Sports, within the country and abroad.

Sports is an art which displays the skills and endless hard work behind any talent not only rewarding his blood sweat earned excellence but also giving him a recognition in the name of patriotism to stand high in the society.

Indian Government India is multi cultured country having number of traditional and international sports. The Ministry of Youth Affairs and Sports, a branch of the Indian Government, which administers Department of youth affairs and Department of Sports in India. To reach our every one equally the Government introduced many scheme on the basis of Human Rights in India.

- > The Urban Sports Infrastructure Scheme (USIS) and
- > The Rural Sports Program (RSP)

Seeks to tap hidden talents for participation in sports events at the national and international levels. The government also encourages sports and games through many national awards.

The Indian Government is also tries its best to associated sport with human rights through National Service Scheme. Under national service scheme there are always some cultural and sports related activities, which is also can be linked to human rights or to promote human rights. The present situation in India reveals a much decreased state of

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discrimination on any basis in the field of sports. However, issues regarding conferring of Bharat Ratna (Indian Nation Award) on basis of gender discrimination or favoring a candidate from time to time has been raised. Apart from this our performance in Olympics also raises serious questions in India. It has been long way in finding these answers however the current status suggests sports is still in a developing phase in India and it to support human rights.

Sports provide the right platform for every talent to receive respect in this country. Sports can be considered as an opportunity to step aside any favoritism because the immense support media gives to these personnel is beyond question. Time to time examples are set by the citizens of this nation of how breaking all the barriers of caste creed gender religion region, sports helped them to get a stand high identity in nation. The priority and importance which is given to Cricket is not given for any other sports in India. Indian traditional games like Kabaddi, Kho-Kho etc, which are played by indigenous people in India are not given importance. Dalits and indigenous peoples (known as Scheduled Tribes or Adivasis) continue to face discrimination and exclusion in sports and games. Laws and policies adopted by the Indian government provide a strong basis for their protection, which are to be faithfully implemented by local authorities. National, State and Territory anti-discrimination laws provide legal recourse to the victims of racial hatred. The Racial Discrimination Act should be enacted to prohibit racial vilification to ensure right persons to shine in different fields of games and sports. The Government of India should enact law to eliminate discrimination and sexual harassment on the basis of gender and aims to promote greater equality in selecting women in sports. In our India they are conducting many games especially in athlete many disabilities are encouraged to compete or to give them a platform to expose themselves without any discrimination which promote our Human Rights. But many times it never succeeded it was created more discrimination on the basis of disability in India, which is unlawful, should be eliminated by making suitable law, to ensure equal opportunity to people with disabilities, in many aspects of public life such as sports.

The best practices applied in the field of sports to promote human rights include: Persons excelling in sports of both national and international importance are special recruitment schemes under Government of India.

- Relaxation in age limit of recruitment to jobs.
- Special Incentives and Increments in personal pays.
- Scheme for out of turn promotion for sportsperson
- Special Vacancy schemes for sportsperson
- Relaxation in qualifying/eligibility service required for promotion
- Special casual leave
- Treatment of period of participation/coaching as duty
- Travel concessions
- Implementation of Rural Sports Programme by Planning Commission.
- The survey found that more than 50% of the people in the rural areas are not aware of the RSP
- More facilities in the schools and colleges
- Encourage the students to involve sports equally.

SPORT AND THE OLYMPIC IDEAL TO STRENGTHEN RESPECT FOR HUMAN RIGHTS:

The Olympic also promotes human and social values like respect for human beings, unity in diversity, tolerance, understanding, acceptance and etc... This particular event reveals how vast can be the effect of such an event in protection of human rights.

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Human Rights Council Advisory Committee called upon the member States to promote Sport and the Olympic ideal as a means to combat all forms of discrimination, to promote human rights and to strengthen universal respect for them.

DISCRIMINATION BETWEEN GENERAL SUBJECTS AND SPORTS:

Sport has always taken a back seat to studies for young Indians, or in any case the parents of young Indians. Parents here have the authority to take the decisions in their child's life. India was not a sports nation. Especially post-independence, Indian parents gave a lot of importance to academics and sport was considered as a "time pass" activity or just for recreational purpose. Sport was never a priority for a majority of parents and their kids. In fact we have a saying in Hindi "Kheloge kudoge to hongekharab, padhogelikhoge to banogenawab" which means that your life will be a waste if you play but if you study or do well in academics you will be a king." With the emphasis on academic rather than physical education the best of the academic schools and universities, do not have good sports facilities and good sports academics. They do not have well maintained playgrounds; equipment was not available and if it was, then it was not in good condition, no proper support staff, no athlete-friendly sports policies. Corruption, favouritism, apathy and bad management among sports' governing bodies act as turn-off to young Indian sports people. We are still in the developing phase. Young Indians are given opportunity but the facilities and opportunities are not enough, we still have to improve a lot. Things are definitely changing now and are changing for the better. An inclusive society is a society that over-rides differences of race, gender, class, generation, and geography, and ensures inclusion, equality of opportunity as well as capability of all members of the society, including women, youth and vulnerable group, to determine an agreed set of social institutions that govern social interaction. Though the Governments and several Sports Agencies encourage women, which constitute nearly 50% of Indian population, to participate in the Sports, the response is not good. Even then, the Indian women in the field of Sports and Games shine in National and International level of competitions. Though India has very big youth force, most of them do not prefer Sports and Games as their career. Governments should foresee their policies so as to attract the youths towards Sports and Games and make them shine in National and International level competitions. Our administrators should make use of the force of vulnerable groups in the Sports fields so as to divert their attention towards something useful.

SPORT AND THE OLYMPIC BECOME A MEANS TO:

- A. **Cause of peace:** Sport works primarily by bridging relationships across social, economic and cultural divides within society, and by building a sense of shared identity and fellowship among groups that might otherwise be inclined to treat each other with distrust, hostility or violence. Sport Programs, create more opportunities for social contact. Establishing Community Sport Organizations and the participation of community sport volunteers can - generate social ties and community infrastructure that help to build peace and stability and provide shared experiences between people that "re-humanize" opposing groups in the eyes of their enemies.
- B. **Promote development:** Sports eradicate extreme poverty and hunger. It achieves universal primary education. It promotes gender equality and empowers women. It reduces child mortality. It improves maternal health. It develops a global partnership for development. This also as said opens all roads of development via trade culture foreign exchange etc. with sports acting as an initiator in inception stage and as a catalyst in further stages of peace development.

