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## **Role of Teacher in Inculcating Values Among Students**

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### **Abstract**

Values should be integrated in numerous facets of life. Values go a long way in edifice a person's charisma. Education without strong character is like a ship without a captain. Good education is incredible if it fails to inculcate values which are necessary for a holistic life. Experiences and skills are vital in the accomplishment of an individual but without values he is imperfect as a person. Value is such a code of conduct or the integration of virtue following which, man develops his disposition and spirals up being influential and reliable in society. Values are supervisory principles or ethics of Behaviour which are observed needed, important and held in high esteem by a specific society in which a person exists. Values are important for carrying required changes in an individual. The national policy on education (1986) calls for an emphasis on development of science and technology and the "cultivation of personal and social values" so that "the educational system produces young men and women of character and ability committed to national services".

**Keywords:** values, values education, teachers, educational system

### **Introduction**

Human beings are a social animal who needs to endure in society and values help them to grow in society. Human values are the kindness that one individual preserves in awareness while interacting with the other one which includes reverence, affection, gratitude, love and many other things towards another person. Schools are one of the significant places where students spend their major time and acquire most of the things from there whether it is through the curriculum, teachers or friends.

Dr. A. P. J. Abdul Kalam, our honorable president in his book "India 2020: A Vision of the New Millennium" has rightly remarked that "If you are a teacher in whatever capacity, you have a very special role to play because more than anybody else it is you who are shaping the future generation. A teacher has a higher responsibility as compared to other professionals as students look upon the teacher as an embodiment of perfection. Education has become a business today. This has changed the outlook of the students as well as the parents and it has further resulted in deterioration of respect for teachers and all those who are a part and parcel of education system.

Gautama Buddha has rightly preached “Desire is the root cause of Evil”. Students are told not to fulfil their desires by improper ways, by adhering to immoral activities. The present paper is an attempt to state the importance of value education in the present education system so that the future generations will nourish high ideals and values to contribute in the development of the society and the role of a teacher in imparting values.

Transmission of human values is to be made feasible by the essential role played by the teacher in the ground. Teacher is the exact person to develop consciousness and compassion of duties and values amongst the children. A teacher must succeed in assigning the larger ideals of service to the community, virtues of tolerance and respect for all beliefs, the importance of character and the value of our heritage and culture. An efficient teacher aims at enlightening the minds and illumining the hearts of individual. Holistic development of a student is incomplete if moral values are not paved as a foundation of education.

### **What Is Value?**

The value means to prize, to esteem, to appraise, to estimate. It is an act of appreciating something, holding it dear and also the act of passing verdict upon the nature and number of values as compared with something else (Dewey, 1948). Dictionary of Education (1959) explains value as, “the things in which people are interested- things they want, to desire to be or become; feel obligatory, worship or enjoy. Values are the forces that govern behavior at the core of the personality. Behavioral temperaments of the individual are ruled by value-orientations, attitudinal dispositions, and belief systems with specific reference and relevance to broader social context of the individual.” A value orientation is important for the preparation of a good future for mankind. It is a matter of experience that mankind reacts to human behavior sometimes with approval and sometimes with disapproval. Not only the individual but society makes judgments on various kinds of human behavior.

Imparting value education and reforming the society were the only aims and objectives of the teachers of ancient age. But in the present scenario, due to manifold changes in various aspects of our civilization such as population explosion, advancement in science and technology, knowledge expansion, rapid industrialization, urbanization, mobilization, IT revolution, liberalization, privatization & globalization as well as the influence of western culture, present society has become highly dynamic. Growing global poverty, pollution, hunger, disease, unemployment, unsociability, caste system, child labor, gender inequality, ill-treatment of women, violence, disability, exploitation of natural resources and many such evils have caused



value- crisis on the globe, adversely affecting the core human values such as honesty, sincerity, morality and humanity. To overcome the problems of the present era, inculcation of values among individuals and promotion of values in educational system, as well as society, is highly essential.

The need of values as follows:

- To guide the human beings in the right path, to inculcate the concept of Universal Brotherhood and to achieve the absolute values of Truth, Goodness and Beauty.
- To give direction and firmness to life and bring joy, satisfaction and peace of life to preserve our culture and heritage and to develop morality and character
- To bring the behavioral changes towards positivism
- To promote the peace and harmony in the individuals and society
- To bring quality of life and sustainable development in the society.

Above all, the most important need is to inculcate the core values such as truth, righteousness, peace, love and nonviolence among the people to make them good human beings in true sense. Education should foster universal and eternal values, and be oriented towards the unity and integration of our people. It is therefore, essential to explore and identify the concrete devices for the incorporation of values in education.

### **Importance of Value Education**

In the current times, Teachers concentrate on imparting technical education to their students so that the increasing needs of the information technology (IT) industry are met with the students. Success is perceived in terms of equipping students with scientific and technical knowledge rather than in developing human beings who possess a sound understanding of good human values. Education is not just about learning skills (how to) but also about the ability to decide on what (what to do?) and why (why to do?). It should lead to the development of critical ability in students towards distinguishing between essence and form, or between what is of value and what is superficial in life. It should develop their understanding which is a pre-requisite for a movement from a rule-based society to a relationship-based society. Developing the right understanding about oneself and the rest of reality through self-exploration and realization of the inherent co- existence, harmony and self-regulation at various levels of existence is seen to be the real basis of imbibing universal human values and ethical human conduct. This is what will affect transformation towards a holistic worldview (human consciousness) which happens to be the prime purpose of value education.

Values are a set of desirable behavior which is good for the individual and also the society. Values are not taught, lectured about or professed; they are only demonstrated. The parents and teachers make maximum impact on the personality of an individual in the formative years of life which remains all through the life.

In order to train students on importance of good human values, educational institutions such as school, colleges and universities need good teachers and mentors who can serve as role models. Training of teachers is an extremely important pre-requisite for implementation of any value education program in any institution. Just as for a course on engineering design, it is important that the teacher himself should be a good designer, it is even more important that a teacher involved in value education is himself a value driven person. Teachers of value education have necessarily to be role models for their students.

### **Value Education: Need of The Hour**

Values are standards or principles considered important in life. They come from within and also by practicing. They are the foundation of human existence. Without the knowledge of values society cannot sustain. Values tell a man to differentiate between good and bad, what one should do and what one should abstain from. They make our life meaningful. Due to dearth of values in the present generation the curriculum must give prominence to value education. Value education has never been out of style. It is very relevant in almost all the fields concerning human activity. Dr. Gururaj Karajagi, Academic Director of Jain International Residential School, Bangalore states the dichotomy staring at us in life. He says we have outstanding doctors who are in to organ robbery, brilliant engineers whose bridges collapses soon after their bills are passed, accountants who rob government treasury by manipulation, civil servants who rule as emperors, politicians with fake promises. All of them are best educated and trained but their intellectual dishonesty is horrifying.

### **Role of Teachers in Inculcating Values**

In school, children are members of a small society that exerts a tremendous influence on their moral development. Teachers serve as role model to students in school; they play a major role in inculcating their ethical behavior. Peers at school diffuse boldness about cheating, lying, stealing, and consideration for others. Though there are rules and regulations, the educational institutions infuse the value education to the children in an informal way. They play a major role in developing ethical behavior in children. We should visualize education as a whole, having to do directly with all disciplines. Being a teacher involves being so many things at the

same time that it might amuse you...you become a second parent to those students, many times a social worker, a psychologist, a therapist, a simple listener. You are also a model for them to follow. It is in the teacher's compromise towards education to try to help those students to be the best they can be, and if that involves trying to teach them the morals of society, then that are what a good teacher does. In Puerto Rico, it is indispensable for teachers to teach moral values, we must dedicate at least 5-10 minutes of our 50-minute classes to the discussion and the teaching of moral values. There must be no religion involved: just the teaching and review of values like love, integrity, sharing, dedication, responsibility, self-esteem, truth, tolerance...and so on. It's our responsibility as teachers to lead students to success, to a good and healthy life, to a life where hate, defiance, challenge of authority and disrespectful actions are not the answers to our problem.

Dealing with values and moral issues is recognized as an integral part of teachers' roles. Especially in culturally heterogeneous societies teachers face multiple values that students and their families may hold. The study reported in this article explores different conceptions of teachers' moral roles aiming to develop an instrument for assessing teacher beliefs about those roles that could be used in teacher development. Paternalist, liberal and social-relativist conceptions of teachers' moral roles were operationalized using data collected in three focus groups with teachers from Bosnia & Herzegovina and Serbia discussing cases of school practices involving value-laden issues. Initial items for construction of a questionnaire for teachers were generated from teachers' utterances to ensure ecological validity. Implications for teacher development and future research are discussed.

A teacher can maintain values and nurture them. A teacher has an immense potential of bringing about a sea change in the society by demonstrating essential values of head and heart. Teacher can impart values in students by giving them instructions through discussion, experimentation and lectures and by the following mentioned ways:

- Teachers can maintain a case-study register to closely observe the students and note down the positive and negative traits of their personality.
- Teachers should also tell the students to maintain a spiritual diary in which they will surrender themselves to God and take an oath to follow the path shown by him.
- By organizing cultural and sports events values like team spirit, sharing, spirit of cooperation, patience, courtesy etc. can be imparted.
- National and religious festivals must be celebrated to foster a feeling of homogeneity.



- “Thought for the Day” should be employed in assemblies. Moral thoughts trigger in them moral thinking.
- Teachers should give importance to cooperative learning.
- Skits, role plays propagating moral values can be performed by students under the guidance of teacher.
- Teacher must tell the students to go to the libraries- the treasure house of knowledge. Classics available in the library are morally rich and inspiring.
- Teacher must explain the students the importance of meditation & yoga practices for realization or the attainment of oneness with God.
- Every day a teacher must spend at least 5 minutes on moral lecturing.
- Impart knowledge of foreign languages to make them know different cultures.
- Organize games, excursions, visits to places of historical importance. Club activities like nature club, literary club, wildlife prevention club, social service camps, blood donation etc.
- Suicidal tendencies in students should be curbed. They must be prepared by the teacher to face the challenges of life fearlessly and with courage.

Educational institutions can also inculcate value education through the following ways:

- Cleanliness Programme in the institution
- Community service programmes
- Social service programmes
- First-aid programmes
- Celebration of national days and festivals, dramas depicting values
- Student participation or self-government in institutions
- Silent meditation
- Observation of punctuality by all
- Equal treatment to all in the institutions
- Lecture or talks emphasizing on the unity of all religions, harmony and national integration.

