

# Truth and Non-Violence

# Truth is.....

- About.....

Fact...?

r

Right...?

r

Perfection...?

r

Reality...?

# Non-Violence is....

- About....

Non-Hurting...?

r

Non- injury....?

r

Non-Harming....?

# Brief intro....about Gandhiji

-prominent leader of freedom struggle..

-Assumed leadership of INC in 1921...

- Led nationwide campaign for ....easing poverty, expanding women's rights, building religious and ethnic amity, ending untouchability, increasing self reliance, achieving Swaraj...
- Known for sathyagraha and non-violence..

- *“Truth is within ourselves. There is an inmost center in us all, where truth abides in fullness. Every wrongdoer knows within himself that he is doing wrong, for untruth cannot be mistaken for truth.”*

M.K. Gandhi

## *Truth and Non violence in his own terms.....*

- Sathya– “truth ”
- Ahimsa – “non-injury
- Where there is no truth there is no true knowledge...
- Truth is eternal..
- Truth is God than God is truth..(Ex..Harichandra...)
- Advocated and lived in truth..(My Experiment with Truth)
- -our autonomous rationality..capacity to acquire beliefs to reality..capacity to conform our behaviour...
- Allowing /pursuing immediate gratification....the more we are to weakening our commitment to the ideal of truth belief and behaviour....

- The fundamental requirement for our attitude and behaviour towards others....(others should be treated as rational/fellow truth-seekers..) it requires adjusting our own positions...
- Morality (social rules of tolerance)is a collective way of truth seeking endeavor..
- Truth can be learned through openly our error...
- Gandhi felt that...a man of truth must ever be confident/different(devotion to truth)....

# Non-Violence

- He meant...  
roughly/ in /directly overriding/ denying equal status/rational being by forcing into conformity with the agent's beliefs/values and projects through...Deception/coercion/injuring...
- has the connotation of separation from others..
- Placing one's will/goal as higher /worthy to achieve but violence treats people as tool/impediments to attaining of one's end..

- Ahimsa and Truth are so intertwined that it is practically impossible to disentangle and separate them
- like the two sides of a coin
- ahimsa is the means; Truth is the end.

- ahimsa implies uttermost selflessness
- He did not consider non-killing alone to be non-violence. To him, non-violence is not a negative concept but a positive sense of love.
- He talked of loving the wrong-doers, but not the wrong.

- One should refuse to use violent method...but also our duty to oppose that evil without trying to coerce or deceive the evildoer..
- The testing of truth can be performed by strict adherence of ahimsa..
- Violence..(two reasons in achieving our end)
  - mistaken choice of end
  - mistaken in our expectation (that violence will bring good end)

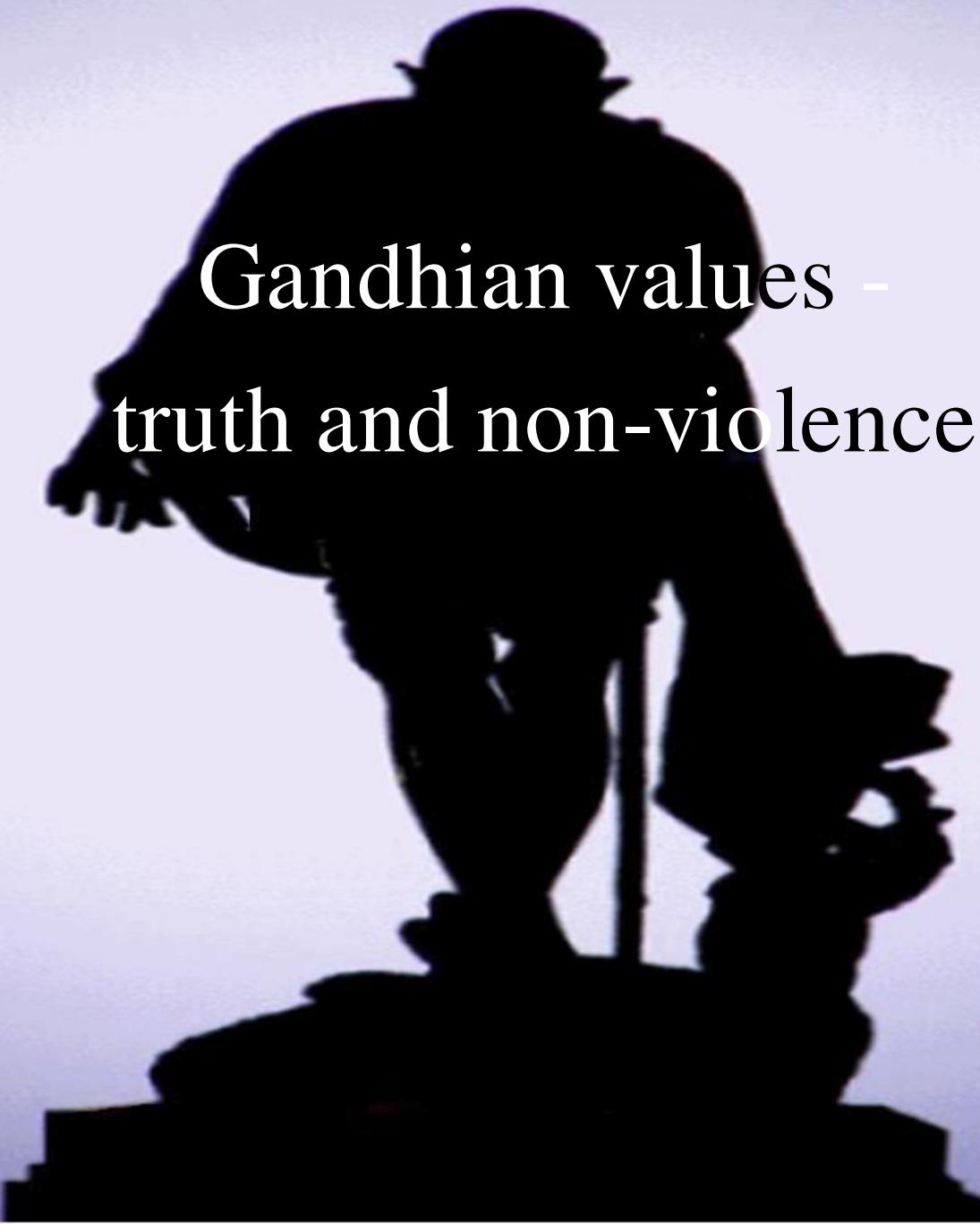
- For Gandhi... ‘as the means so the end’
- Truth/belief/behaviour will come from nonviolence

*‘means to the ends are far more important than the ends’*

*- Gandhi*

- The idea of truth and non-violence is at the core Mahatma Gandhi's political thought. But he himself confesses that non-violence or 'ahimsa' was not his inborn virtue.
- He simply states: "In the journey searching for truth I find ahimsa. I have only retrieved it, never discovered a new." Actually truth and ahimsa are closely integrated with his philosophy of life. He used to believe that ahimsa lies within the truth and similarly truth is in ahimsa.
- Once he thought that God is truth but later he observed that truth is God. So, he named his struggle 'Satyagraha'. The Satyagrahi will be the worshipper of non-violence which will be his life and duty.