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- C. Combat all forms of discrimination:** There are combating of all forms of discrimination by encouraging sports between nations and thereby promoting more and more talent through both main events and friendly events.
- D. Role of media in promotion of human rights through sport:** Media is the best way to promote Human Rights through sports. Media also play an active role by bringing out the truth and encoring the Government of India (GOI) to impose more transparency in sports system. Talent Appreciation is other roadway to be taken by media on a daily basis to bring in light the new budding talent. The media also expose human rights violations and offer an arena for different voices to be heard in public discourse. Media offer a significant opportunity to promote peace through the Sports, for instance through varied promotional activities and campaigns and reinforce international solidarity among people. Believing that Fair Play and Sportsmanship in Sports, as well as tolerance and non-violent behavior in societies are important facets of the quality of life, and that the Sports-Media has a vital role in affecting people's behavior, so, it is proposed that the sports media should do its utmost - to promote, inform and propagate the concept and understanding of Fair Play and Olympic education in the society and should take a stand against violence, attacks and the attitude behind "winning at all costs". The objective of media in promoting human rights and be impartial, to avoid being involved in the interest conflicts, concerning the organization of Sports Events. Indian Bollywood has promoted human rights with utmost encouragement to equality and unity. Movicis like "Chak De India" has given to dimension to Indian girls hockey. "Lagan" one of the Oscar nominations from Bollywood has also proved unity can overcome all caste discriminations. Journalists TV and Mass Media to play a vital role, using the full potential of Sport to create a more humane society and a peaceful world, by focusing the positive aspects of Sport, by showcasing examples of fair play.

CONCLUSION

With human rights in general playing a more prominent role in the actions of more affluent countries, it is understandable that there are calls for young sports participants to be included. At first glance perhaps the CRC does appear to be ideal for the task in question. Especially to the Secretary of the Committee on the Rights of the Child. However, while the initial challenge may be simply the recognition by both public and private entities of their obligations towards young athletes, an even bigger challenge may be convincing them that they should be legally bound to do this by international, rather than national, law.

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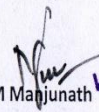
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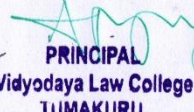
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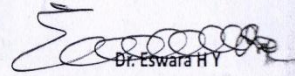
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The obtained F value by the Pre-test score 0.06 was lesser than the required F value of 4.20 and it was significant at 0.05 level. The Post- test scores analysis was proved that there was significant difference between the groups and the obtained 'F' value 13.16* was greater than the required F value of 4.20 and it was significant.

Discussion: The comparison between the treatment groups proved that the Physical Fitness and Recreation Games group was better than the Recreation Games group and control group respectively in improving muscular strength endurance, speed and agility of school level girls.

CONCLUSION

The Physical Fitness with Recreation Games group and Recreation Games group improved significantly on muscular strength endurance, speed and agility of school level girls.

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P09: BENEFITS, REQUIREMENT AND SIGNIFICANCE OF DAILY EXERCISE

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ABSTRACT

Regular Physical activity and exercise can assist you stay healthy, active and independent as you get older. Exercise plays a vital role in preventing health diseases and stroke. The health benefits of doing regular Exercise have been shown in many studies. This paper reviews the evidence of the benefits of exercise for all the body systems. Physical activity and exercise can reduce stress and anxiety, boost happy chemicals, get better self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. It also helps in preventing and reducing heart disease, obesity, blood sugar fluctuations, and cardiovascular diseases.

Keywords: sports, need, exercise benefits, physical activity, and importance.

INTRODUCTION

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. The term "Physical activity" is not equal to "exercise". Exercise is a subcategory of physical activity which is structured, repetitive, and purposeful. "A sound body has a sound mind" It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Exercise is useful in preventing or treating coronary heart disease, osteoporosis, weakness, diabetes, obesity, and depression. The benefits of exercise not only improve physical health, but also enhance emotional well-being. Regular Exercise significantly reduces the high blood pressure, risk of developing heart disease, stroke, some cancers, diabetes, and may help to remove the stress, anxiety, and depression. At any age, being physically fit is an advantage to your overall health.

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EXERCISE

Exercise is a subcategory of physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Also we can define exercise as any bodily movement performed in order to develop or maintain physical fitness and overall health.

TYPES OF EXERCISE

Exercise and physical activity fall into four basic categories – endurance, strength, balance, and flexibility.

Endurance

Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities. Walking or jogging, mowing, raking, digging and Dancing are kinds of this type.

Strength

Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability. We can find this type of exercise in Lifting weights, using a resistance band with your own body weight.

Balance

Balance exercises help prevent falls, a public problem in older adults. Many lower-body strength exercises also will improve your balance. This type can be noticeable in Standing on one foot, Heel-to-toe walk and Tai Chi.

Flexibility

Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities. Some examples for that in Shoulder and upper arm stretch, Calf stretch and Yoga.

Depending on the overall effect on the human body Physical exercises can be generally grouped into two types:

A. **Aerobic exercise** is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include cycling, swimming, and brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

B. **Anaerobic exercise**, which includes strength and resistance training, can firm, strengthen, and tone muscles, as well as improve bone strength, balance, and coordination. Examples of strength moves are push-ups, lunges, and bicep curls using dumbbells. Anaerobic exercise also includes weight training, functional training, and high-intensity interval training increase short-term muscle strength.

According to the intensities of the exercise it can also divided to three categories.

A. **Light exercise**: Does not induce sweating unless it's a hot, humid day. There is no obvious change in breathing patterns, sleeping, writing, desk work, typing, very slow walking, are examples for the first category.

B. **Moderate exercise**: It should raise your heart rate, make you breathe faster and make you feel warm enough to start to sweat after performing the activity for about 10 minutes. Breathing becomes deeper and more frequent. You can carry on a conversation but not sing, bicycling, very light effort, calisthenics, home exercise, light or moderate effort are examples for the second one.


C. **Vigorous exercise**: will make you breathe hard, increase your heart rate significantly and make you hot enough to sweat profusely after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases, the examples for this type include running, jogging, jogging in place, calisthenics (e.g. pushups, sit-ups, pullups, jumping jacks), heavy vigorous effort, rope jumping.