The most important agent for building the character of the student is a teacher. Swami Vivekananda says that “character is nothing but a bundle of habits formed through repeated acts. It comes through “**Samskaras**” or past impressions. Character building can change the nation.

As strong foundation is required for a strong building, strong character is required for nation-building.

### **Conclusion**

Thus, Teachers perform a significant character in the nation building by character building of the students. The greatest and the extreme profession in the world is that of a teacher, because the future of a nation depends upon the type of teachers who shape the future generations. Every teacher plays the most important role in shaping the students as enlightened citizen.

Swami Vivekananda's words should not be forgotten by the teachers - "Arise, Awake and Stop not till the goal is achieved".

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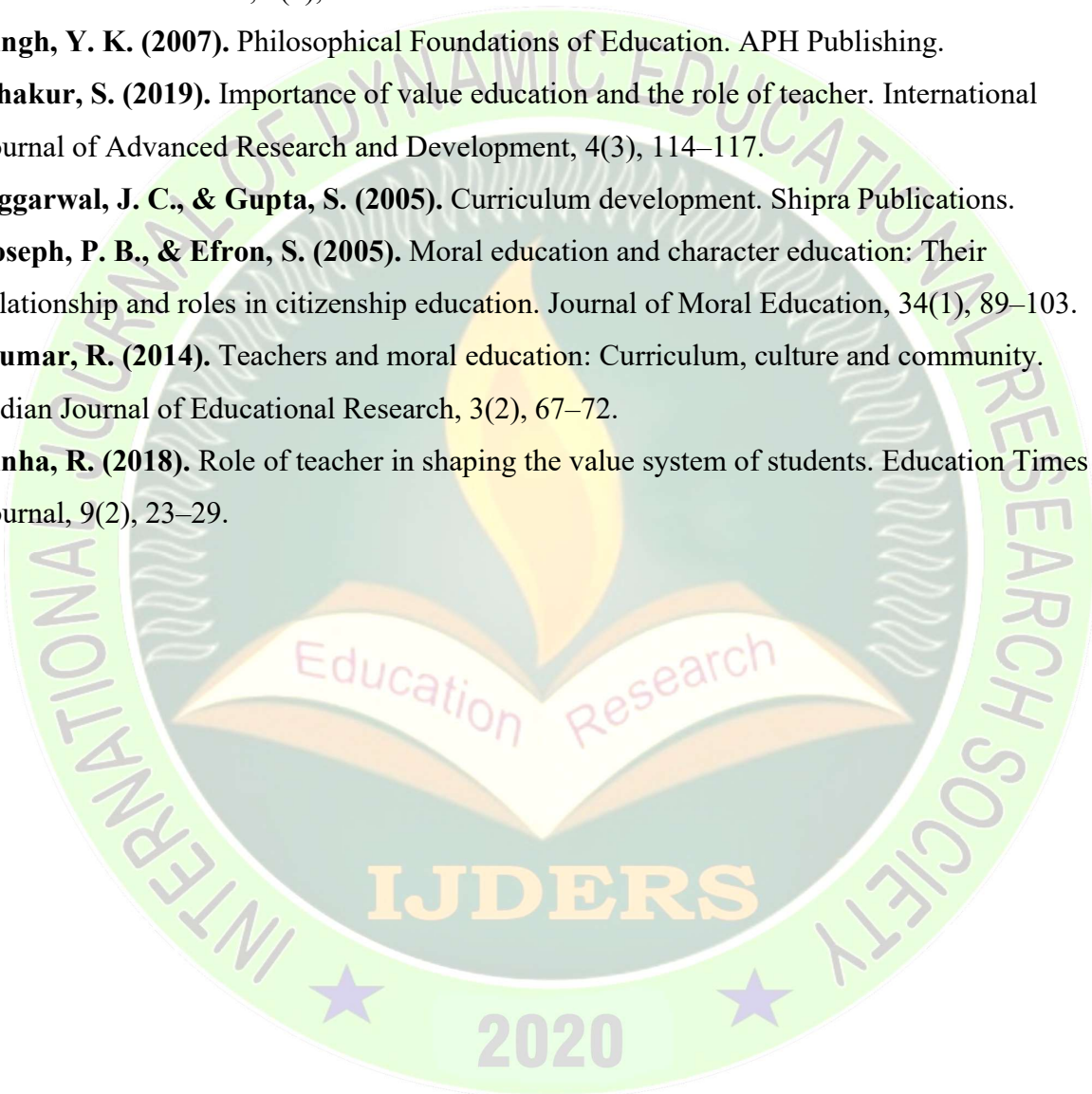
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## **Tribal Cultures, Identities, and Sports in Modern India**

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### **Abstract**

India's tribal communities, characterized by their rich cultural heritage and distinct identities, have long been associated with indigenous sports and traditional practices. In the modern era, the dynamics of tribal cultures, identities, and sports have undergone significant transformations due to globalization, urbanization, and state policies. This article explores the role of sports in preserving tribal identities, fostering community development, and integrating tribal communities into mainstream society; while also highlighting the challenges and opportunities they face in modern India.

**Keywords:** Sports, Tribal Society, Sociological Analysis, communities

### **1. Introduction**

India is home to a diverse range of tribal communities, collectively referred to as Adivasis, comprising 8.6% of the national population (Census 2011). These groups, spread across states like Jharkhand, Odisha, Chhattisgarh, Madhya Pradesh, and the northeastern region, have unique cultural traditions and identities. Sports, a vital component of their cultural practices, have historically played an essential role in community bonding and identity expression. However, the rise of modern sports and changing socio-economic landscapes pose challenges to the preservation of these traditional practices. This article examines the interplay between tribal cultures, identities, and sports in modern India, focusing on cultural preservation, socio-economic development, and policy interventions.

### **2. Tribal Cultures and Traditional Sports in India**

#### **2.1. Cultural Diversity and Tribal Identities**

Tribal communities in India have diverse languages, religions, and practices tied to nature and their environment. Cultural expressions like dances, rituals, and traditional sports are integral to their identities. These activities often coincide with festivals, religious ceremonies, and community gatherings.

#### **2.2. Indigenous Sports and Games**

Traditional sports among tribes are deeply embedded in their lifestyles. Some notable examples include:

**Archery:** Practiced by tribes like the Santhals and Bhils, reflecting their hunting traditions.

**Kabaddi:** Popular among rural and tribal communities, emphasizing teamwork and physical strength.

**Wrestling:** Common in central India, showcasing physical prowess and community pride.

**Thang-Ta:** A traditional martial art of the Meitei tribe in Manipur.

**Boat Races and Tribal Dances:** These often have competitive elements and are featured in festivals like the Hornbill Festival in Nagaland.

These traditional sports symbolize cultural heritage, physical fitness, and community bonding.

### **3. Impact of Modernization on Tribal Sports**

#### **3.1. Transition to Modern Sports**

Globalization and urbanization have introduced modern sports like football, cricket, and hockey to tribal communities. States like Jharkhand and Odisha have produced exceptional athletes in modern sports, especially in archery and hockey.

However, this transition often leads to the decline of traditional sports as younger generations gravitate toward mainstream activities for better career prospects.

#### **3.2. Challenges to Cultural Preservation**

The adoption of modern sports sometimes marginalizes indigenous games, risking the erosion of cultural heritage. Efforts to revive traditional sports face hurdles like limited documentation, inadequate promotion, and lack of infrastructure.

### **4. Tribal Athletes and Their Contributions to Modern Sports**

#### **4.1. Success Stories of Tribal Athletes**

Several tribal athletes have achieved national and international recognition, including:

**Deepika Kumari (Jharkhand):** World-renowned archer and Olympian.

**Dilip Tirkey (Odisha):** Former captain of the Indian hockey team.

**Jauna Murmu (Odisha):** Track and field athlete.

**Mary Kom (Manipur):** Boxing champion with tribal roots in the northeast.

These athletes serve as role models, inspiring tribal youth to pursue sports professionally and breaking stereotypes about tribal communities.

#### **4.2. Socio-Economic Benefits**

Sports provide tribal athletes with opportunities for education, employment, and financial stability. Government programs and sponsorships help uplift tribal communities, but challenges like discrimination, lack of facilities, and poor representation persist.



## **5. Government Policies and Initiatives**

### **5.1. Promoting Tribal Sports**

The Indian government has launched several initiatives to support tribal sports and athletes:

**Khelo India Program:** Promotes indigenous games and provides resources for tribal athletes.

**Special Area Games (SAG) Scheme:** Focuses on scouting and training talent in tribal regions.

**Eklavya Model Residential Schools (EMRS):** Includes sports as part of the curriculum to encourage participation among tribal students.

### **5.2. Reviving Traditional Sports**

Efforts to revive indigenous sports include documenting traditional games, organizing tribal festivals like the Hornbill Festival (Nagaland), and including these games in school sports programs.

## **6. Role of Sports in Tribal Identity and Community Development**

### **6.1. Cultural Preservation**

Sports act as a medium for preserving tribal identities, with traditional games often linked to rituals and folklore. Events like the Tribal Olympics and regional festivals help promote these activities.

### **6.2. Social and Economic Empowerment**

Sports foster community development by providing economic opportunities and enhancing social cohesion. Successful athletes contribute to community pride and act as ambassadors for their cultures.

### **6.3. Integration with Mainstream Society**

Participation in modern sports helps tribal communities integrate with mainstream society while showcasing their unique identities. However, it is crucial to ensure that such integration does not lead to cultural assimilation or loss of heritage.

## **7. Challenges and Recommendations**

### **7.1. Challenges**

**Marginalization of Traditional Sports:** The focus on modern sports often overshadows indigenous practices.

**Lack of Infrastructure:** Remote tribal areas lack access to training facilities and resources.

**Economic and Social Barriers:** Discrimination, poverty, and limited representation hinder the growth of tribal sports.

### **7.2. Recommendations**

Policies to promote traditional sports alongside modern ones.

Infrastructure Development: Build sports facilities in tribal-dominated areas.

### 1. Policy Support

- **Promote traditional sports:** Introduce schemes that incentivize participation in traditional sports like kabaddi, kho-kho, or archery alongside modern ones.
- **Education integration:** Include traditional sports in school curriculums and organize inter-school or inter-college competitions.
- **Funding and recognition:** Provide grants and recognition to athletes and organizations working to preserve and promote traditional sports.
- **Media campaigns:** Launch awareness campaigns highlighting the cultural significance and benefits of traditional sports.