- Dr. M.L. King to describe a society of justice, peace and harmony which can be achieved through nonviolence.”
- “The aftermath of nonviolence is the creation of the beloved community



Gandhian values -  
truth and non-violence

# But, Why Gandhi?

- ▶ World prominence, helped to achieve freedom and left a lasting legacy for us.
- ▶ Many of Gandhi's core principles are remarkably relevant in the realm of leadership competencies and self-development.
- ▶ His National wide compaigns
  - Expanding women's rights
  - Building religious and ethnic
  - Ending untouchability
  - Swaraj (self-rule) etc.,

# Mohandas Karamchand Gandhi

- ▶ Born – 2<sup>nd</sup> October 1869
- ▶ Died – 30<sup>th</sup> January 1948
- ▶ First employed as lawyer in South Africa
- ▶ After he return to India in 1915, he set about organizing peasants, formers, urban labours to protest against excessive land-tax and discrimination from Britishers.
- ▶ Assuming leadership of the Indian National Congress in 1921.
  - He practiced number of lessons

## Lesson 1: Continuous learning and improvement



Gandhi always told that if two of his sentences contradicted each other, please accept the second one and forget the first one. This reflects –

- learning and growth mindset
- anticipation of follower's needs
- rigid consistency was NOT one of his traits

## Lesson 2: Looking at each person just as a human being



“Be quick, be brief, be gone!” Personal meetings with Gandhi were very short. However Gandhi made people feel as if they were the only person in the world that Gandhi would have liked to talk at that time

## Lesson 3: Being an excellent listener



Gandhi was not a good orator, but people followed him because he practiced the principles of truth and non-violence in his life. First and proved that any ordinary man can follow his path of truth and non-violence and then inspired others to follow these principles

## Lesson 4: Proactively identifying barriers to make sustainable change



Once a journalist asked Gandhi what was the biggest problem that India faced? He expected Gandhi to say slavery or British rule or pervasive poverty. But Gandhi said it was “callousness of intellectual”. Gandhi had a long term vision of building a sustainable society and not just getting independence

## Lesson 5: Being the conscience keeper



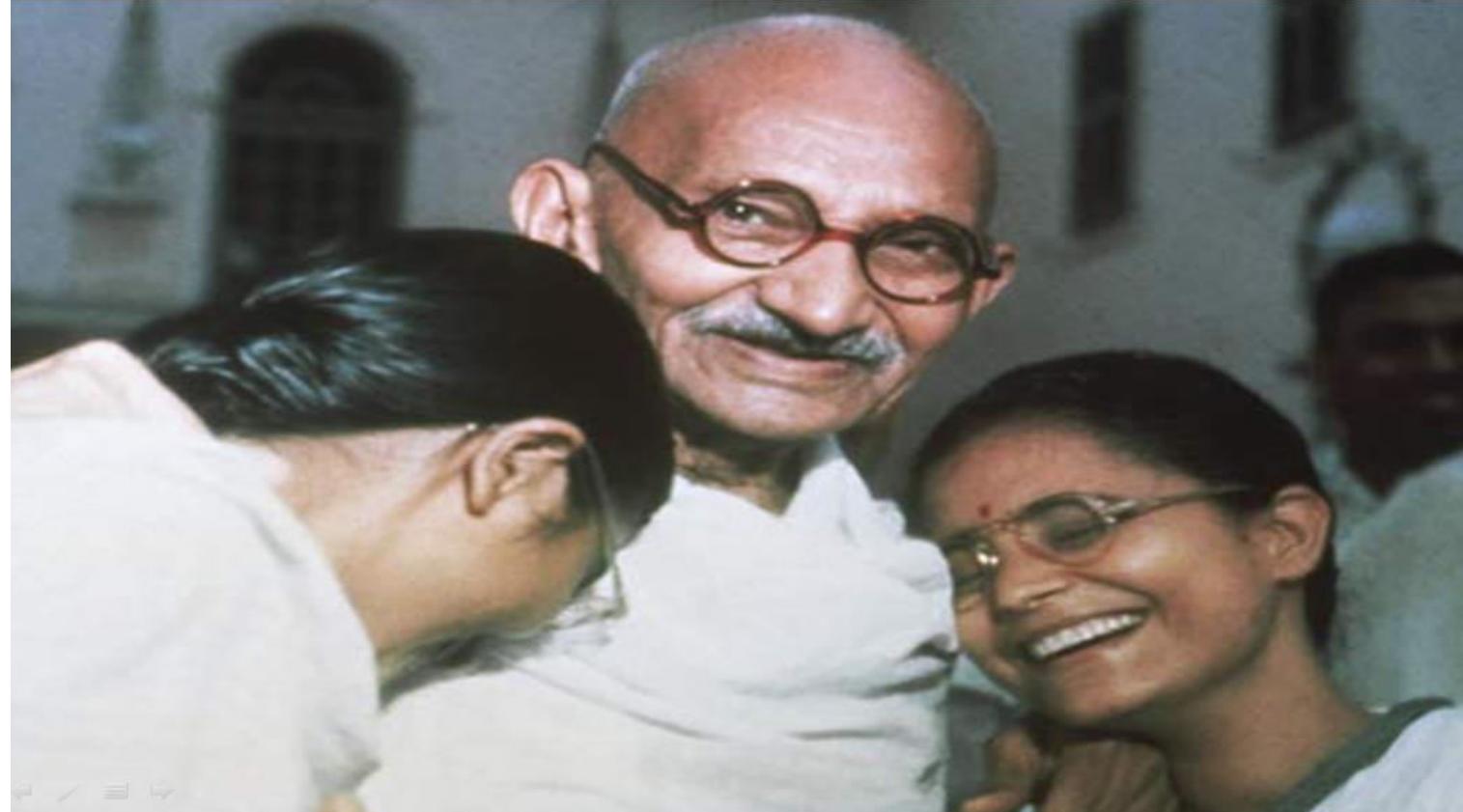
**Non-cooperation** was one of the key political movements that Gandhi initiated. Gandhi aborted the movement saying a key tenet of the movement – non-violence, was violated. He believed that the end did not justify the means.