NEED OF EXERCISE

Everybody knows that the need of exercise in our daily lives, but we may not know why or what exercise can do for us. Exercise means, the daily practice of doing some physical work. Exercise is the key to good health and fresh mind. The daily practice of some physical work does not mean to take stress on body, but it is actually the stress relieving activity. A good health is obligatory for doing a good work. Exercise not only makes you physically fitter but it also improves your mental health and general sense of

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well-being. Getting fit is not just about running on a treadmill for hours in your local gym, it can be a dance class or a new hobby like fencing or mountain biking.

BENEFITS OF EXERCISE

Regular exercise makes the heart stronger and the lungs fitter, enabling the cardiovascular system to deliver more oxygen to the body with every heartbeat and the pulmonary system to increase the maximum amount of oxygen that the lungs can take in. Exercise lowers blood pressure, slightly decreases the levels of total and low-density lipoprotein (LDL) cholesterol (the bad cholesterol), and increases the level of high-density lipoprotein (HDL) cholesterol (the good cholesterol). These helpful effects decrease the risk of heart attack, stroke, and coronary artery disease.

Reduce stress and anxiety

Stress relief is one of the most common mental benefits of exercise. Regular Exercise can help to manage physical and mental stress. Being active greatly causes a reduction in stress levels. Aerobic and anaerobic physical training helpful for overall health. Some Studies suggests that 30 Minutes Exercise for 5 or more days in a week, it helps in lowering the desperation and mental stress. On the other hand Physical activity makes you more tired so you're more ready to sleep. Regarding anxiety, the warm and chemicals that are released during and after any physical exercise can help people with anxiety disorders calm down. Jumping on the track or treadmill for some moderate-to-high intensity aerobic exercise can reduce anxiety sensitivity.

Boost happy chemicals

Exercise releases endorphins, which create feelings of happiness and euphoria. Studies have shown that exercise can even improve symptoms among the clinically depressed. For this reason, doctors recommend that people suffering from depression or anxiety. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Higher energy levels resulting from exercise help a person in remaining fresh and happy.

Improve self-Confidence and self-Image

Physical fitness can boost self-esteem and improve positive self-image. Regardless of weight, size, gender, or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth. It has been proved that in less time of aerobic exercise and resistance training method definitely will help to improve self-image.

Increase brainpower

Various studies on mice and men have shown that cardiovascular exercise can create new brain cells (aka neurogenesis) and improve overall brain performance.

Sharpen memory

Regular physical activity increases memory and ability to learn new things. Getting sweaty increases production of cells in hippocampus responsible for memory and learning.

Improves muscles and bones strength Exercise involves a series of sustained muscle contractions, of either long or short duration, depending on the nature of the physical activity. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Strong muscles and ligaments reduce your risk of joint and lower back pain by keeping joints in proper alignment.

Reduce the Risk of Heart Diseases

The heart is a muscle and needs exercise to stay in shape. When it's exercised, the heart can pump more blood through the body and continue working at optimal efficiency with little strain. This will likely help it to stay healthy longer. Regular exercise also helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure. Daily exercise helps in strengthening of heart muscles. It helps maintain desired cholesterol levels.

Preventing Obesity

Obesity and overweight are associated with increased risk for hypertension, osteoarthritis, abnormal cholesterol and triglyceride levels, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, sleep apnea, respiratory problems and some cancers. Obesity is a significant health problem all over the world for all ages. Genetics can play a role in the possibility that a person will become obese, the condition occurs when the amount of calories consumed exceeds the amount of calories expended over a long period of time. The more you exercise, the easier it is to keep your weight under control. Excess calories are stored as fat in the body, and with long-term caloric excess, an individual eventually becomes obese. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical



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activity, you burn calories. The more intense the activity, the more calories you burn. Regular exercise (and proper nutrition) can help reduce body fat.

CONCLUSION

Exercise not only makes you physically fitter but it also improves your all body health and general sense of well-being. Physical activity or exercise can reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Daily exercise can reduce stress and anxiety, boost happy chemicals, improve self-confidence, increase the brain power, sharpen the memory and increase our muscles and bones strength. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

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P10: PHYSICAL FITNESS FOR GOOD HEALTH EXERCISES WITH A PARTNER

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INTRODUCTION

The ways and means for developing physical fitness are many, as are the training methods towards an end. Involving usage of weights as dumbbells, rods with weight plates, expanders, sand belts, medicine balls and multi-gym equipment among others.

All these imply a great deal of expense and space; they also can be hazardous, with not inconsiderable chances of inflicting injury. Therefore, one of the best answers to how one exercises or trains for physical fitness is that program me that involves a partner who will serve the purpose of external resistance. The same purpose that is served by the weights, the gym equipment etc.,


Muscular strength flexibility, joints mobility and other physical fitness components can be developed through proper use or coordination with a partner in place of such equipment. Such exercises are very useful to all age groups, particularly so for young people. Apart from which exercising with a partner is generally more fun than exercising alone a fact that by itself could ensure that one exercises more regularly and methodically. Even activities like swimming and running an gain from partner participation.

In training programmes for sports persons aiming at high performance levels, Partner exercises are used for the development of specific fitness attributes.

Proper warming up is essential, along with the partner so as to ensure that the chances of injuries are lessened.

This paper goes on to describe the overall development of fitness under four heads

1. Development of flexibility of various muscles and mobility of joints
2. Strengthening exercises for various muscles
3. Exercises for recreation and relaxation
4. Exercises for general and specific endurance


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21 June

Yoga for Harmony & Peace

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P40 : YOGIC SCIENCE CAREER, SCOPE AND JOB PROSPECTS IN THE MODERN WORLD SATHEESH B PEGHS, Palace Guttahalli, Bangalore

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ABSTRACT:

Fitness is the call of today's world, raising the need for a yoga instructor or teacher on the global platform. Mostly professionals who have been sharing their knowledge of the science of yoga are called Yoga Teachers. With the raise in reputation of holistic and an alternative medical care, a lot of weight is being given to yoga teachers and so it has resulted in becoming a great career choice. Yoga is in wave demand all over the world because of its efficacy in treating and prevention of lifestyle related disorders and psychosomatic diseases. Yoga's efficacy to control lifestyle related disorders is unparalleled. Yoga is known throughout the world because of its simplicity and to a larger extent, it shows no side effects. Yoga and Yoga therapy opens many jobs in the field of research, academic, management, administration, hospital, health resorts, etc. The government has made it mandatory to have Yoga instructor in every school. Yoga is one of the effective preventive therapies of an alternative system of medicine which has in-depth potential in the management and controlling of lifestyle related disorders and psychosomatic diseases. Yoga and Yoga therapy opens array of avenues before the Yoga instructor as far as income is considered. More or less all the embassies of India across the world are hiring Yoga instructor at a good remuneration. Yoga instructor career is also getting lucrative because Yoga is being given importance all over the world both the developing and developed society. After declaring 21st June as World Yoga Day, the career opportunity of Yoga instructor and Yoga teacher has increased manifolds. Many people demand Yoga instructor for Yoga therapy, where Yoga is focused on specific diseases. Thus, we can say that Yoga teacher career is booming.