### 2. Infrastructure Development

- **Sports hubs in tribal areas:** Build multipurpose sports centres that cater to traditional and modern sports, equipped with training facilities and professional coaches.
- **Grassroots engagement:** Consult with tribal communities to identify the sports they value and tailor facilities accordingly.
- **Mobile sports units:** Deploy mobile training and equipment units to reach remote tribal areas where permanent infrastructure may take longer to establish.
- **Talent scouting programs:** Organize talent identification camps in tribal regions and provide pathways for athletes to compete at state and national levels.

**Cultural Promotion:** Document and promote traditional games through festivals, media, and education.

**Inclusive Programs:** Ensure equal opportunities for tribal athletes through targeted initiatives and scholarships.

### 1. Targeted Initiatives

- **Special Sports Camps:** Organize regular sports training camps in tribal regions, focusing on traditional and modern sports. Partner with professional coaches to provide world-class training.
- **Reserved Quotas:** Allocate reserved slots for tribal athletes in state and national sports teams, along with admissions to sports academies.
- **Local Competitions:** Host regional competitions in tribal areas to create a platform for athletes to showcase their talents.

## **2. Scholarships and Financial Support**

- **Sports Scholarships:** Introduce exclusive scholarships for tribal athletes to support their education and training costs.
- **Training Stipends:** Provide monthly stipends to promising tribal athletes to cover nutrition, travel, and training expenses.
- **Equipment Grants:** Offer free or subsidized sports gear and equipment to athletes from underprivileged tribal communities.

## **3. Mentorship and Pathways**

- **Mentorship Programs:** Pair tribal athletes with established sports mentors or athletes for guidance and encouragement.
- **Direct Recruitment Pathways:** Create dedicated pathways for tribal athletes to join sports academies, armed forces, or public service roles through their sporting achievements.

## **4. Inclusion Awareness**

- **Community Sensitization:** Conduct awareness campaigns in urban and suburban areas about the importance of tribal athletes, highlighting their contributions to traditional and modern sports.
- **Media Representation:** Promote success stories of tribal athletes in mainstream media to inspire others and break stereotypes.

## **8. Conclusion**

Tribal cultures and sports are inseparable aspects of India's diverse heritage. In the modern era, sports serve as a platform for preserving tribal identities, fostering social inclusion, and promoting economic development. However, balancing tradition and modernity requires deliberate efforts to protect cultural practices while empowering tribal communities to thrive in mainstream sports.

By recognizing the importance of tribal sports and supporting tribal athletes, India can celebrate its rich diversity while ensuring a more inclusive society.

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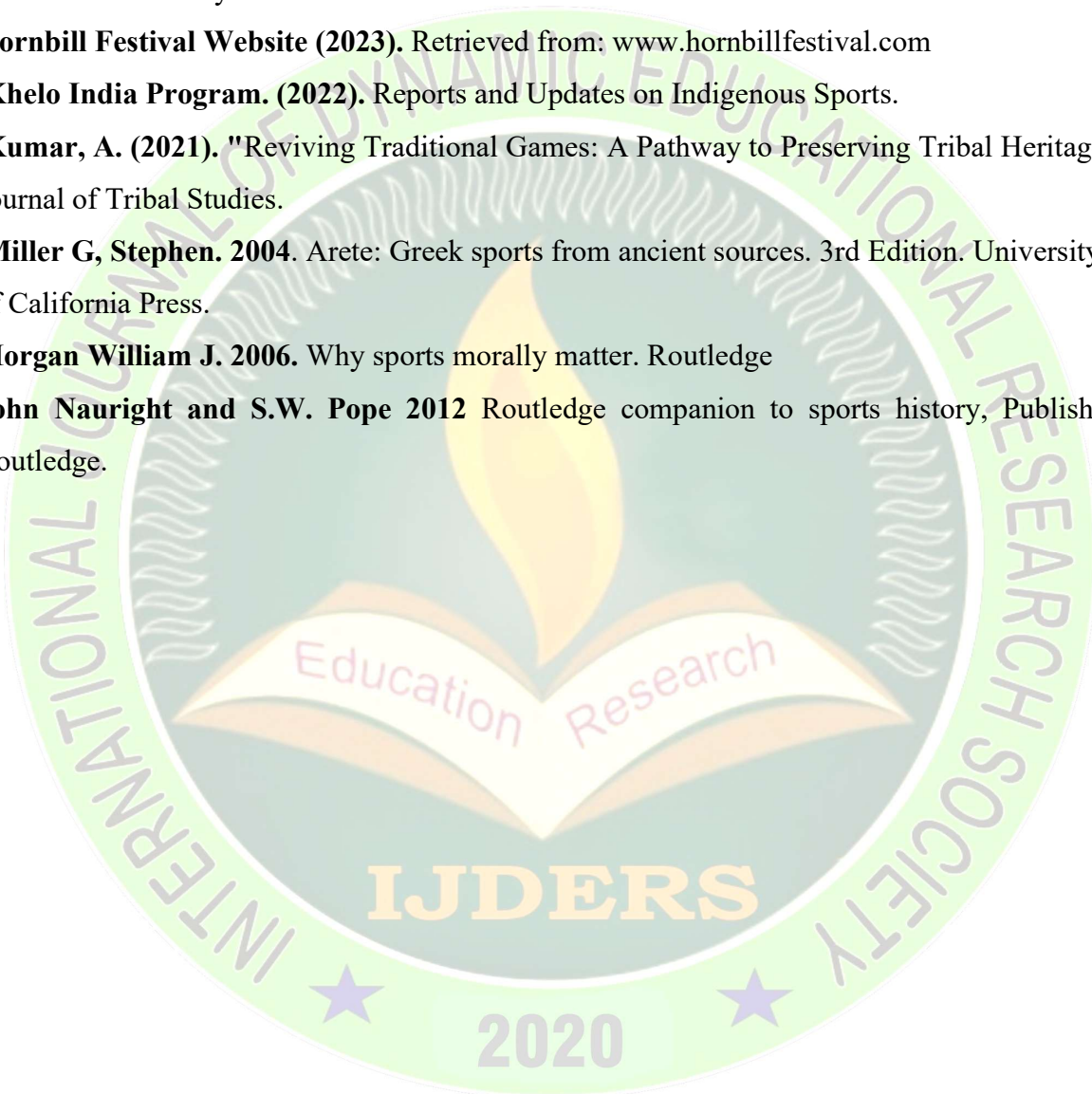
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## **As a counselor work in a school guidance and counseling**

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The Indian School Provided guidance and counseling Services from start 20 centuries but not paper system. Guidance and counseling is internal part of school in this experience paper. Experiential Guidance and Counseling Services.

### **Keyword – Guidance & Counseling in a School**

- ❖ Aims of Guidance and Counseling Programs
- ❖ School Guidance and Counseling Programs
- ❖ Role of Counselor
- ❖ Main Guidance and Counseling Services
- ❖ Main Methods of Counseling
- ❖ School Guidance & Counseling Program
- ❖ Conclusion

21 Century is ongoing technology. As human being behavior, cognitive, Psychological, change his/her phenomena. So that are of the function of education is to provide opportunities for every people to reach his full-ability, potential, Skill in the areas of education, Perfection, Vocational, Personal, Emotional, Over al Development. Guidance & Counseling is an integral part of education and center on children in school this service prepare students to assume increasing responsibility, ability, skillful.

Counselor is perform role as guide master, honest man, advisor, friends or together with in this paper experiential views.

1. **Aims of Guidance & Counseling programs** - Guidance & Counseling is schooling system part to aim services to the purpose of education in general to assessment the pupil/student in fulfilling her/his basic, common needs like that Psychological, Physical, Educational, Sociological, Career Etc.  
to developing associations with peer groups.

- a. Balancing between group, Controls, Educational, Sitting, achievement and gain self independence.
- b. Some Specific aims of school Guidance & counseling.
- c. To Provide for realization of students
- d. To help child with developing programs
- e. To contribute to the development of school programs and Curriculum
- f. To co-operation teacher with technical assistance.
- g. To develop natural adjustment of student
- h. To short out problems of students -personal-educational, career, social etc.

2. **Role of Counselor** – Counselor is Chain or Mirror of school because they are directly contact to the children so knowledge of children problems. children are feel various problems like that personal, social, education, career, etc. main role of counselor motivate to children counsel of children so that growth of student

a. **Personal/Social** – if guidance and counseling providing services for all students, ongoing drop out personal and social crisis counseling. Such that common problems- substance, abuse, suicide, irresponsible, bully, naughty, eating disorder, and life skill must be addressed.

b. **Educational** – Students must develop to skill that assessment of learn. The Counselor through classroom guidance and counseling like that exam preparation study tips, test taking skill, time management, memory techniques etc.

c. **Career information and Plants** - Every student are wants to make the career, so that career plan and information is important for life. Career planning for the future so on each counselor tuch each student. Students are gain target his/her career, skill information, etc. There are understand his/her career field, in the career field. Know your Self.

3. **Main Guidance & counseling Services** - Guidance & counseling Services all over development this program provide to personal services to students assessment, the placement, and information, follow-up and counseling assistance.