## Lesson 6: Emphasis on self-awareness and discipline



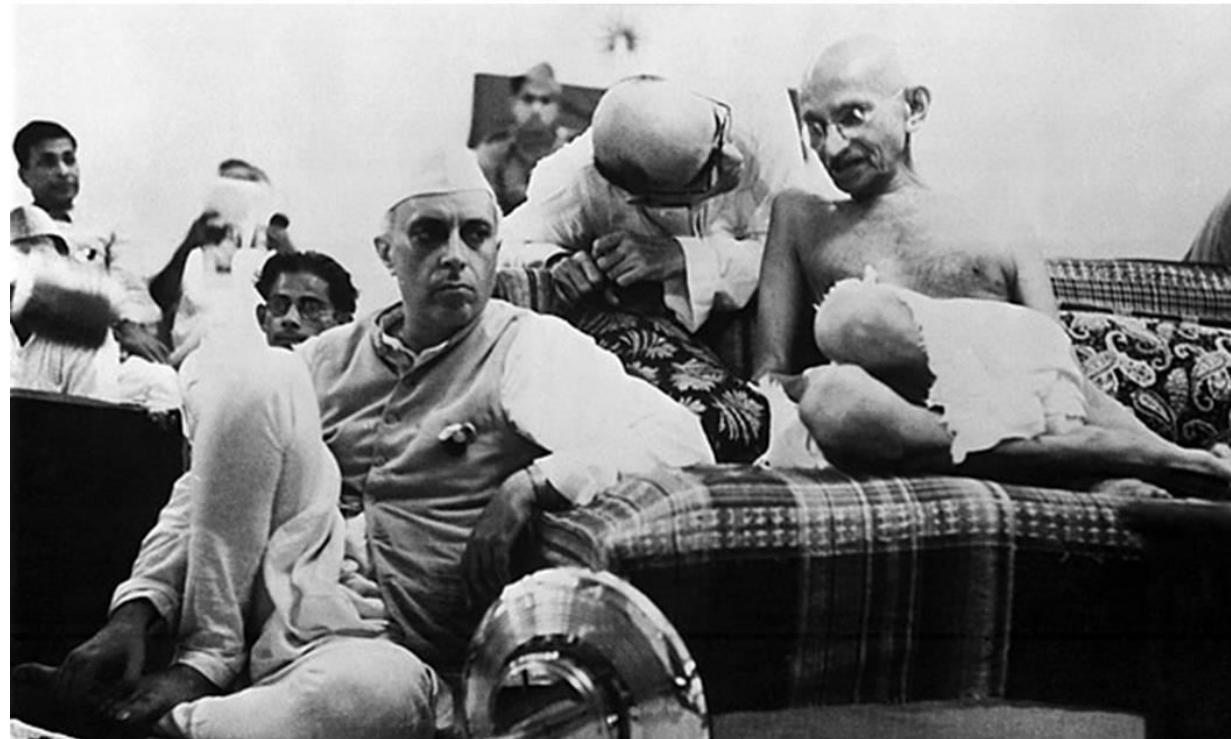
As you grow in **self awareness**, you will better understand why you feel what you feel and why you behave as you behave. Self discipline is the training of your mind to control, perceived harmful, urges until a satisfactory solution has been sought

## Lesson 7: Balancing value-driven vision and execution efficiency



A leader with vision has a clear, vivid picture of where to go, and a firm grip on what success looks like and how to achieve it. Leader must share the vision and act upon it. He must communicate it clearly and passionately.

## Lesson 8: Emphasis on path and result



Mahatma Gandhi was a great leader. He had chosen the path of non-violence for himself and his followers.

## Lesson 9: Be open-minded



Always keep things in perspective. Do not dismiss other or anything –big or small– without giving a try. We never know where the next useful idea might come from.

## Lesson 10: Grass-root level contacts



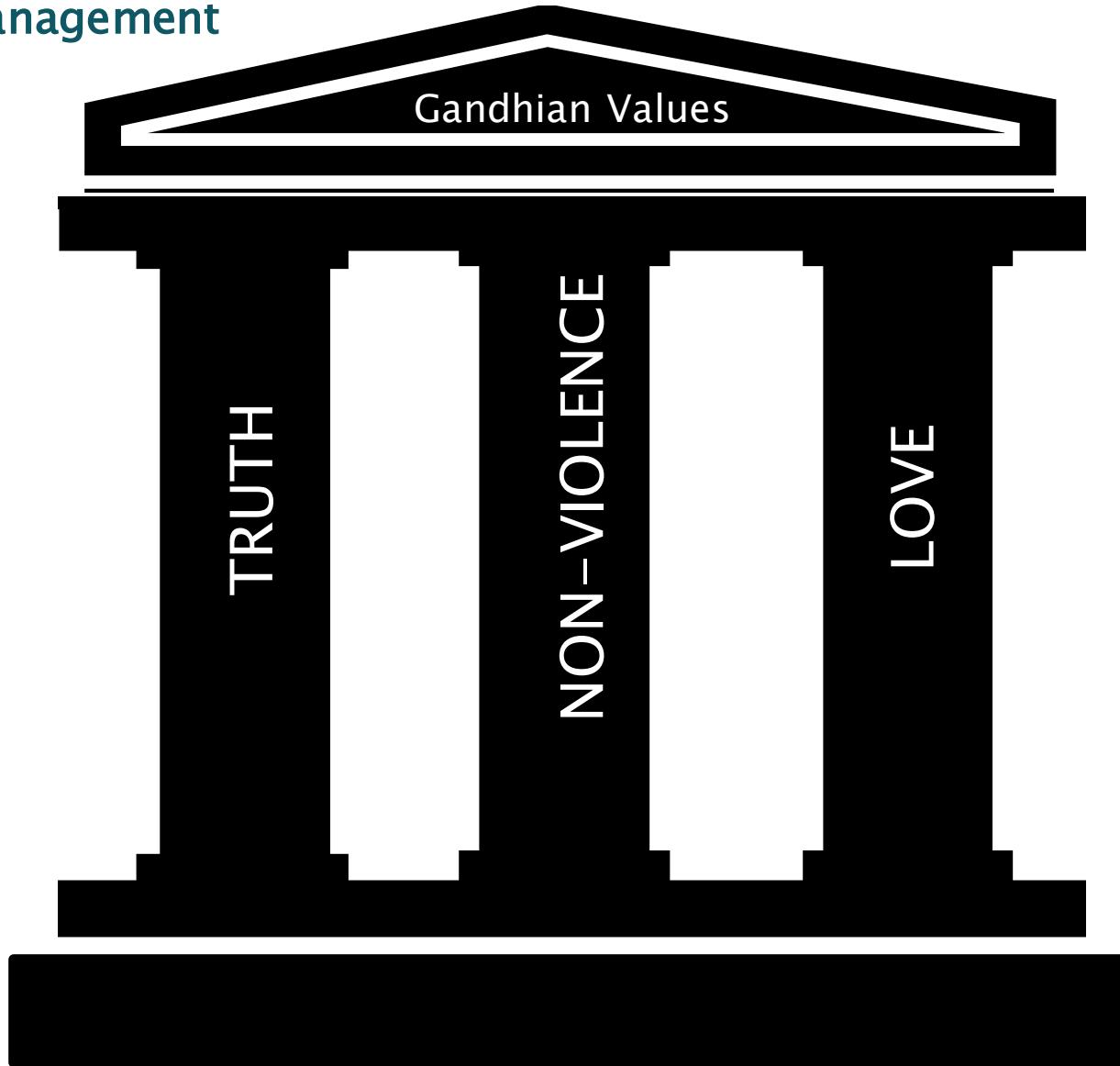
A leader has to see that not many layers of hierarchies are created between him or her and the people at the lowest rung; and the people's voice does not go unheard and doesn't get distorted to the extent of even belying the truth