INTRODUCTION:

We are today living in a world where people have become more health conscious than they ever were. We can also owe this sudden change due to the nature of jobs and increasing lifestyle diseases. The people are today more at risk as work involves sitting in front of computer screens more than what it used to in the past. Yoga is one of the most natural ways of keeping the human body fit and in shape. It is something that has also spread its wings to most western countries as well. This natural system which began as back as three thousand years ago has been maximizing on its benefits and making a difference for most of the people and enduring them with health and happiness. Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Curing health-related problems naturally is taught as part of the programme. An integral part of Yoga is practicing physical exercises (asanas) and breathing exercises (pranayama).

Fitness is the call of today's world, raising the need for a yoga instructor or teacher on the global platform. Mostly professionals who have been sharing their knowledge of the science of yoga are called Yoga Teachers. With the raise in reputation of holistic and an alternative medical care, a lot of weight is being given to yoga teachers and so it has resulted in becoming a great career choice.

CAREER SCOPE IN YOGA:

Yoga is in wave demand all over the world because of its efficacy in treating and prevention of lifestyle related disorders and psychosomatic diseases. Yoga's efficacy to control lifestyle related disorders is

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unparallel. Yoga is known throughout the world because of its simplicity and to a larger extent, it shows no side effects. Yoga and Yoga therapy opens many jobs in the field of research, academic, management, administration, hospital, health resorts, etc. The government has made it mandatory to have Yoga instructors in every school. After completing higher education, one can pursue his/her career in government hospitals, dispensaries, health resorts, private hospitals, teaching jobs, etc. The governments have established research centres, institutes and council for the promotion of Yoga. Private sector is also hiring Yoga instructors with lucrative job offers.

Yoga is one of the effective preventive therapies of alternative system of medicine which has in-depth potential in the management and controlling of lifestyle related disorders and psychosomatic diseases. These disorders are the offshoot of liberalization, privatization and globalization, which can be effectively managed by Yoga therapy. These diseases are rampant among urban sector employees. To certain extent, this section is well off, thus afford good lifestyle. Here, the Yoga instructors can be absorbed to a large amount with suitable earning. Yoga professionals are getting employment not only in India but also all over the world along with handsome remuneration.

YOGA COURSE DETAILS AND ELIGIBILITY:

A number of public and private colleges, institutions and universities in India are offering Yoga courses in Diploma, BA, B.Sc., MA, M. Sc. M. Phil and Ph. D. The eligibility to have enrolled into B.Sc. is that one should pass 12th standard with subjects groups like physics, chemistry and biology from a recognized college or university with 50% of the aggregate marks. The minimum age for joining the course is 17 years. After doing B.Sc. or BA, one can take admission in M.Sc. or MA respectively. After successfully completing the post-graduation, one can pursue higher studies in M. Phil and Ph. D.

SOME OF THE PROMINENT YOGA INSTITUTIONS AND UNIVERSITIES

1. Morarji Desai National Institute of Yoga, New Delhi, Delhi
2. Government Naturopathy and Yoga Medical College and Hospital, Anna Nagar, Chennai
3. SRK Medical College of Naturopathy and Yogic Sciences, Kulasekharam, Kanyakumari district, Tamil Nadu
4. Lakulish Yoga University, Ahmedabad, Gujarat
5. Maharishi Mahesh Yogi Vedic Viswavidyalaya, Katni, Madhya Pradesh
6. Kaivalyadhama, Pune, Maharashtra
7. Indian Institute of Yogic Science & Research, Bhubneshwar, Odisha
8. Patanjali University, Haridwar, Uttarakhand
9. SVYASA, Bangalore, Karnataka
- SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka
- JSS Institute of Naturopathy and Yogic Sciences, Mysore Road, Ootacamund
- Aiyas College of Naturopathy and Yogic Sciences, Moodbidri, Karnataka
- KLES College of Naturopathy and Yogic Sciences, Shahapur, Belgaum
- Government Nature Cure and Yoga College, PKTR Hospital, Mysore

CAREER OPPORTUNITIES IN YOGA:

After completing ones education, a student of yogic sciences can look for jobs in the following areas:

- Research Officer- Yoga and Naturopathy
- Assistant Ayurveda Doctor
- Yoga Therapist
- Yoga Teacher
- Trainer/ Instructor Health Club
- Yoga Aerobics Instructor
- Clinical Psychologist
- Yoga Instructor
- Therapists and Naturopaths

CAREER AVENUES IN YOGA:

The Yoga professional can make their job oriented career in the following disciplines.

- Academic
- Hospital and Healthcare Administration
- Research
- Health Supervisor

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- Management & Administration

- Yoga Consultation as Instructor, Expert, Specialist, etc.

YOGA PROFESSIONAL RECRUITMENT:

Yoga teacher and instructor are recruited by the government as well as the private sectors. The main employers are the following as a Professor, Associate Professor, Assistant Professor, Advisor and Teacher or instructor

- Various Public Service Commissions of India
- National Institutes i.e. MDNIY, NIN
- Government Hospitals
- Yoga & Naturopathy hospitals
- Yoga Instructor
- Yoga Specialist
- Yoga health centers
- Resorts
- KPOs
- Centre Research Centers i.e. CCRYN
- State Research Centers
- Dispensaries
- Teaching faculty in Yoga and Naturopathy colleges/institutions
- Yoga Expert
- Yoga Consultant
- Spas
- BPOs

SALARY FOR YOGA PROFESSIONALS:

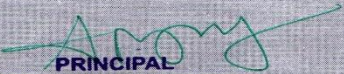
The remuneration in Yoga professionals depends upon expertise and experiences. For the deserving candidate, salary is not the limit. There is a big opportunity for the Yoga professionals abroad. More or less all the countries of the world are hiring Yoga experts considering the relevance and significance of Yoga therapy in the health domain. At the initial level, the Yoga instructor may earn Rs. 15,000-25,000 on monthly basis. The government is also recruiting Yoga experts and specialist who is having M.Sc., M.A or Ph.D. degree under the pay scale of Rs. 15,600-39,100 with grade pay of Rs. 5400. In the private sector, there is a great demand of the Yoga professionals as the stress level is quite high in such organizations. For the deserving candidate, earning may be touched up to Rs. 1 lakh per month. Yoga has in-depth job potential and big earning opportunity if one starts one's own center or Health resorts.