- a. Assessment
- b. Career Information
- c. Placement and Follow-up
- d. Guidance
- e. Counseling



**4. Main Methods of counseling** – Counseling is one of the basic functions of the school guidance program. Counseling Skills are need by school principals, teacher, advisors, pti, sponsers well by counselors, there are counseling methods are genrally classified into three type

a. Directive

b. Non Directive

c. Eclectic

**4. Counseling Approaches –**

a. Psychodynamic Approach

b. Behavioral Approach

c. Humanistic Approach

d. Cognitive Approach

e. Systematic Approach

f. Integrative Approach

**5. School Guidance & Counseling Program**

1. An Organize Guidance & Counseling Committee – Principal, Counselor, Health Officer, Monitor & Class teacher

a. Guidance & Counseling Room – With Well Plan

b. Sitting with

i. Teacher- Needed Children identification

ii. Subject Teacher - With Descuse for Subject Problem

c. Class Talk – 10-30 Talks

d. Career Talk – 10-30 talks (Career Monograph/ Work Place Visit and Professional meet)

e. Psychological testing – 3-10 test

f. Career Testing – 3-10 test

g. Case Study

h. Student Portfolio

i. Guidance & Counseling Session

j. Physical Exercise/Yoga/Meditation/Stress Management

k. Reporting – Career Report, Performance Report

l. Open Day – Report, Meet to Parents, Peer group, Friends.

m. School Guidance & Counseling information card

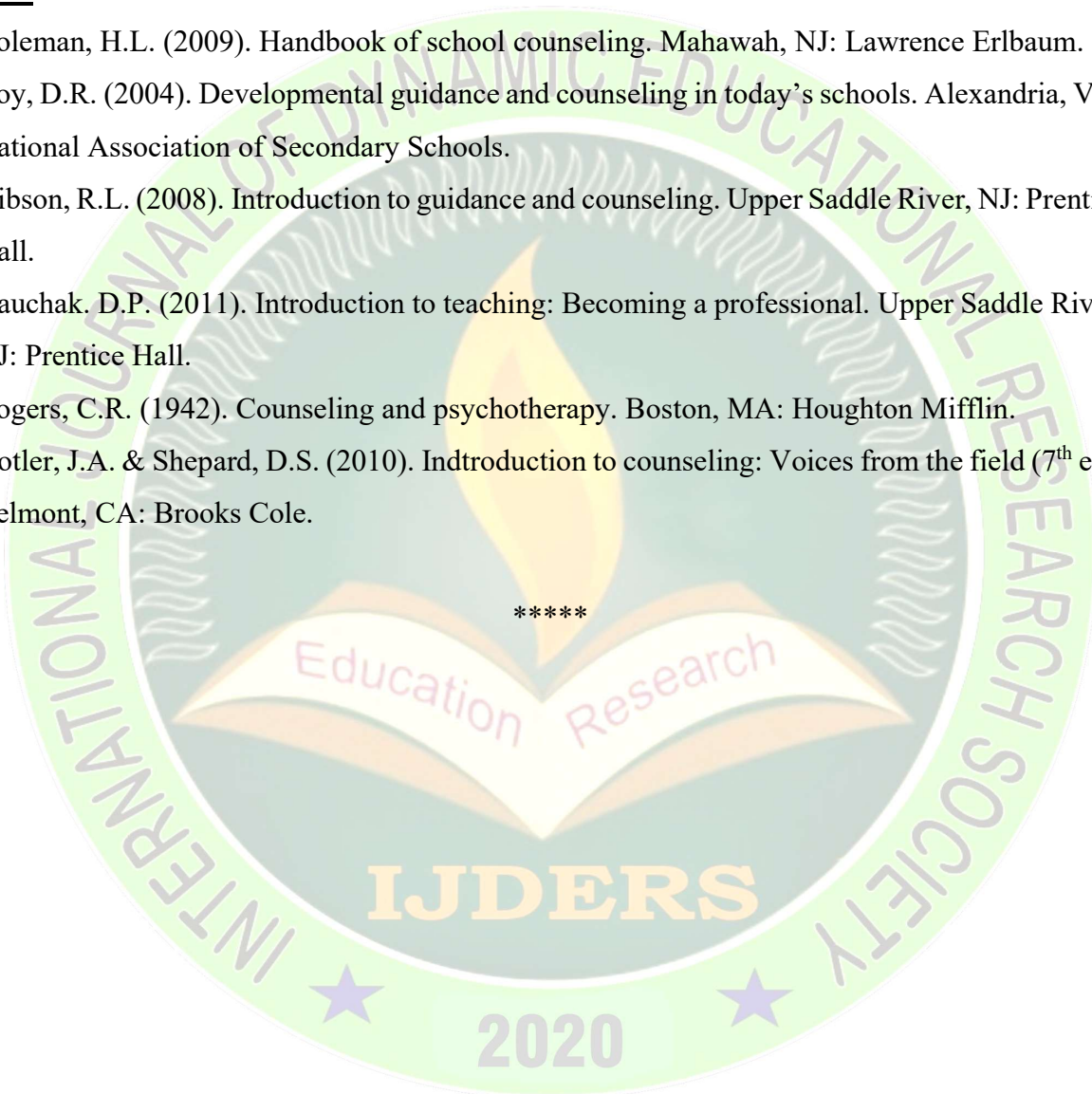
n. Counselor Report – Any Special Case

4. **Conclusion** – 21 Century Scenario is Change of School. In this Century is Child Centered Education. Guidance & Counseling Service Play an Integral Part into overall Student Development or Life. Any Elementary or Secondary School Main Aim or Object to develop all students with one to one individual. To solve their own problems and to make appropriate adjustment to their phenomena. Guidance & Counseling necessary need of school.

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## **Health of The Chakma Women of Mizoram In India**

<sup>1</sup>Dr.Pulak Chandra Devnath,

### **INTRODUCTION**

Health is considered as a fundamental human right and a worldwide social quality life. A healthy person is an asset to the society. A person can be considered as healthy only if she/he is physically, mentally and socially well. A person is healthy only if she/he is free from diseases and all the organs of the body function normally in relation to age and sex. She/he understands his/her emotions, instincts and the tendencies, which further lead to understand other's emotions, trait and behaviour. She/he has regular and qualitative healthy interaction/relation with family members, friends and other concerned individuals of the society. All over the world, efforts are being made to promote health of the people by increasing awareness, mobilizing community action and improving or creating the conditions required for better health. Health of women is not merely a state of physical well being but also an expression of many roles they play as wives, mothers, health care providers in the family and in the changed scenario even as wage earners.

Women's health refers to health issues specific to female anatomy. These often relate to structures such as female genitalia and breasts or to conditions caused by hormones specific to, or most notable in, females. Women's health issues include menstruation, contraception, and menopause and breast cancer. They can also include medical situations in which women face problems not directly related to their biology, for example gender-differentiated access to medical treatment.

### **Rationale of the Study**

Health is an important indicator of education and socio-economic development. Women health is very important on which all the home and family management depends. Health of the women in rural and tribal area is badly affected compare to urban and plans area. Health facilities in rural and tribal area are also not up to the mark like urban area. The people of the rural and tribal area are also not highly educated and number of illiterate is more. Most of the people in rural area even do not have the basic first-aid and health consciousness. The CADC is the most backward district in the state of Mizoram and literacy rates in this district is very less compare to state average. So many studies have been conducted on the women's health in the country



but no study has been conducted on the Chakma women in CADC that is why the researcher has conducted this study.

### **Objectives of the Project**

The study has been conducted on the following objectives:

1. To study the health conditions of the Chakma women in CADC.
2. To find out the major health difficulties suffered by the Chakma women.

### **Population and Sample**

The total population of Chakmas in Mizoram is 55,413 (2015 Village Council Population). The Chakmas mainly live in the Chakma Autonomous District Council. There are 20 MDC constituency including 83 villages. So the researcher has selected one village i.e Udalhana-I for the study. There are 274 families in Udalhana-I and their total number of population is 1126. The researcher has selected 50 families from Udalhana-I for the sample of the study.

### **Tools used**

Family Health information blank has been prepared and used for the purpose of data collection. Percentage analysis, mean, etc. has been used for the treatment of data.

### **ANALYSIS AND INTERPRETATION OF DATA**

The present chapter concerned with the process of analysis and interpretation of the data collected through various tools and techniques in different phases. The quantitative as well as qualitative data were collected for the present research. The tools used for the purpose were family health information blank.

There were different types of items in the family health information blank used for the data collection. These were multiple choice, yes/no, open-closed types. The responses to each multiple choice type and yes/no type were analysed in terms of frequency of the respondents agreement or disagreement with a particular response. The frequency was further converted into percentages. The open-end type items were analysed qualitatively.

#### **Number of Members in a Family**

**Table no-1**

Members	No. of Family	Total Population
1	3	3
2	3	6
3	9	27
4	15	60

5	12	60
6	6	36
7	2	14
<b>Total</b>	<b>50</b>	<b>206</b>

The population of Chakma in Udalthana-I of 50 samples household is 206 and it is found that most of the families have 4 and 5 members. 9 families were found where each has 3 members in the family. Only 2 families found which having 7 members in the family.

#### **Number of Female Member in the Family**

**Table no-2**

<b>Number of Members</b>	<b>Number of Family</b>	<b>Total Population</b>
1	19	19
2	17	34
3	10	30
4	3	12
5	1	5
<b>Total</b>	<b>50</b>	<b>100</b>

The above table shows that in all the 50 sampled family, out of 206 total populations 100 peoples are found female.

#### **Educational qualification/Level of Education of House-wife**

**Table no-3**

<b>Level of Education/EQ</b>	<b>No. of House-wife</b>
<b>Nil</b>	28 (56%)
<b>Primary (I-IV)</b>	13 (26%)
<b>Upper Primary(V-VIII)</b>	5 (10%)
<b>High School(IX-X)</b>	4 (8%)
<b>H. S. L. C</b>	0
<b>H. S</b>	0
<b>B. A</b>	0
<b>Total</b>	<b>50</b>

Education of the house-wife is also most important because the better education creates better healthy environment. The above table shows that 56 percent house-wife i.e. 28 housewife out of 50 family don't have any formal education. Only very few i.e. 36 percent of the house-wife

has completed only primary and upper primary level of education. Only 8 percent housewife reached in high school level of education but nobody reached at higher level of education. Here, it is seen that women are very backward in education compare to men.

#### **Housewife engaged in different occupation**

**Table no-4**

Occupation	No. of Housewife
<b>Cultivation</b>	1 (2%)
<b>Animal husbandry</b>	0
<b>Skilled labour</b>	0
<b>Manual labour/Unskilled labour</b>	5 (10%)
<b>Business</b>	6 (12%)
<b>Job holder</b>	0
<b>Housewife</b>	38 (76%)
<b>Total</b>	<b>50</b>

The above table shows that out of 50 sampled household 1 housewife is engaged in cultivation, 10 percent of housewife engaged in manual labour for their livelihood, 12 percent are engaged in business and other 76 percent housewife do not go for other works except household activity.

#### **Monthly income from all sources (Total income in a Family)**

**Table no-5**

Range of Income	No. of Family
Below Rs. 10,000/-	16 (32%)
10,001- 20,000/-	33 (66%)
20,001-30,000/-	1 (2%)
30,001-40,000/-	0
<b>Total</b>	<b>50</b>

Household income is the most important indicator of economic well-being of any community which also related with the availing of better health services. In sample, 32 percent of house hold viewed that their monthly income from all sources is below 10,000/- who mainly depends on cultivation and manual labour, and 66 percent household viewed that their total monthly income from all sources is 10,001-20,000/- who depends on some business and they have also



some portion of agricultural land. Only 1 household viewed that their monthly income in family from all sources is 30,001-40,000/-.