## Lesson 11: Primus Inter Pares; What I practice is what I preach



An enduring leader is not a superior person, but only first among equals; first to stand by the moral code of conduct; first to bear the brunt of change; first to surrender privileges, and first to sacrifice one's life. A leader is elected, chosen to serve and not installed to rule.

# Gandhian Management



# Gandhi's 11 principles

- ▶ Ahimsa – Non-violence
- ▶ Satya – Truth
- ▶ Asteya – Non-stealing
- ▶ Brahmacharya – Self discipline
- ▶ Asangraha – Non-materialistic
- ▶ Sharira shram – Physical Labour
- ▶ Asvada – Control of the palate
- ▶ Sarvatra Bhayavarjana – Fearlessness
- ▶ Sava Dharma Samanatva – Equality of all religions
- ▶ Swadeshi – Support local economy
- ▶ Sparsh Bhavana – Respect for all beings.

# Truth/Satyagraha

- ▶ Gandhi dedicated his life to the wider purpose of discovering truth or satyagraha.
- ▶ He tried to achieve this by learning from his own mistakes and conducting experiments on himself.
- ▶ He called his autobiography “The story of my experiments with truth”.
- ▶ He summarized his beliefs first “God is truth”.
- ▶ Later change “truth is God”.

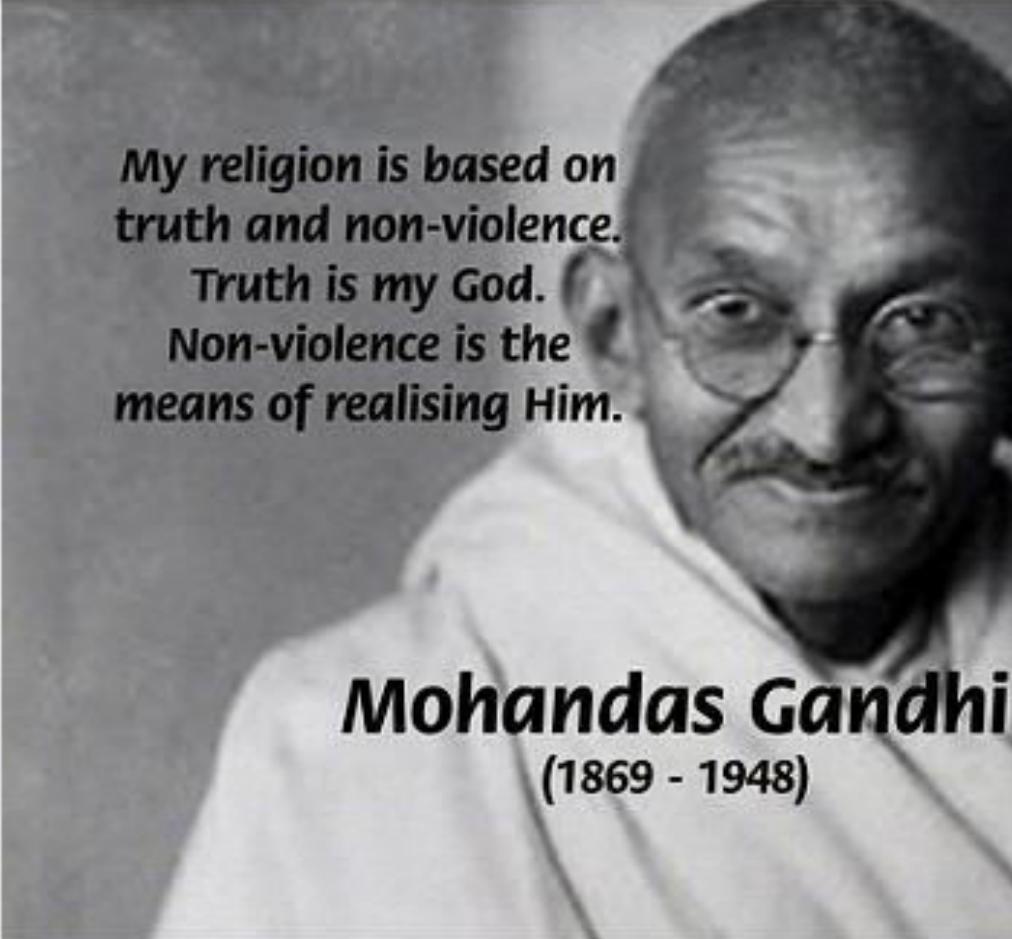
# Non-violence/ahimsa

- ▶ Gandhi was not originator of the principle of non-violence, but he was the first to apply it in the political field on a large scale.
- ▶ The concept on non-violence has a long history in Indian religious.
- ▶ He advised that everyone need to keep to non-violence (ahimsa).
- ▶ He said that “where there is only a choice between cowardice and violence, I would advice violence”.