CONCLUSION:

Yoga and Yoga therapy opens array of avenues before the Yoga instructor as far as income is considered. More or less all the embassies of India across the world are hiring Yoga instructor at a good remuneration. Yoga instructor career is also getting lucrative because Yoga is being given importance all over the world both the developing and developed society. After declaring 21st June as World Yoga Day, the career opportunity of Yoga instructor and Yoga teacher has increased manifold. Many people demand Yoga instructor for Yoga therapy, where Yoga is focused on specific diseases. Thus, we can say that Yoga career is booming.

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http://www.google.co.in/search?q=yoga+benefits&oq=yoga+articals+references&gs_l


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P61: RIGHT TO HEALTH IN INDIA – A STUDY OF CONSTITUTIONAL & JUDICIAL ATTITUDE

DEEPU. P and PUSHPA²

¹Vidyavardhaka law college, Mysuru, ²Vidhyodhaya law college, Tumkur

INTRODUCTION

Every state in the modern era has its own constitution to operate its organs all to some fundamental rules. The constitution of India is the law of the land. The fundamental rule governs the relationship between state & its citizens. The very purpose behind constitutional framework is to achieve goals set out in its preamble. The preamble of the constitution of India confers rights join citizens, imposes duties in them and issues directions to state to protect the rights of its citizens the constitution of India is basic law of India its aim to secure social, economic & political justice, among the various rights under the constitution right to health is an important . Development of the nation depends upon the health population. The basic law of the state safeguard individuals rights & promote national wellbeing. It is the duty of the stat to provide an effective mechanism for the welfare of the public at large.

Health is the most important factor in national development. It is condition of a person's physical & mental stat & signifies freedom from any disease or pain. Right to health is a vital right without which name can exercise one's basic human rights. The government is under the obligation to protect he e health of the people because there is close nexus between the health and the quality of life of person. There are various provisions under the constitution of India which deal with the health of the public at large. The founding fathers of the Indian constitution rightly inserted Directives principle of stat policy with a view to protect the health of the public at large. Health is the most precious perquisite for happiness.

PROBLEM OF THE STUDY

- 1) The right to health is one of the basic human rights of human being. The various constitutions have defined to rights to health in detail. Though there is universal recognition give to this right but situation shows that there is ineffective rural health care system.
- 2) The issues of non awareness & poverty are cause behind degradation of rural health. The various policies made by the government for the protection of health of rural areas. The analysis is of statistical data will help for the betterment of rural population.
- 3) The people at large have right to enjoy meaningful and dignified life which depends upon good health with the development of science & technology the health related issues are increasing day by day. It is true today that unless and until there is sufficient improvement in the areas of rural health, there will be no progress in national development.
- 4) The right to health have great concern with population of state. As there is population growth in all over the global, cases of violations are also increased.

Right to Health, Constitutional Safeguards and Role of Judiciary

The aspect of public health and several recommendations have been made by these committees to improve the health care system in India. So far as the Indian Constitution is concerned, nowhere the term 'health' or 'right to health' has been defined in it. Through Judicial interpretations it has been observed that 'right to life' also includes 'right to health' and thus it is a fundamental right. This article is a humble attempt to focus on the constitutional provisions regarding 'right to health' and to analyse various judicial decisions relating to health care.

PROVISIONS UNDER PART-III OF THE CONSTITUTION OF INDIA

The Constitution of India not only provides for the health care of the people but also directs the state to take necessary measures to improve the condition of health of the people. Though the provisions enshrined under this part have no direct link with the healthcare, however from various judicial interpretations it has been established that the intention of the legislature were there to cover the health as a right of the citizens. Article 14 speaks about equality before law where the State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India. Article 15 contains provisions for a particular application of the general principle of 'equality of treatment' embodied in Article 14. It prohibits discrimination against citizens on the grounds only of religion, race, caste, sex, and place of birth or any of them. Further no citizen shall also be subjected to any disability , liability, restriction or condition with regard to access to shops, public restaurants, hotels and places of public entertainments; or the use of wells,

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tanks bathing Ghats, roads and places of public resort maintained wholly or partly out of State funds or dedicated to the use of the general public. Even nothing in this Article shall prevent the State from making any special provision for women and children for their betterment of life.

Article 21 of the Indian Constitution: Ensures protection of life and personal liberty of the individual, where no person shall be deprived of his life or personal liberty except according to procedure established by law .

Article 23 prohibits traffic in human beings and beggar and other similar forms of forced labour and any contravention of this provision shall be an offence punishable in accordance with law.

Article 24 also prohibits the employment of children below the age of fourteen years in any factory or mine or in any other hazardous employment.

PROVISIONS UNDER PART-IV OF THE CONSTITUTION

Apart from the above fundamental rights, the Constitution of India provides for the following directive principles to be followed by the state regarding health care of the citizens.

Article 38 in this regard provides that, "the State shall strive to promote the welfare of the people by securing and protecting, as effectively as it may, a social order in which justice-social, economic and political, shall inform all the institution of the national life". Thus this is an imposition of liability on state that the State will secure a social order for the promotion of welfare of the people including public health because without public health welfare of people is practically meaningless.

Article 39 further speaks that "the State shall, in particular , direct its policy towards securing –(e)that the health and strength of workers, men and women, and the tender age of children are not abused and that citizens are not forced by economic necessity to enter avocations unsuited to their age or strength;

(f) that children are given opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity and that childhood and youth are protected against exploitation and against moral and material abandonment."

Article 41 deals with right to work, education and public assistance in certain cases and thus imposed duty on the State to public assistance basically for those who are old, sick and disable. This Article specifically says that "the state shall within the limits of its economic capacity and development, make effective provisions for securing the right to work, to education and to public assistance in case of unemployment, old age, sickness and disablement, and in other cases of undeserved want". Their implications in relation to health are obvious.

Article 42 provides for just and humane conditions of work and maternity relief and gives the power to the State for making provisions in this regard, which implies that this Article is intended to protect the health of infants and mothers by providing maternity benefit.