### **Type of drinking water**

Drinking water, also known as potable water, is water that is safe to drink or to use for food preparation. The amount of drinking water required varies. It depends on physical activity, age, health issues, and environmental conditions. Americans, on average, drink one litre of water a day and 95% drink less than three litres per day. For those who work in a hot climate, up to 16 litres a day may be required. Water is essential for life. Typically in developed countries, tap water meets drinking water quality standards, even though only a small proportion is actually consumed or used in food preparation. Other typical uses include washing, toilets, and irrigation. Grey water may also be used for toilets or irrigation. Its use for irrigation however may be associated with risks. Water may also be unacceptable due to levels of toxins or suspended solids. Globally, by 2015, 89% of people had access to water from a source that is suitable for drinking - called improved water source. In Sub-Saharan Africa, access to potable water ranged from 40% to 80% of the population. Nearly 4.2 billion people worldwide had access to tap water, while another 2.4 billion had access to wells or public taps. The World Health Organization considers access to safe drinking-water a basic human right. About 1 to 2 billion people lack safe drinking water, a problem that causes 30,000 deaths each week. More people die from unsafe water than from war, U.N. Secretary-General Ban Ki-Moon said in 2010.

**Table no-6**

<b>Response</b>	<b>Number of Household</b>
<b>Normal Water</b>	37 (74%)
<b>Boiled Water</b>	6 (12%)
<b>Filtered Water</b>	7 (14%)
<b>Both Boiled and Filtered Water</b>	0
<b>Total</b>	<b>50</b>

Good health only depends on if we drink safe and pure hygienic water. The above table reveals that 74 percent household drink normal water, 12 percent household drink boiled water and 14 percent household viewed that they drink filtered water. Here, it is seen that most of the people drink unhygienic water which they collect from the river or reserved supply water which is not purified.

### **Number of households having lavatory facility in home**

Lack of proper sanitation is a serious issue that is affecting most developing countries. The importance of hygienic toilets lies in an effort to prevent diseases which can be transmitted through human waste, which afflict both developed and developing countries. It is estimated that up to five million people die each year from preventable waterborne diseases due to inadequate sanitation (WHO). Most of the affected are young children below the ages of five and women and girls. In many private and public institutions such as bus stations, drinking places, offices and surprisingly even police stations, courts and other government institutions, toilets do not receive proper attention as compared to the rest of the buildings. And sometimes the situation is exasperated by the public users who do not exhibit toilet etiquette. Worse still, some individuals are not civic-minded or concerned about others when they use public toilets. It only needs a few individuals who are careless about hygiene to turn clean toilets into dirty ones. Some people are in the habit of not flushing toilets after use, while others squat on the seat. It must be noted that no matter how beautiful the buildings or premises are, if the toilets are dirty, the country is seen as backward. Toilets must always be kept clean by making sure they have good hygiene services like soap dispensers.

The lavatory facility is also another important indicator of health consciousness. The study shows that percent of household have lavatory in their home to respond to the 'call of nature'. But most of the lavatories are not in hygienic condition.

### **Number of housewife having health problems or suffering from disease**

Table no-7

Response	No. of Housewife
Yes	6 (12%)
No	44 (88%)
Total	50

The above table shows that 12 percent housewife has been suffering from headache problem and 88 percent housewife viewed that nobody has been suffering from any health problems or diseases.

### **Number of children having health problems or suffering from disease**

**Table no-8**

<b>Response</b>	<b>No. of Housewife</b>
<b>Yes</b>	28%) stomach, malaria
<b>No</b>	36 (72%)
<b>Total</b>	<b>50</b>

The table shows that 28 percent children have been suffering from stomach problems and malaria. Out of 50 sampled family 72 percent housewife viewed that no children has been suffering from any kind of diseases.

#### **Number of women faced problem during pregnancy**

During your pregnancy you may have a number of annoying problems that are not dangerous but may need some attention. These problems include cramps, urinary frequency and incontinence, heartburn and indigestion, varicose veins, backache, constipation, hemorrhoids and thrush. Leg and foot cramps are most common during the second half of pregnancy and usually happen at night. Urinary frequency is when need to urinate (pass urine) more often than usual. This can be a problem in the first 12–14 weeks of pregnancy. After this, urinary frequency is not usually a problem until the last weeks of pregnancy, when the baby's head sinks lower into the pelvis ready for delivery. Heartburn is a very common and uncomfortable problem during pregnancy. Many women find their nose becomes blocked up and runny, and sometimes bleeds for no obvious reason. This is probably because of pregnancy hormones, which cause the delicate lining of the nose to soften and swell. It can start in the first few months, and last until baby is born. When women are pregnant it is quite common to become constipated (this is when their bowel motions are hard and difficult to pass). If not treated, constipation can lead to hemorrhoids (piles), which are swollen veins around their anus (bottom). Many women notice that they have an increased vaginal discharge during pregnancy. This is quite normal, unless the discharge becomes thick, is itchy, uncomfortable or has an unpleasant smell.

**Table no-9**

<b>Response</b>	<b>No. of Housewife</b>
<b>Yes</b>	49 (98%)
<b>No</b>	1 (2%)
<b>Total</b>	<b>50</b>



The study shows that 98 percent women had faced problem during their pregnancy and 2 percent housewife viewed that they did not face any problem during their pregnancy. Cent percent housewife viewed that they faced problem during delivery of baby.

### **Members having eye problems/visual difficulty**

Some eye problems are minor and don't last long. But some can lead to a permanent loss of vision. Common eye problems include: Refractive errors, Cataracts - clouded lenses, Optic nerve disorders- including glaucoma, Retinal disorders - problems with the nerve layer at the back of the eye, Macular degeneration - a disease that destroys sharp and central vision, Diabetic eye problems, Conjunctivitis - an infection also known as pinkeye.

Table no-10

Response	No. of Housewife
Yes	12 (24%)
No	38 (76%)
Total	50

The above table shows that 24 percent housewife is having their eye problems and 76 percent housewife responds that they do not having any kind of eye problems which means their visual acuity is good like a normal person.

### **Number of women suffered from frequent urination or painful urination (Cystitis)**

Cystitis is an inflammation of the bladder. Inflammation is where part of your body becomes irritated, red, or swollen. In most cases, the cause of cystitis is a Urinary Tract Infection (UTI). A UTI happens when bacteria enter the bladder or urethra and begin to multiply. This could also happen with naturally occurring bacteria in the body that become imbalanced. These bacteria lead to an infection and cause inflammation. Cystitis does not always come from an infection. For example, certain medicines and hygiene products can also cause inflammation. Treatment for cystitis depends on its underlying cause. Most cases of cystitis are acute, or occur suddenly. Interstitial cystitis cases are chronic, or long term. Cystitis can affect anyone, but it occurs most often in women. Symptoms of cystitis can include: frequent urge to urinate, urge to urinate after you've emptied your bladder, cloudy or strong-smelling urine, a low fever if in combination with a UTI, blood in urine, pain during sexual intercourse, sensations of pressure or bladder fullness, cramping in abdomen or back. If a bladder infection spreads to your kidneys, it can become a serious health issue. In addition to the symptoms listed here, symptoms of a

kidney infection include: nausea, vomiting, back or side pain, chills. Also, two additional symptoms, fever or blood in the urine, aren't symptoms of cystitis in themselves. However, they may occur in association with the other symptoms of a kidney infection.

**Table no-11**

Response	No. of Housewife
Yes	6 (12%)
No	44 (88%)
Total	50

The study found that 12 percent housewife are having or suffered from frequent urination or painful urination which is called cystitis and 88 percent housewife not suffered from cystitis.

### **Irregularities in menstrual cycle**

Every woman is different -- including her periods. Some happen like clockwork. Others are hit or miss and unpredictable. On average, a woman gets her period every 24 to 38 days. A period usually lasts about 2 to 8 days. Many things can cause irregular periods. Changes in women body's level of the hormones estrogen and progesterone can disrupt the normal pattern of their period. That's why young girls going through puberty and women approaching menopause commonly have irregular periods. Other common causes of irregular periods include: Having an intrauterine device (IUD), Changing birth control pills or using certain medications, Too much exercise, Polycystic ovary syndrome (PCOS), Pregnancy or breastfeeding, Stress, Overactive thyroid (hyperthyroidism) or underactive thyroid (hypothyroidism), Thickening of or polyps on the uterine lining, Uterine fibroids.

**Table no-12**

Response	No. of Housewife
Yes	9 (18%)
No	41 (82%)
Total	50

The study shows that 18 percent housewife viewed that they are having irregular menstruation and 82 percent housewife viewed that they are not having such kind of anomalies in their menstruation cycle.

### **Number of women having frequent headache**

Headache is one of the most common health-related conditions in India, with around 15 per cent of us taking pain-relieving medication for a headache at any given time. It is likely that nearly all of us will experience headache during our lifetime. People of any age can be affected,

but people between the ages of 25 and 44 years are more likely to report having a headache. There are different types of headache and many different causes, which explain why the condition is so common. Most headaches have more than one contributing factor. Some of the more common triggers for headache are lifestyle related, such as poor diet, stress, muscle tension, and lack of exercise. Serious underlying disorders, such as brain tumours, are rarely the cause of headache, although persistent headache should always be investigated by a doctor.

**Table no-13**

Response	No. of Housewife
Yes	16 (32%)
No	34 (68%)
Total	50

The table shows that 32 percent housewife having frequent headache and 68 percent housewife not having frequent headache.

#### **Smoking habit among the women**

No matter how we smoke it, tobacco is dangerous to our health. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. The substances we inhale don't just affect your lungs. They can affect your entire body. Smoking can lead to a variety of ongoing complications in the body, as well as long-term effects on our body systems. While smoking can increase our risk of a variety of problems over several years, some of the bodily effects are immediate. Some common affect of smoking are mood stimulation, early menopause, anxiety and irritability, poor vision, smelly hair, dull sense of smell and taste, unhealthy teeth, bronchitis, lung cancer, persistent coughing, constricted blood vessels, heart disease, COPD (chronic obstructive pulmonary disease), high cholesterol, loss of appetite, immune system, yellow fingers, cervical cancer, infertility, wrinkly skin, erectile dysfunction, problems with pregnancy and newborns, diabetes complications, blood clotting, cancer connection, increased risk of blood cancer etc.

**Table no-14**

Response	No. of Housewife
Yes	17 (34%)
No	33 (66%)
Total	50



Smoking is also prevalent among the Chakma women. The study found that 34 percent women smoke and 66 percent housewife do not smoke.

**Tobacco habit among the women**

Table no-15

Response	No. of Housewife
Yes	38 (76%)
No	12 (24%)
Total	50

Tobacco habit is more prevalent among the Chakma women. Out of 50 sampled housewife 76 percent viewed that they have tobacco taking habit and 24 percent do not take tobacco.