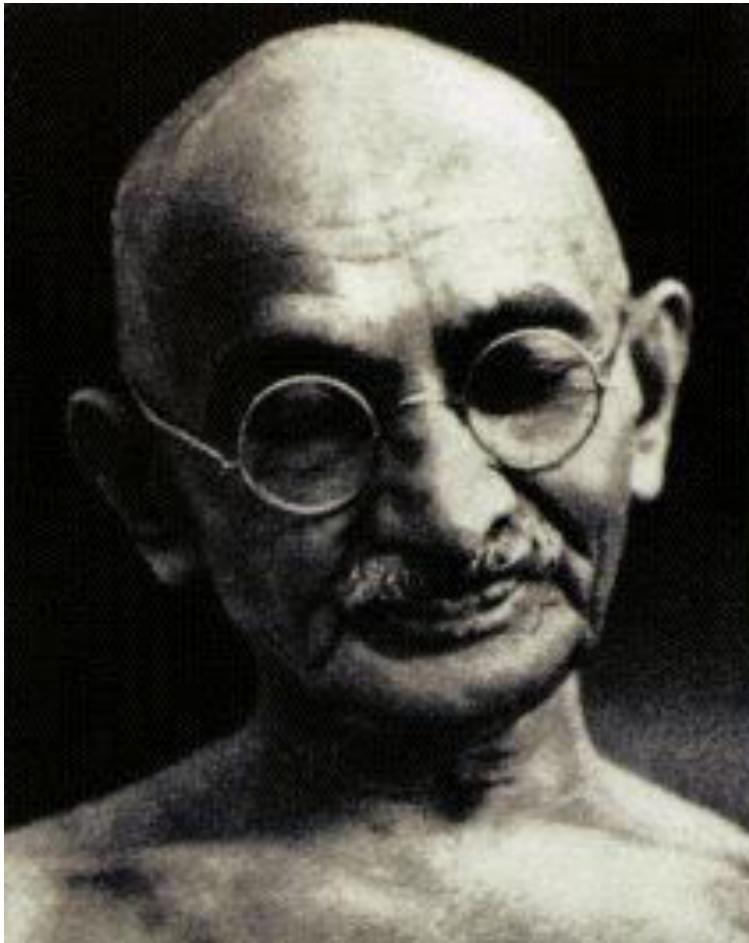
*"In a gentle way, you can  
shake the world."*

He attempted to practice of truth and non-violence in all situations, and he advocated that others do the same



*My religion is based on  
truth and non-violence.  
Truth is my God.  
Non-violence is the  
means of realising Him.*