Article 47 imposes duty on the State to raise the level of nutrition and the standard of living and to improve public health. It categorically provides that "the State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties and, in particular, the State shall endeavour to bring about prohibition of the consumption except for medicinal purposes of intoxicating drinks and of drugs which are injurious to health."

Article 48A ensures that State shall endeavour to protect and impose the pollution free environment for good health.

PROVISIONS UNDER PART - IV-A Article 51A (g)

Under Part IV– A of the Constitution says that "it shall be the duties of every individual to protect and improve the natural environment including forests, lakes, rivers and wild life, and to have compassion for living creatures."

ROLE OF JUDICIARY

Several human rights instruments, throughout the globe, have recognized 'right to health' as a basic human right. In India, though 'right to health' is not recognized as a fundamental right expressly , the judiciary by its expounded role has recognized it as a fundamental right under Article 21 of the Constitution as an adjunct to the 'right to life'. The responsibility to respect, protect and fulfil the 'right to health' lies not only with the medical profession but also with public functionaries such as administrators and judges. Some of the important pronouncements on this issue are given hereunder .The Supreme Court, while interpreting Article 21 of the Constitution ruled that the expression 'life' does not connote mere animal existence or continued drudgery through life but includes, , the opportunities to eliminate sickness and

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physical disability. In *Francis Coralie Mullin v. Union Territory of Delhi*, it was held that, right to life guaranteed in Article 21 of the Constitution in its true meaning includes the basic right to food, clothing and shelter. The Apex Court, in *Paschim Banga Khet Mazdoor Samity v. State of West Bengal*, while widening the scope of Article 21 and the government's responsibility to provide medical aid to every person in the country, held that in a welfare state, the primary duty of the government is to secure the welfare of the people. Providing adequate medical facilities for the people is an obligation undertaken by the government in a welfare state. The government discharges this obligation by providing medical care to the persons seeking to avail of those facilities. In *Unnikrishnan, J.P. v. State of Andhra Pradesh*, it was held that the maintenance and improvement of public health is the duty of the State to fulfil its constitutional obligations cast on it under Article 21 of the Constitution. In *Consumer Education and Research Centre v. Union of India*, the Supreme Court explicitly held that the right to health and medical care is a fundamental right under Article 21 of the Constitution and this right to health and medical care, to protect health and vigour are some of the integral factors of a meaningful right to life. In *Bandhua Mukti Morcha v. Union of India* the Apex Court addressed the types of conditions necessary for enjoyment of health and said that right to live with human dignity also involves right to 'protection of health'. No State, neither the central government nor any state government, has the right to take any action which will deprive a person the enjoyment of this basic essential. In *Virender Gaur v. State of Haryana*, the Supreme Court held that environmental, ecological, air and water pollution, etc., should be regarded as amounting to violation of right to health guaranteed by Article 21 of the Constitution. In *Vincent v. Union of India*, it was held that a healthy body is the very foundation for all human activities. In a welfare state, therefore, it is the obligation of the state to ensure the creation and the sustaining of conditions congenial to good health. The Apex Court, in its landmark judgment in *Parmanand Katara V. Union of India*, ruled that every doctor whether at a government hospital or otherwise has the professional obligation to extend his service with due expertise for protecting life, whether the patient be an innocent person or be a criminal liable to punishment under the law. No law or state action can intervene to avoid/delay, the discharge of the paramount obligation cast upon members of the medical profession. In *CESC Ltd. V. Subash Chandra Bose*, the Supreme Court relied on international instruments and concluded that right to health is a fundamental right. It went further and observed that health is not merely absence of sickness: "The term health implies more than an absence of sickness. Medical care and health facilities not only protect against sickness but also ensure stable manpower for economic development. Facilities of health and medical care generate devotion and dedication to give the workers' best, physically as well as mentally, in productivity. It enables the worker to enjoy the fruit of his labour, to keep him physically fit and mentally alert for leading a successful economic, social and cultural life. The medical facilities are, therefore, part of social security and like gilt edged security, it would yield immediate return in the increased production or at any rate reduce absenteeism on grounds of sickness, etc. Health is thus a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In *Mahendra Pratap Singh V. State of Orissa*, the Court had held "in a country like ours, it may not be possible to have sophisticated hospitals but definitely villagers within their limitations can aspire to have a Primary Health Centre. The government is required to assist people, get treatment and lead a healthy life. There by, there is an implication that the enforcing of the right to life is a duty of the state and that this duty covers the providing of right to primary health care." For Protection of health of workers and humane conditions of work the Supreme Court in *Occupational Health and Safety Association v. Union of India* and others, held that when workers are engaged in hazardous and risky jobs/occupations, the responsibility and duty on the state becomes double fold.

CONCLUSION AND SUGGESTIONS

- 1) Adequate facilities should be made available at the primary health centres where the patient can be given immediate primary treatment is as to stabilize his condition.
- 2) Hospital at district level and sub division level should be upgraded so that serious cases can be treated there.
- 3) Facilities for giving specialist treatment should be increases and should be available at the hospital at district level regarding the growing needs.
- 4) The ambulance should be adequately provided with necessary equipment and medical personnel.
- 5) Awareness programme should be conducted by the government
- 6) Every citizen must aware of the right to health as fundamental right.
- 7) Parliament must insert express provisions regarding the right to health.