**Alcohol habit among the women**

Table no-16

Response	No. of Housewife
Yes	12 (24%)
No	38 (76%)
Total	50

The above table shows that 24 percent housewife viewed that they take alcohol and 76 percent housewife do not take alcohol.

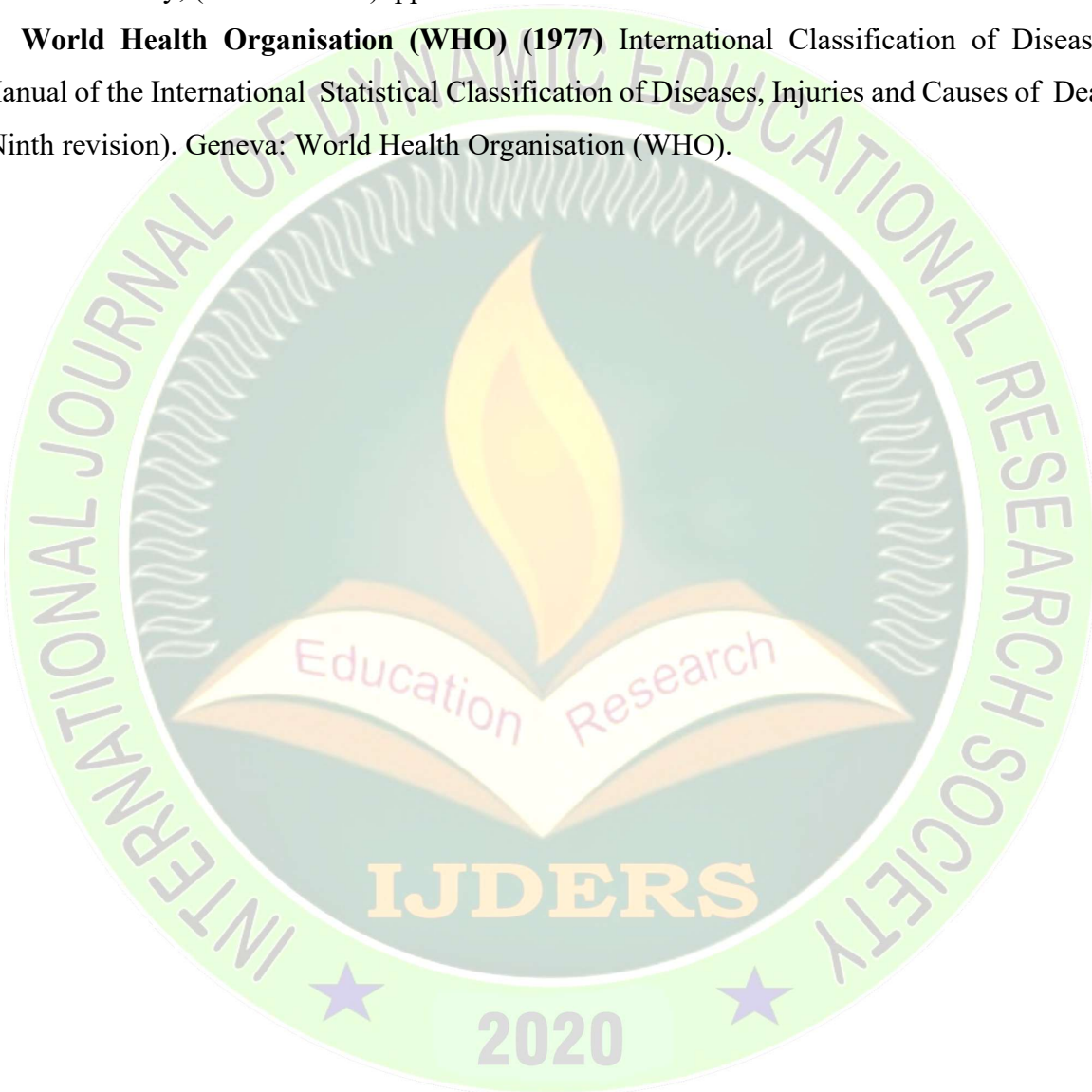
**Dispensary or hospital or primary health centre nearby house**

There is no dispensary or hospital or primary health centre in Udalthana village. The housewife of the sampled village viewed that it is very difficult to get health services in that place and specially they face problem in emergency health problems.

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## **Higher Education System In Indian: Challenges & Suggestions**

**<sup>1</sup>Dr. Dharma Ram Saran**

### **Abstract**

Higher education system plays an important role for the country's overall development which includes industrial, social, economic etc. Indian higher education system is third largest in the world. The role of Indian higher educational institutes such as colleges and universities in the present time is to provide quality based education in the field of education, research etc to empower youth for self sustainability. This paper includes the key challenges that India is currently facing in higher education and also includes some initiatives taken by the government to meet those challenges.

**Key Words :** Higher education system, Empower, Self Sustainability.

### **Introduction**

Higher education means different things to different people. If we talk about higher education in terms of level, it means to gain higher educational qualification by the teaching-learning process in the higher educational institutes such as colleges and universities. Moreover higher education imparts knowledge, develops the student's ability and also gives him/her a wider perspective of the world around. Higher education becomes input to the growth and development of industry and also seen as an opportunity to participate in the development process of the individual through a flexible education mode

### **[1]. Higher Education in India:**

China and United States India has the third largest higher education system in the world in terms of size and its diversity and largest in the world in terms of number of educational institutions. After independence Indian higher education attain a massive growth[2].

In the Indian system, higher (tertiary) education starts after the 10+2 (i.e. ten years of primary and secondary education flowered by two years of senior secondary education). Framework of higher education in India is very complex. It includes various type of institutions like universities, colleges, institutes of national importance, polytechnics etc. Universities are also of different types like central universities which are formed by government of India, by an act of parliament which are responsible for arranging and distributing resources required by university grant commission(UGC), State universities, Deemed universities (aided and unaided) and Private universities[3].



India has a federal set-up and the Indian constitution places education as a concurrent responsibility of both the centre and state. While the centre co-ordinates and fixed standards in higher and technical education, school education is the responsibility of state [4]. Under the department of higher education there are several regulatory bodies and research councils which are responsible for the higher education in India.

**Regulatory Bodies:**

University Grant Commission (UGC)

All India Council for Technical Education (AICTE)

Council of Architecture (COA)

Research Councils: Indian Council of Historical Research (ICHR)

Indian Council of Social Sciences Research (ICSSR)

Indian Council of Philosophical Research (ICPR)

National Council of Rural Institute (NCRI)

Project of History of Indian Science Philosophy and Culture (PHISPC)

Challenges of Higher Education System in India:

- Gap between the Supply and demand: In higher education, India has a low rate of enrolment i.e. gross enrolment ratio (GER), at only 19%. If we compared to china and brazil GER is 26% and 36% respectively [5]
- Lack of Quality Research work: There is no shortage of funding for the top Indian Institutions such as IITs, IIMs and other institutes of national importance. However, budget for the Research is not under spent due to the insufficient good quality research work. Due to the limited focus on Research and Internationalization, very few Indian higher educational institutes are globally recognized.
- Number of Research papers published in India has increased continuously for the past few decades but reflected in low citation impact if compared with other countries like Germany, United States, China. and France
- Indian higher education is facing with the problem of poor quality of curriculum. In most of the higher educational institutes curriculum is out-dated and irrelevant.
- Shortage of Faculty and High Student-Faculty Ratio: In most of the state and central universities more than 30% of faculty positions are lying vacant. While the student enrolment in higher education is growing with faster rate in the last few years.

- Inadequate Infrastructure and Facilities: Apart from the highly recognized higher educational institutes in India most of the colleges and universities lack in the basic and high-end research facilities. Many institutes are running without proper infrastructure and basic facilities like library, hostels, transport, sports facility etc. which is desirable to rank the quality institution.
- Presently there is a very less collaboration of higher educational institutes with industries.
- Low employability of graduates is one of the major problems in India. Only a small proportion of Indian graduates are considered employable. Placement outcome also drop significantly as we move away from the top institutes.

**Initiatives taken by the government in the area of human resource development:**

- A project has been taken up to make a national digital library of eBooks on various subjects and topics and another set up through which highly qualified faculty of centrally sponsored institutions like IITs, IIMs and central universities would offer online courses free of cost.
- Another special scheme called “Udaan” for girl students has launched by the Central government. Under this scheme mentoring and scholarship will be provided to enable meritorious girl students to transit from schools to technical education without any difficulty and also to promote teaching and learning of mathematics and science at senior secondary school level by providing free resources
- The Central Government has also launched a scheme called Unnat Bharat Abhiyan for the promotion of technologies from the laboratory to the ground. Under the scheme, higher educational institutes would connect with villages in their neighbourhood and address the various problems faced by them. The scheme would particularly looking for the solutions for water management, organic farming, renewable energy, infrastructure and livelihood. IIT, Delhi is the coordinating institute of this scheme. About 130 villages have so far been adopted by IITs, NITs across the country under the scheme..
- Rashtriya Avishkar Abhiyan has launched to revive interest in the technology among youth through support for innovative learning based on observations and experimentation. The focus would be on learning outside the classroom through direct interaction with the environment around the educational institutions.
- Under the Global Initiative of Academic Networks (GIAN) programme, India’s ministry of human resource development and department of science and technology will “create a channel for US professors in science, technology, engineering, and mathematics to teach in Indian

academic and research institutions on short-term exchanges”, as per the website of the US Department of State. Suggestions for Improving the System of Higher Education:

- There is a need to implement innovative and transformational approach from primary to higher education level to make Indian educational system globally more relevant and competitive.
- In higher educational institutes Industrial co-operation must be their for the development of curriculum, organizing expert lectures, internships, live projects, career counseling and placements.
- Higher educational institutes need to improve quality, reputation and establish credibility through student exchange, faculty exchange programs, and other collaborations with high-quality national and international higher educational institutes.
- Government must promote collaboration between Indian higher education institutes and top International institutes and also generates linkage between national research laboratories and research centers of top institutions for better quality and collaborative research.
- There is a need to focus on the graduate students by providing them such courses in which they can achieve excellence, gain deeper knowledge of subject so that they will get jobs after recruitment in the companies which would reduce unnecessary rush to the higher education.

### **Conclusion**

In this paper we have presented the present situation of India in higher education sector. We also identify the challenges like demand-supply gap, lack of quality research, problem of infrastructure and basic facilities, shortage of faculty etc in the higher education. The implementation framework for twelfth plan aims to focus on improving quality of state institutions, to revamp financial aid programs, to interlink expansion, equity and excellence. To improve the higher education system we need to improve teaching pedagogy, build synergies between research and teaching, and facilitate alliance of higher institutions among themselves, research centers and industries. This is necessary not only to take care of economic growth, but it is also essential for social cohesion and to empower the country's youth.