**Mohandas Gandhi**  
**(1869 - 1948)**

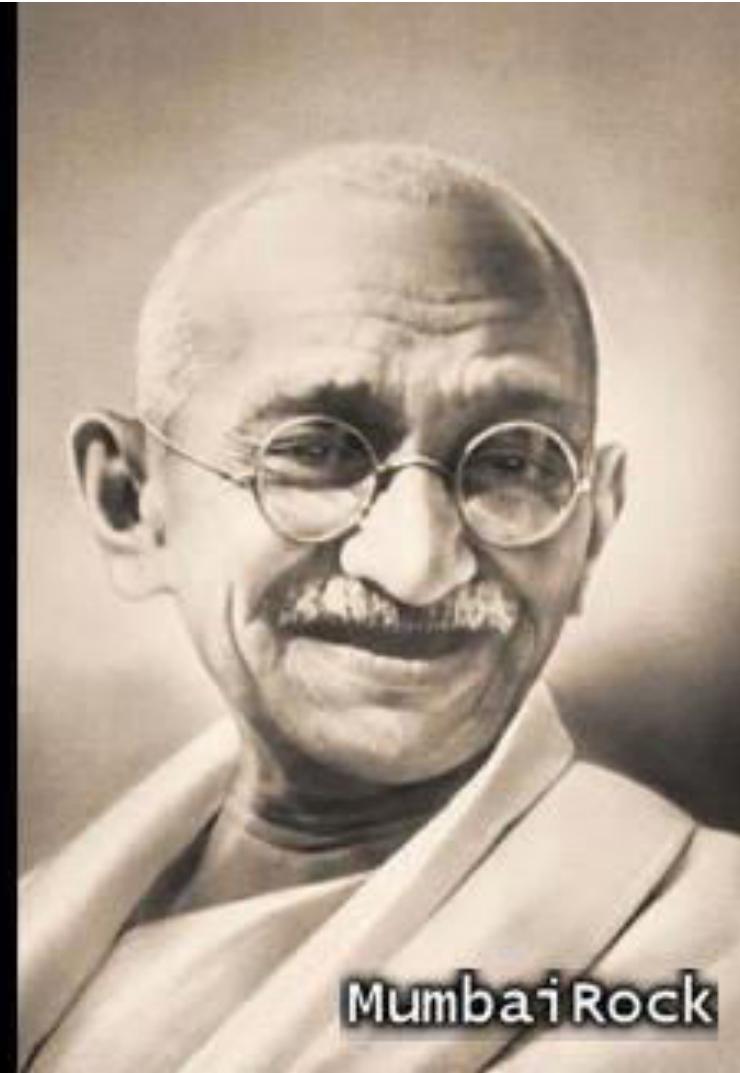


**THERE IS  
NO GOD  
HIGHER  
THAN  
TRUTH**

**-MAHATMA  
GANDHI**

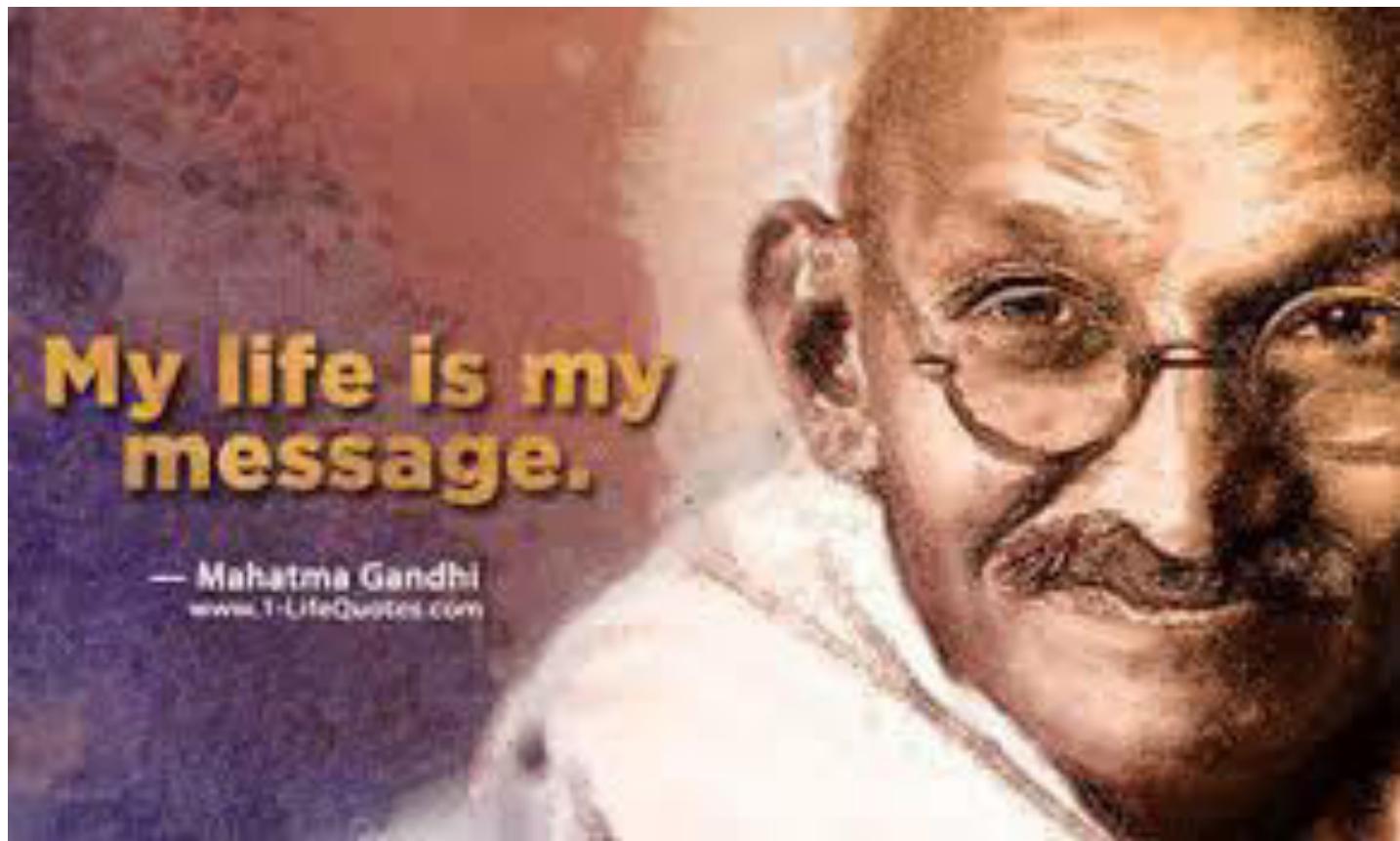
**It becomes more  
necessary to see the truth  
as it is if you realize that  
the only vehicle for  
change are these people  
who have lost their  
personality.**

--Mahatma Gandhi

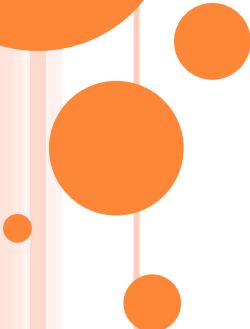
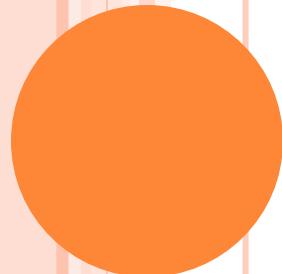


MumbaiRock

# Satyameva Jayate – Truth Never Fails

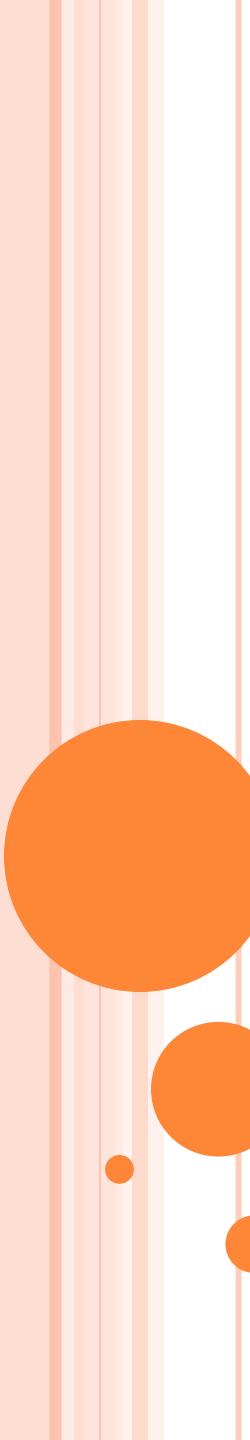


Thank you



## PAST AND PRESENT LEADERS

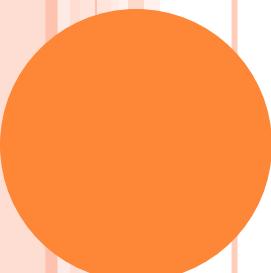


- 
- Organizing a group of people or a team to achieve a common goal
  - Ability to direct the people in the right direction