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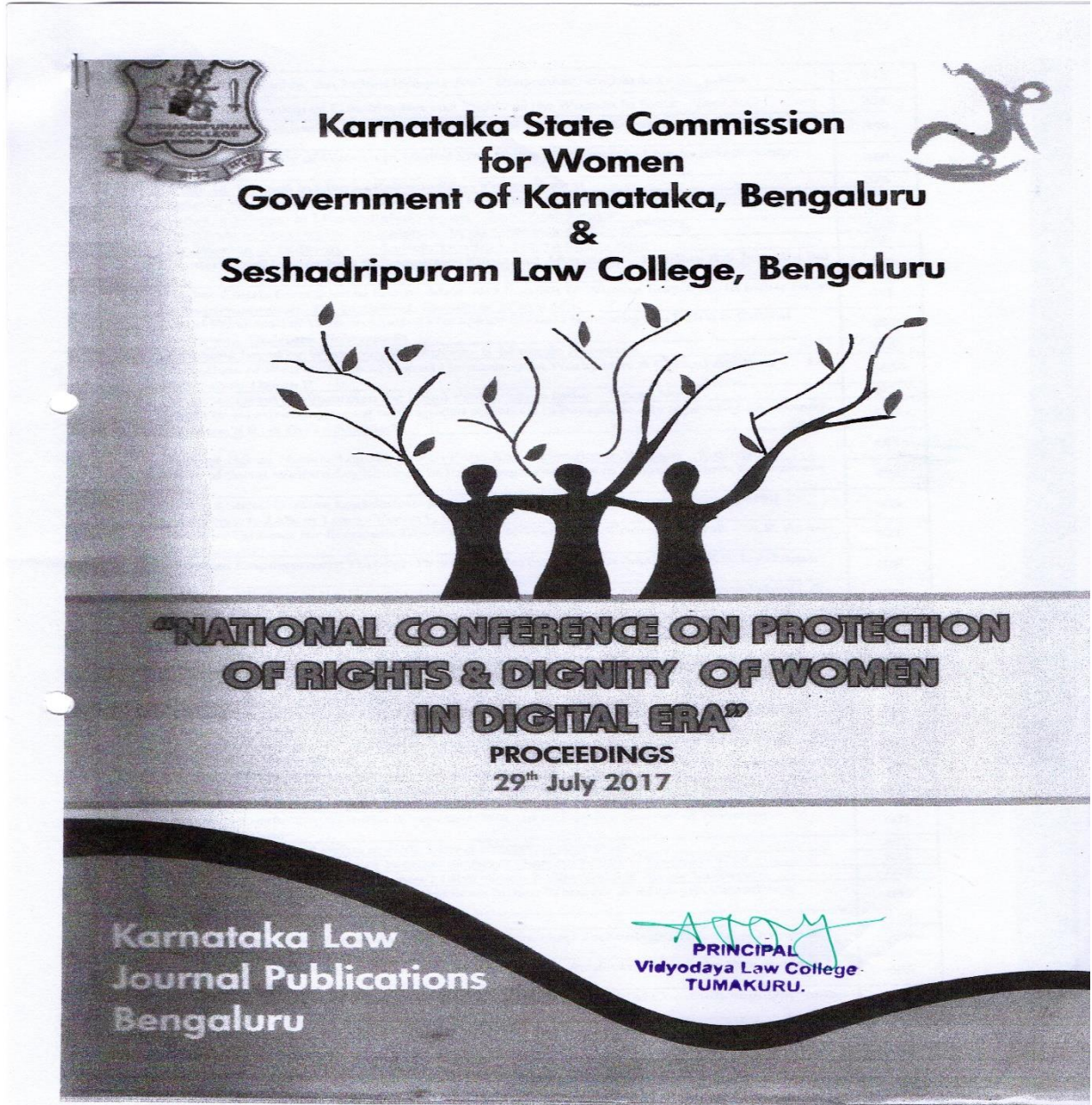
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HUMAN RIGHT TO HEALTH

Ms. Mamata Kyatannanavar*

I. INTRODUCTION

“All human rights are universal, indivisible and interdependent and interrelated. The international community must treat human rights globally in a fair and equal manner, on the same footing, and with the same emphasis. While the significance of national and regional particularities and various historical, cultural and religious backgrounds must be borne in mind, it is the duty of States, regardless of their political, economic and cultural systems, to promote and protect all human rights and fundamental freedoms.” health means that the State must seek to protect the people from having their rights infringed by third parties, such as healthcare providers, private industry, pharmaceutical companies, researchers or vendors. ‘Fulfilling’ the right to health means that the government is required to take positive action to implement the right to health by adopting policies which allocate public resources to correct deficiencies in health facilities, goods and services. The right to health Human rights oriented development cooperation in the health sector is essentially based on the right to health (ICESCR art. 12), which includes the underlying determinants of health, such as access to clean water. Other rights established in the ICESCR and ICCPR, such as the right to food, the right to healthy working conditions, the right to participation and the principle of equality, are of key importance for the health sector. “The right to health is not to be understood as the right to be healthy. The right to health contains both freedoms and entitlements. The freedoms include the right to control one’s health and body, including sexual and reproductive freedom, and the right to be free from interference, such as the right to be free from torture, non-consensual medical treatment and experimentation. By contrast, the entitlements include the right to a system of health protection which provides equality of opportunity for people to enjoy the highest attainable level of health.” the International Covenant on Economic, Social and Cultural Rights (ICESCR 14).


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Quote Jonathan Mann, a doctor who led the efforts to develop the interface between health and human rights: Cited from: Jonathan Mann et al., Health and Human Rights: A Reader (New York: Routledge, 1999) at p. 444

“Modern human rights, precisely because they were initially developed entirely outside the health domain and seek to articulate the societal preconditions for human well-being, seem a far more useful framework, vocabulary, and form of guidance for public health efforts to analyze and respond directly to the societal determinants of health than any inherited from the biomedical or public health traditions.”

The Charter of United Nations declares health as basic human right. The UN Charter aims at establishing global equity with human rights and one of those rights is “Universal Access to Primary Health Care”.


II. THE UNIVERSAL DECLARATION OF HUMAN RIGHTS MADE ON 10TH DECEMBER, 1948 PROCLAIMS THAT:

The article 25 of “Universal Declaration Of Human Rights” states that “everyone has the right to a standard of living adequate for the health and well being of himself and of his family including food, clothing, housing, and medical care and necessary social services and the right to security in the event of unemployment, sickness, disability, widowhood, old age, or other lack of livelihood in circumstances beyond his control”.

III. THE INTERNATIONAL COVENANT ON ECONOMIC SOCIAL AND CULTURAL RIGHTS

It contains the following provisions regarding right to health

Article 12.1


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The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.

Article 12.2

The steps to be taken by the States Parties to the present Covenant to achieve the full realization of this right shall include those necessary for:

- (a) The provision for the reduction of the stillbirth-rate and of infant mortality and for the healthy development of the child;
- (b) The improvement of all aspects of environmental and industrial hygiene;
- (c) The prevention, treatment and control of epidemic, endemic, occupational and other diseases;
- (d) The creation of conditions which would assure to all medical service and medical attention in the event of sickness.

The Committee also recognized that the understanding of what constitutes 'health' had changed considerably since the drafting of the ICESCR in 1966. General Comment 14 adopted a broader definition of health which includes social determinants such as access to safe water and food, adequate nutrition and housing, healthy environmental conditions, access to health-related education and information.