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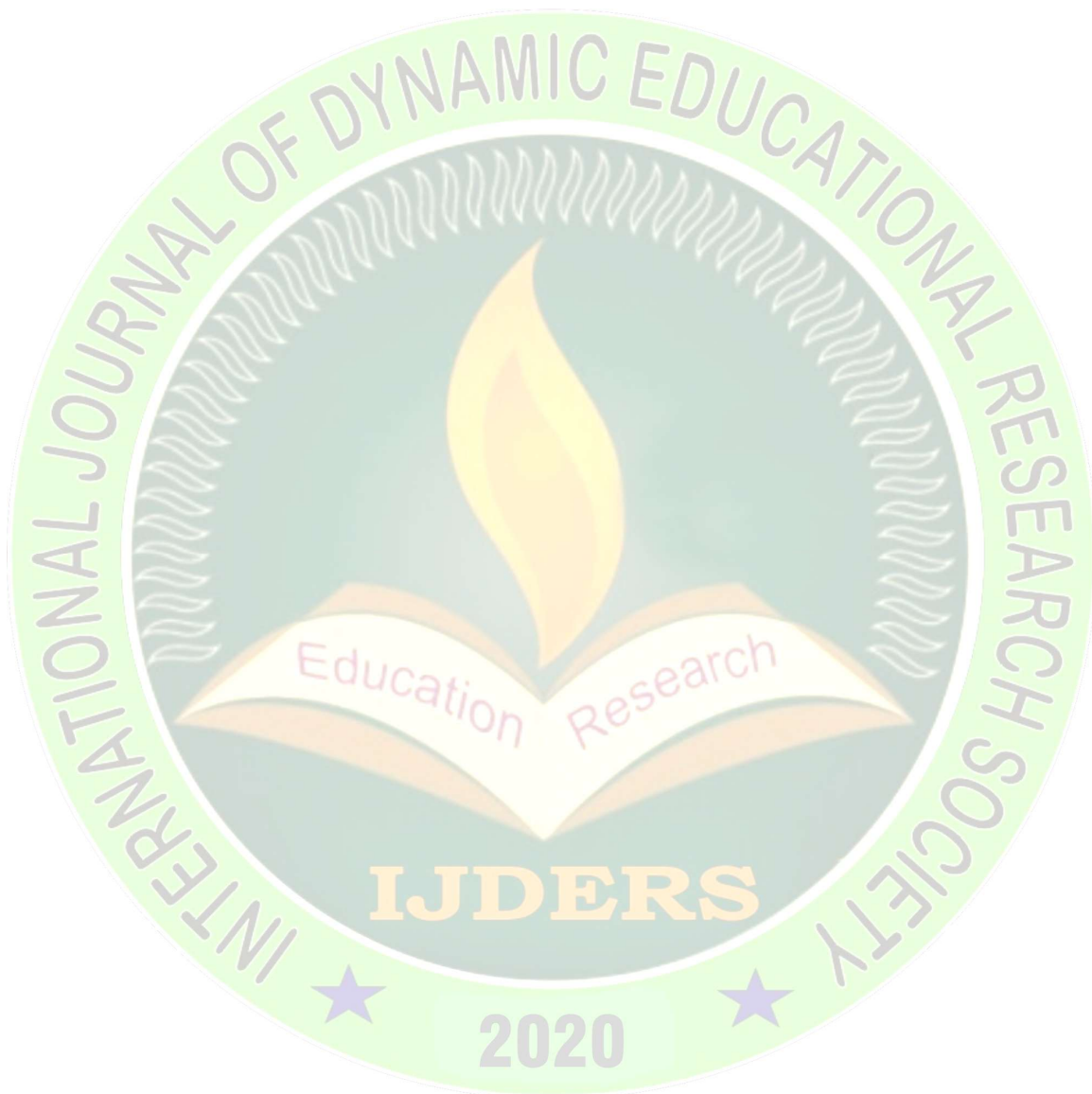
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## **Innovative Technologies and Overseas Business: A Thorough Investigation of the Transformation of Digital in International Operations**

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### **Abstract**

International business is rapidly evolving in present world, driven by the relentless march of innovative technologies. Companies are no longer confined to their borders; they are now operating on a global scale, thanks to digital transformation. This shift has revolutionized how businesses communicate, transact, and connect with customers across diverse markets. As technology continues to advance at an unprecedented pace, it reshapes every facet of international operations. From artificial intelligence enhancing customer service to blockchain ensuring secure transactions, the tools available today empower companies to streamline processes and enhance efficiency like never before. In this exploration of digital transformation in international business, we will delve into its significant impacts on global trends. We'll highlight examples of successful adaptations while also addressing the challenges that come with embracing these groundbreaking changes. As businesses navigate this transformation journey, understanding effective strategies becomes essential for maintaining competitiveness in an ever-evolving landscape. Join us as we uncover the future role of technology shaping overseas operations and driving success across borders. This research paper presents the technological environment impacts on the international business trends in present world. The technological environment is a pivotal force shaping international business trends today. Innovations like cloud computing and big data analytics allow companies to operate efficiently across borders. This connectivity fosters collaboration, enabling teams from different parts of the world to work seamlessly together. Furthermore, mobile technology has transformed how businesses interact with consumers globally. Instant access to information has altered buying behaviors and expectations. Customers now demand instant responses and personalized experiences. Emerging technologies such as artificial intelligence is revolutionizing decision-making processes in real-time. Businesses can analyze vast amounts of data quickly, leading to more informed strategies that resonate with diverse markets. Additionally, advancements in cybersecurity have become essential as companies expand their digital footprints internationally. Protecting sensitive information not only builds trust but is also crucial for compliance with

various regulations around the globe. The interplay between these elements creates a dynamic landscape for international trade and commerce.

**Keywords:** - Innovative, Technologies, International, Business, Transformation, Digital, Operations.

### **1. Introduction to Digital Transformation in International Business**

Digital transformation means more than just using new tech. It's about changing how your company works on all levels. This includes adopting new tools, reshaping processes, and even shifting company culture. It's a big move that impacts operations, customer service, and innovation. Unlike simple digitisation, which is just turning paper files into digital ones, digital transformation involves a full overhaul. It's about making your business smarter, faster, and more customer-focused worldwide. Digital transformation refers to the integration of digital technologies into all aspects of a business, fundamentally changing how it operates and delivers value to its customers. In the context of international business, digital transformation involves using technology to improve global operations, expand market reach, and enhance customer experience. In today's globalized economy, businesses are facing increasing pressure adapting to rapidly evolving technological advancements. The rise of digital platforms, social media, e-commerce, and other digital tools have created new opportunities for companies to reach a wider audience and conduct business globally. As a result, digital transformation has become a crucial strategy for businesses looking to stay competitive in the international market. One of the key benefits of digital transformation in global trade is the ability to break down geographical barriers. With the use of technology, businesses can now easily connect with customers and partners around the world, expanding their market reach and potential for growth. This also allows for more efficient communication and collaboration among international teams and streamlines supply chain management. Moreover, digital transformation enables businesses to collect and analyze vast amounts of data from various sources, providing valuable insights that can inform decision-making processes. These insights can help companies identify new market trends and customer preferences in different regions, allowing them to tailor their products or services accordingly.

### **2. Impact of Innovative Technologies on Overseas Business: -**

Innovative technologies have significantly transformed the landscape of overseas business, offering both unprecedented opportunities and complex challenges. The integration of digital tools such as artificial intelligence (AI), blockchain, big data, cloud computing, and the Internet



of Things (IoT) has reshaped how companies operate across borders. One major impact is the improvement in communication and collaboration. Technologies like video conferencing, cloud platforms, and instant messaging tools enable real-time interaction among global teams, enhancing efficiency and decision-making. This has made it easier for businesses to expand internationally without establishing a large physical presence in every market. Furthermore, automation and AI have optimized supply chains, enabling better inventory management, demand forecasting, and customer service. Businesses can now use data analytics to understand international markets more deeply, customize their offerings, and predict consumer behavior with greater accuracy. The rise of e-commerce platforms allows companies to tap into new markets without substantial investment in physical infrastructure. Businesses can reach customers globally with just a few clicks. Blockchain technology is also making waves by ensuring secure transactions and transparency in supply chains. Trust between partners strengthens as businesses operate under clear agreements verified through this revolutionary tech. E-commerce platforms powered by digital innovations have allowed even small businesses to enter global markets, reaching customers worldwide with minimal investment. Payment gateways, digital marketing tools, and online customer support systems have streamlined international transactions and customer engagement. However, with these advancements come challenges such as cybersecurity risks, data privacy concerns, and the need for skilled talent to manage complex technologies. Additionally, companies must navigate different regulatory frameworks and cultural expectations in foreign markets.

Innovative technologies have reshaped the landscape of overseas business, driving efficiency and enhancing communication. Businesses are now harnessing tools like artificial intelligence and big data analytics to make informed decisions faster than ever. Automation has streamlined operations, reducing costs while increasing productivity. For instance, robotic process automation can handle repetitive tasks, freeing up human resources for more strategic roles. Moreover, cloud computing enables seamless collaboration across borders. Teams can work together in real time regardless of their location. This connectivity fosters innovation and accelerates project delivery.

### **3. Examples of Successful Digital Transformations in International Operations: -**

Companies worldwide have embraced innovative technologies to streamline their international operations. One standout example is Unilever, which harnessed advanced analytics and

artificial intelligence to optimize its supply chain. They now respond more quickly to market demands while reducing operational costs.

1. Another notable instance is Starbucks, which implemented a robust digital platform for mobile ordering and payments. This transformation has revolutionized customer experience across various countries, allowing for seamless transactions regardless of location.
2. Amazon revolutionised online shopping by using digital tools to improve delivery. Its global network manages millions of orders every day. Faster shipping and easier returns boost customer trust. This focus on digital logistics helped Amazon dominate in many countries.
3. Fashion giant Zara uses real-time data to manage stocks across its stores worldwide. When a new trend appears, Zara quickly orders more of the new style. This agility keeps inventory lean and customers happy. Digital tools help Zara respond fast and stay ahead in the fashion game.
4. Siemens employs digital twin technology in manufacturing plants worldwide. Using IoT sensors, they simulate physical equipment virtually. This helps predict issues before they happen, boosting efficiency and reducing downtime. It's a smart way to keep global operations running smoothly. Additionally, Siemens showcases the power of IoT in its global manufacturing processes. By connecting machines and systems digitally, they enhance efficiency and reduce downtimes across multiple factories.