## WHAT IS LEADERSHIP?

# WHO IS A LEADER?





**A leader is a one, who**

- **Knows the way**
- **Goes the way**
- **Shows the way**

**WHO IS A LEADER?**

# INGREDIENTS OF A GOOD LEADER

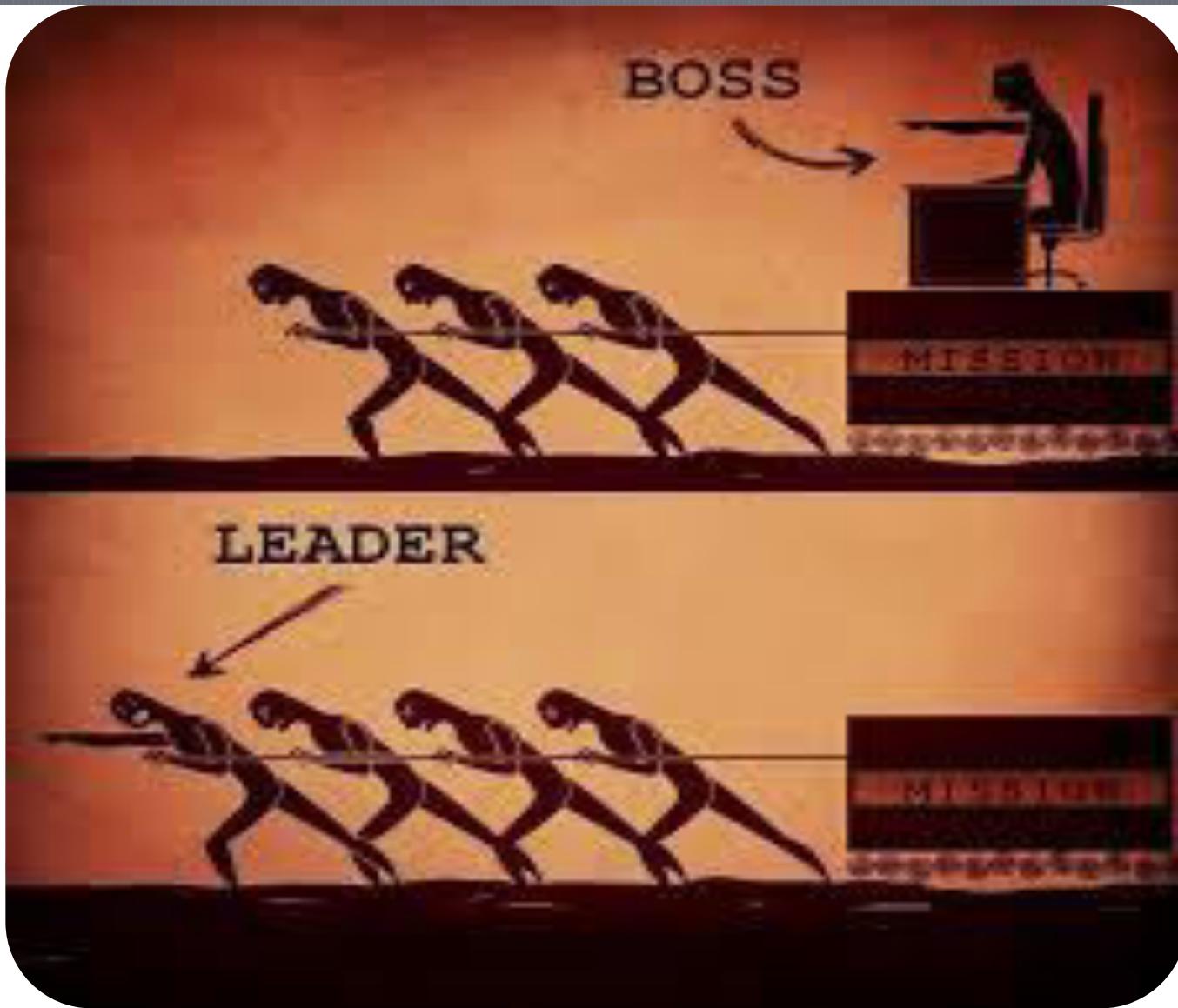


# INGREDIENTS OF A GOOD LEADER

- A good teacher
- Doesn't put down his/her team
- Gets the most from them
- Works with the framework of rules



# WHO IS A LEADER? WHO IS A BOSS?



# WHO IS A LEADER? WHO IS A BOSS?

## Boss/Manager

- Focus on things
- Do things right
- Organize
- Direct/Instruct
- Control the team
- An assigned position

## Leader

- Focus on people
- Do the right things
- Influence
- Inspire/Motivate
- Build the team
- An achieved position



# QUALITIES OF A GOOD LEADER

teamwork

support

decision

strategy

ethic

vision

integrity

# Leadership

contribution

communication

motivation

influence

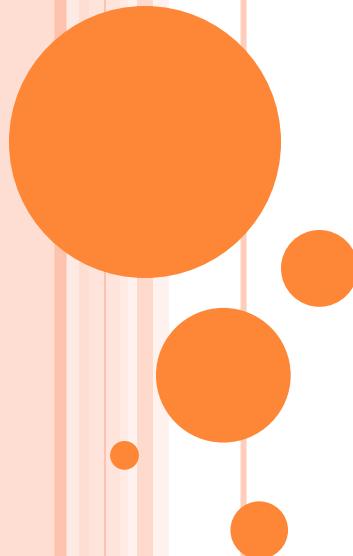
responsibility

planning

management

# QUALITIES/TRAITS OF A GOOD LEADER

“Leadership is not just one quality  
But, rather a **blend of qualities**”



# SELF-KNOWLEDGE



# 1....SELF-KNOWLEDGE

- Leadership begins with self-knowledge
- Ask you the question, “What do you know about yourself as a leader?”
- It is said that,  
“Self-knowledge is the basis for character;  
Character is the root of integrity;  
Integrity provides the foundation for Leadership”



# COMMUNICATION

.....Without it you travel alone....



## 2....COMMUNICATION

- Communication is the heart of leadership
- Involves Listening, Speaking, Feedback
- Build good rapport with your team members
- Communicate effectively,

“It is not what you say, but also how you say”



# PERSONALITY



### 3....PERSONALITY

- Should have attractive and pleasing personality
- Honesty,Sincerity,Humility,Dignity
- Inspire people through your words and action



# MOTIVATION AND SELF-CONFIDENCE



## 4....MOTIVATION AND SELF-CONFIDENCE

- Have self-confidence
- Instil them to others by motivating them
- It is said that,

“A good leader inspires people to have confidence in their leader;  
A great leader inspires people to have confidence in themselves”



# EMOTIONAL INTELLIGENCE



## 5....EMOTIONAL INTELLIGENCE

- Be emotionally stable and shouldn't lose your temper at any stage
- Should have good Presence of Mind
- Need mental toughness since no one can lead without being criticized/discouraged



# RESPONSIBILITY AND DECISION-MAKING



## 6....RESPONSIBILITY AND DECISION-MAKING

- Take the responsibility and always try be an initiator
- Have enough courage to accept the failure
- Should be able to judge one's decision and say
  - .....This will work
  - .....This won't



DON'T ASK THEM TO DO,  
MAKE THEM TO DO



## 8....DON'T ASK THEM TO DO, MAKE THEM TO DO

- When the best leader's work is done, the people say, "we did it ourselves"
- The job of a leader today is not to create followers; it is to create more leaders

It is said that,

“Give me a fish, I'll live for a day  
Teach me to fish, I'll live for lifetime”



# FOCUS



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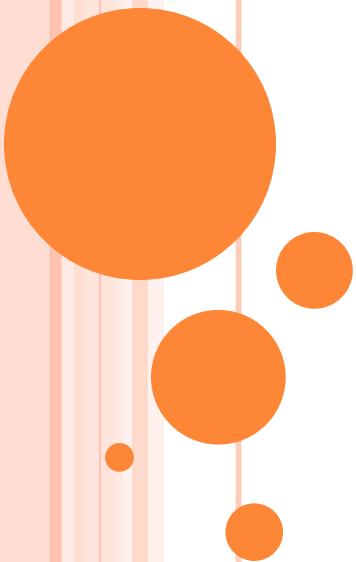
## 9....FOCUS

- Concentrate on your task without mood-swings
- Haste makes waste....So deal everything on the basis of **one-at-a-time**
- Prioritise the “To-do” list
- Hard-work and Persistence are your two eyes

It is said that,

“Winners never quit; Quitters never win”





# POLITICAL LEADERS OF PAST

## POLITICAL LEADERS OF PAST

- India is a land of great political leaders who ruled the country effectively and also by protecting its national interest.
- Leaders like Pandit Jawaharlal Nehru, Lal Bahadur Shastri, Indira Gandhi, Bose, etc., played an indispensable role in changing the perspective of world towards India.
- The manner, in which issues like border disputes, Kashmir and growing shortage of food grains were handled, they really deserve an honor.