IV. THE DECLARATION OF THE RIGHTS OF THE CHILD PROCLAIMED ON 29TH NOVEMBER, 1959, STATES

Principle 4

The child shall enjoy the benefits of social security. He shall be entitled to grow and develop in health; to this end, special care and protection shall be provided both to him and to his mother, including adequate pre-natal and post-natal care. The child shall have the right to adequate nutrition, housing, recreation and medical services

V. THE CONVENTION ON THE ELIMINATION OF ALL FORMS OF DISCRIMINATION AGAINST WOMEN F 18TH DECEMBER 1979, STATES

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Article 14.2:

State Parties shall take all appropriate measures to eliminate discrimination against women in rural areas in order to ensure, on a basis of equality of men and women that they participate in and benefit from rural development and, in particular, shall ensure to such women the right

(b) To have access to adequate health care facilities including information, counseling and services in family planning the principles for the protection of person with Mental Illness and the improvement of Mental Health Care, of 17 December 1991 states:

Principle 1(1) All persons have the right to the best available mental health care, which shall be part of the health care, of 17 December 1991 States

Principle 1(1) All persons have the right to the best available mental health care, which shall be part of the health and social care system.

VI. THE WORLD HEALTH ORGANISATION

Within the United Nations system, primary responsibility for the preparation and supervision of international measures relating to the right to health lies with the World Health organization. Definition of 'Health' include Physical and mental and social well being.

WHO in one of its documents declared?

"Without health other rights have little meaning. The right to health, however, cannot be exercised by the people unless the conditions which make a healthy life possible are provided and unless the conditions which make a healthy life possible are provided and unless health services essential for the provision of adequate health protection to the community should cover.

- Care of mothers and children
- Nutrition
- Prevention and control of communicable diseases


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- Sanitation and water supply
- Health education
- Occupational health

VII. THE INDIAN CONSTITUTION

At the time the Constitution of India was being framed the Universal Declaration of Human Rights had already been made. Providing health facilities to citizens has been recognized as an obligation and duty of the State in Directive Principles of State Policy contained in Chapter IV of the Constitution.


Article 47 Duty of the State to raise the level of nutrition and the standard of living and to improve public health The State shall regard the raising of the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties and, in particular, the State shall Endeavour to bring about prohibition of the consumption except for medicinal purposes of intoxicating drinks and of drugs which are injurious to health

Article 41 Right to work, to education and to public assistance in certain cases The State shall, within the limits of its economic capacity and development, make effective provision for securing the right to work, to education and to public assistance in cases of unemployment, old age, sickness and disablement, and in other cases of undeserved want

Article 42 Provision for just and humane conditions of work and maternity relief The State shall make provision for securing just and humane conditions of work and for maternity relief

Article 45 Provision for free and compulsory education for children The State shall endeavour to provide, within a period of ten years from the commencement of this Constitution, for free and compulsory education for all children until they complete the age of fourteen years

VIII. THE SUPREME COURT OF INDIA IN THE CASE OF IN PARMANAND KATARA V. UNION OF INDIA. AIR 1989 SC 2039


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In that case, the court was confronted with a situation where hospitals were refusing to admit accident victims and were directing them to specific hospitals designated to admit 'medico-legal cases'. The court ruled that while the medical authorities were free to draw up administrative rules to tackle cases based on practical considerations, no medical authority could refuse immediate medical attention to a patient in need. The court relied on various medical sources to conclude that such a refusal amounted to a violation of universally accepted notions of medical ethics. It observed that such measures violated the 'protection of life and liberty' guaranteed under Article 21 and hence created a right to emergency medical treatment.

IX. CONSUMER EDUCATION AND RESEARCH CENTER V UNION OF INDIA (1995) 3 SCC 42

By reading together the Directive Principles creating obligation on State to provide health facilities to men, women, children and workers as also old and handicapped persons (as contained in Article 39(e), Article 41, Article 42, Article 43) with guaranteed fundamental rights to life contained in Article 21 has held 'right to health and access to medical care to be a fundamental right.' But it does not mean that directive principles are less important than fundamental rights or they are not binding on the various organs of the state the Supreme Court, while widening the scope of Article 21 of the Constitution in

X. PASCHIM BANGAL KHET MAZDOOR SAMITY & OTHERS V STATE OF WEST BENGAL & OTHERS AIR 1996 SC 2426 5

In this case it was held that in a welfare state, primary duty of the government is to secure the welfare of the people and more over it is the obligation of the government to provide adequate medical facilities for its people. The government discharges this obligation by providing medical care to the persons seeking to avail those facilities. Article 21 impose an obligation on the state to safeguard the right to life of every person preservation of human life is thus of paramount importance. The government hospitals run by the state are duty bound to extend medical assistance for preserving human life. Failure on the part of a government hospital to provide timely medical treatment to a person in need of such treatment, results in violation of his right to life guaranteed under art 21. The court made certain additional direction in respect of serious medical cases:


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- a. Adequate facilities are provided at the public health centers where the patient can be given basic treatment and his condition stabilized.
- b. Hospitals at the district and subdivision level should be upgraded so that serious cases are treated there.
- c. Facilities for given specialist treatment should be increased and having regard to the growing needs, it must be made available at the district and sub divisional level hospitals.

XI. ASHOK DOCTOR V UNION OF INDIA (1997) 5 SCC PAGE 10 AND 'X' VS HOSPITAL 'Z'(1998) 8 SCC 296


The SC held that right to healthy life is inherent in fundamental 'right to life' as guaranteed under Article 21. Self preservation of one's life is the necessary concomitant of the right to life enshrined in Article 21 which is fundamental in nature, sacred, precious and inviolable.

XII. KIRLOSKAR BROTHER LTD VS ESI CORPORATION (1996) 2 SCC 682

Article 21 has been construed widely to include in it right to health as a fundamental right. Another significant decision which strengthened the recognition of the 'right to health' was that in Indian Medical Association v. V.P. Shantha. AIR 1996 SC 550 In that case, it was ruled that the provision of a medical service (whether diagnosis or treatment) in return for monetary consideration amounted to a 'service' for the purpose of the Consumer Protection Act, 1986.

XIII. CONCLUSION

Development promotes the health of nations 'Right to Development' is a collective right as compared to 'Right to Health' which is a right of individual. The Public health functionaries have obligations towards health of individual, but to achieve it, they should also work side by side in the direction of achieving collective right to development. The state should allocate public goods for the public health. The tools of public health system including medical knowledge, disease surveillance, environmental health and treatment options are themselves public good and meaning in the context of societies.


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