These examples illustrate how embracing digital strategies can lead to significant improvements in performance on an international scale. Each case highlights the unique approach taken by companies to leverage technology effectively within their specific industry context.

#### **4. Challenges Faced by Companies Implementing Digital Transformation**

Implementing digital transformation comes with its own set of hurdles. Companies often find themselves grappling with resistance to change among employees. Many individuals prefer the familiarity of traditional processes over new, innovative technologies. Another significant challenge is the integration of various systems and platforms. Merging legacy systems with cutting-edge solutions can be complex and costly. This technical debt may hinder progress. Moreover, a lack of clear strategy can derail efforts from the outset. Businesses sometimes rush into adopting technologies without understanding their specific needs or objectives. Data privacy and security concerns also loom large in this landscape. Safeguarding sensitive information during a transition requires careful planning and robust measures. Finding skilled professionals who understand both technology and international business dynamics is

increasingly difficult, placing additional strain on organizations striving for successful transformation.

### **5. Strategies for a Smooth and Effective Digital Transformation Process**

Navigating digital transformation requires a well-structured strategy. Start by assessing your current technology landscape. Identify gaps and opportunities that innovative technologies can address. Engage stakeholders early in the process. Their insights will help shape effective solutions tailored to your market needs. Communication is crucial; it fosters buy-in from employees and partners alike, investing in training programs to upskill the workforce. A knowledgeable team is essential for successful implementation of new tools and processes considering adaptation of agile methodologies, allowing for flexibility throughout the transformation journey. This approach enables rapid adjustments based on feedback and results continuously measure performance against set benchmarks. These metrics provides valuable data to refine strategies as the progress through digital operations in international business contexts.

### **6. Future Predictions for the Role of Technology in Overseas Business**

As we look to the future, technology's role in overseas business is poised for dramatic evolution. Artificial intelligence will soon become an integral part of decision-making processes across international operations. With AI analyzing vast datasets, companies can make informed choices quickly. Blockchain technology promises transparency and security in transactions. This innovation will streamline supply chains and enhance trust among partners globally. Moreover, the rise of remote work tools indicates a shift toward more flexible workforce structures. Businesses may increasingly rely on virtual teams spread across different countries. Digital currencies could redefine payment methods in international trade, speeding up cross-border transactions while lowering costs. Advancements in communication technologies will continue to bridge gaps between cultures and time zones. Enhanced connectivity enables organizations to operate seamlessly around the world. Each innovative leap opens new doors for collaboration and growth within international markets.

### **7. Conclusion: Embracing Digital Transformation for a Competitive Advantage in the Global Market**

Embracing digital transformation is no longer optional for businesses aiming to thrive in the global market. As innovative technologies continue to reshape international operations, companies must adapt or risk falling behind. The benefits of implementing these changes are



clear: increased efficiency, improved customer experiences, and expanded market reach. As organizations navigate this evolving landscape, it's essential to remain responsive and agile. Companies that leverage cutting-edge tools will not only enhance their operational capabilities but also gain a distinct competitive edge. Emphasizing a culture of innovation within teams can foster collaboration and creativity—key elements for successful transformation. The future belongs to those who embrace change. With strategic planning and effective execution, businesses can harness the power of technology to redefine their international strategies and secure sustainable growth in an ever-competitive arena.

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## **Focus Group Discussion on Hand Hygiene of General Population**

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### **Abstract:**

Proper hand hygiene also acts as important role in Infection Prevention and Control (IPC). To raise awareness of the value of hand hygiene in healthcare among the general population and to unite people in favour of better hand hygiene. To explore the behavioural determinants of hand hygiene among the general population. Focus group discussions were transcribed verbatim based on the WHO questionnaires. Thematic analysis was independently conducted by the 2 (two) investigators. Focus group Discussions revealed gaps in knowledge among participants; most Participants reported self-protection as the primary reason and Limited access to hand hygiene barrier for regular practice. Study result Confirmed that, hand hygiene is practiced for personal protection, limited access to get the things is a barrier specially for rural habitant.

**Key Words:** Focus group, hand hygiene, thematic analysis, general population.

**Introduction:** “Quality care is Clean Care: it’s on your Hand” (WHO,2019). One of the main strategies for halting the spread of respiratory illnesses is hand hygiene (HH), which is the practice of washing hands to lower the microbial load<sup>1</sup>.

Proper hand hygiene also acts as important role in Infection Prevention and Control (IPC)<sup>2</sup>.

**Background of the study:** The practice of washing one's hands with soap and water both before and after consuming meals is known as "good hand washing." The first essential step in self-defence, according to the WHO, is to regularly wash your hands with soap and water or cleanse them with an alcohol-based hand rub.<sup>4</sup>

One out of ten impacted patients will, on average, pass away as a result of their Health care Associated Infection<sup>5</sup>.

Newborns and those in critical care are especially vulnerable.

**Aim of the study:** To raise awareness of the value of hand hygiene in healthcare among the general population and to unite people in favour of better hand hygiene. **Objective:** To explore the behavioural determinants of hand hygiene among the general population. **Study**

**Design:** Qualitative study based on 9(nine) focus groups. **Setting:** Urban and Rural Health Sub-Centre under 2(two) District of Tripura.

**Sample and Sampling:** 94(ninety-four) adults both male and female study participants attending Rural Health Care Centre were included in the study purposively.

**Methodology:** 9 (nine) Focus group discussions in 2 Districts has been conducted among the study participants using semi-structured questionnaire based on the WHO guideline to identify the knowledge and practice among participants. One group composed of 10 participants. Participants in the study were informed about the research and anonymity was guaranteed.

To make it easier for all field workers to be available, the FGD was held separately throughout the working day in each district at the chosen Sub-centers. The entire FGD session was conducted using a voice recorder.

The talks were moderated by a field worker who had received training from the researcher and one of the multi-purpose supervisors in each district. Functioning as a field note-taker, the researcher also controlled the audio recorder and recorded participant interactions, including nonverbal cues. Each FGD lasted anything from 30 to 50 minutes.



Source: WHO guideline (2019).

Result:



**Table 1: Socio- economic variables of the study participants****N=94**

Sl. No.	Socio-economic variables	Categories	Frequency	
			Values	Percentage
1	Age	18-28	42	44.7
		29-38	35	37.2
		39-48	17	18.1
2	Sex	Male	37	39.4
		Female	57	60.6
3	Religion	Hindu	70	74.5
		Muslim	18	19.1
		Christian	6	6.4
		others	0	
4	Education	Illiterate	12	12.8
		Primary	18	19.1
		High School	42	44.7
		Graduate	22	23.4
5	Occupation	Cultivation	56	59.6
		Government job	8	8.5
		Private job	30	31.9
6	Place of living	Urban	34	36.2
		Rural	60	63.8
7	Monthly income	<5000	14	14.9
		5000 to 10000	33	35.1
		>10000	47	50

**Thematic Analysis:****Theme 1: A definite obligation with some leeway**

Core elements have been combined under this theme includes knowledge, responsibilities, and intentions.

The majority of study participants were aware of and at ease with the WHO guidelines.

*"I wash my hands thoroughly just like that. To turn off the faucet, I typically use my hand".*

The participants acknowledged that it was their duty to make an effort to practice good hand hygiene:

*"It is the duty of every individual to practice proper handwashing in order to prevent the spread of germs."*

The majority of study participants stated that it was simple for them to do so. Even though, a number of participants acknowledged that they didn't conform to those same recommendations.

*"I think I wouldn't want to, but I could do it."*

Some of the study participants express their satisfaction after washing hands, the positive feeling, and the conviction behind the behaviour.

*"I seemed to have concern for another human being. Because I value his and my own health, I don't want to give him or receive infections from him".*

Some participants explored regarding Negligence and laziness, busy lives (Control beliefs).

## **Theme 2: The significance of location and time in handwashing**

Constructs were prevalent: Categorized under this theme: memory, attention, and decision-making processes; resources and environmental context. Time restraints, geographic location, and a lack of resources all found it challenging to fully follow handwashing guidelines.

*"The surroundings and activities around me seem less hygienic and more crowded."*

Many participants recorded both internal and external signals to action, such as when they needed to wash their hands or as a reminder.

More reminders might be needed, according to some, but a small percentage questioned the signs' efficacy:

*"I wash my hands in the restroom, before eating, after coming in from the outdoors, and after coming into contact with something 'dirty.'"*

## **Theme 3: An accepted social norm that everyone supports**

This theme was categories as social influences; and government credibility and health messaging. Although many respondents expressed gratitude for the government's handwashing initiatives, some issues were brought up as well:

*"I definitely feel obligated by society to practice good hand hygiene, and government officials' and public health professionals' instructions represent as a useful reminder of the significance of good hand hygiene."*

The government must make sure that everyone has access to clean water and understands the significance of hand washing; simply by advertising is insufficient.

We watch instructional videos / Television show on infection prevention and control strategies including handwashing.

The general consensus among young adults was that their culture and community highly influenced the advancement of proper hand hygiene.

## **Theme 4: lifestyle and standard of living**

This theme includes individual affiliation, social cognition and perception.

Those who engage in agriculture, producing living things for food or raw materials, cultivating vineyards, field crops, orchards, poultry, or other livestock, and so on, explained that:

*"I frequently work in cultivation because it is our duty as farmers to ensure that fresh fruits and vegetables are available. Farmers are essential to human civilization's survival".*

Farm life may appear to be a very demanding and time-consuming way of life. However, these participants were ultimately content and joyful.

An Indian farmer puts in a lot of effort. He rises early, grabs his plough, and heads to his field with his cattle before the sun has even come up.

A few participants exhibited irritable conduct.

*"I thought that even if I followed all of these hand washing instructions, my hands would never be clean."*

*"At the end of the day, I thoroughly wash my hands with soap and or detergent while taking a bath."*

Focus group discussions exposed knowledge gaps among research participants; the majority cited self-defense as the main justification, and limited access to hand hygiene resources prevented frequent practice. Participants also reported that hygiene practices influenced their own attitudes and practices.

**Discussion:** Numerous studies assessed how well hand hygiene practices can prevent or manage childhood illnesses. Explored barrier and limited resources [7].

**Conclusion:** The study revealed hand hygiene is practiced for personal protection, that limited access to supplies is a barrier. Clean, safe hands are the result of a dedication to the water supply, soap, clean towels, and alcohol-based hand rub.

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