## CONTI..

- The far-sightedness and pragmatic characteristics of the leaders can be assumed from the fact that they framed the Constitution of India by inducting the best possible articles of the world.
- They led the country from the front, without being showing any inclination to either of the power blocs.
- To know more about the political leaders of India, read the brief biography of the Indian political leaders.





# Bal Gangadhar Tilak

- Bal Gangadhar Tilak was a social reformer and freedom fighter.
- He was one of the prime architects of modern India and strongest advocates of Swaraj (Self Rule).
- He was universally recognized as the "Father of Indian Movement".



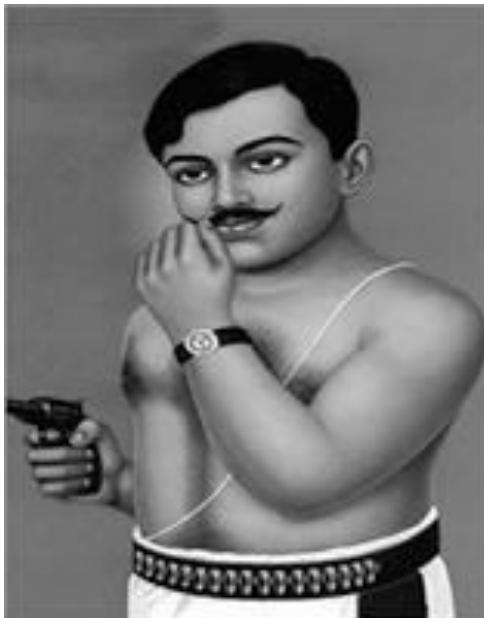
# Bhagat Singh

- Bhagat Singh was among the prominent revolutionaries who shaped the base of a grand national movement.
- Following his execution, on March 23, 1931, the supporters and followers of Bhagat Singh regarded him as a "Shaheed", "martyr".



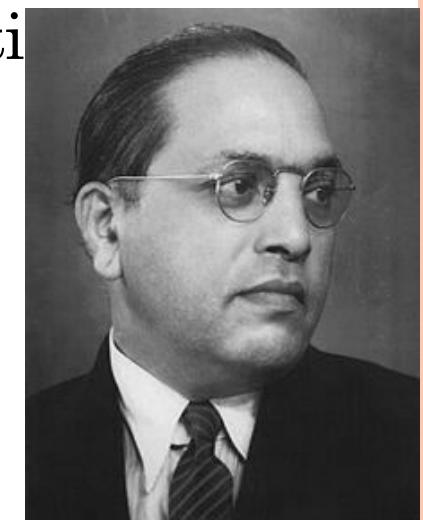
# Chandrasekhar Azad

- A contemporary of Bhagat Singh, Chandrasekhar Azad was a born firebrand revolutionary.
- He engaged in a heroic battle against the British.
- His role was crucial in inspiring the others of his generation to participate in the national movement for freedom.



# BHIMRAO RAMJI AMBEDKAR

- **Bhimrao Ramji Ambedkar**, popularly known as **Babasaheb**, was an Indian jurist, economist, politician and social reformer.
- campaigned against social discrimination against Untouchables, while also supporting the rights of women and labour.
- He was Independent India's first law minister and the principal architect of the constitution of India.



# Gopal Krishna Gokhale

- Gopal Krishna Gokhale was one of the pioneers of the Indian Independence Movement.
- Gokhale was a senior leader of the Indian National Congress.
- He was one of the most learned men in the country, a leader of social and political reformists and one of the earliest and founding leaders of the Indian Independence Movement.



# Jawaharlal Nehru



- Jawaharlal Nehru was the first Prime Minister of independent India.
- He was a member the Congress Party that led the freedom movement against British Empire.
- Nehru was one of the architects who had the opportunity to steer the newly freed-nation.
- He was also the chief framer of domestic and international policies between 1947 and 1964.

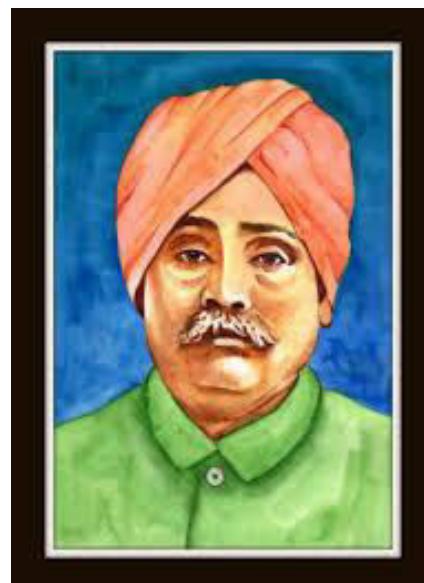
# Indira Gandhi

- Indira Gandhi was, undoubtedly, one of the greatest political leaders of India.
- She was the first and only woman to be elected as the Prime Minister.
- She is also regarded as the most controversial political leader of the country for her unprecedented decision of imposing "a state of emergency".



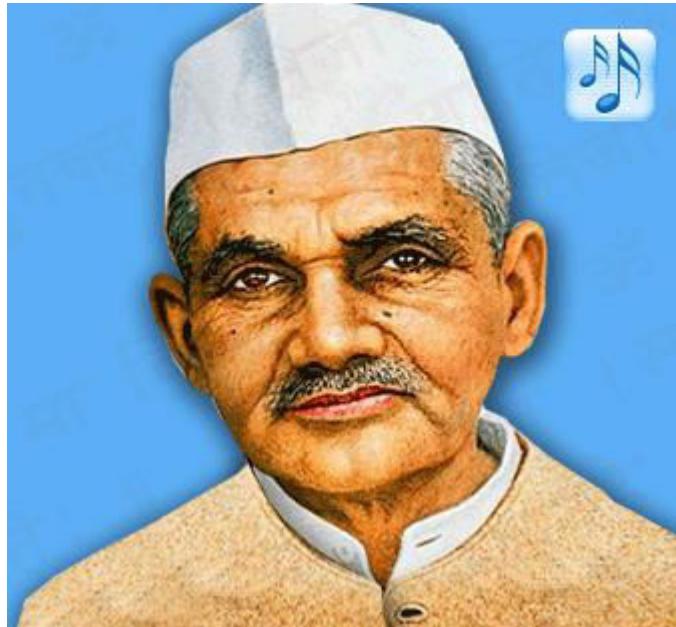
# Lala Lajpat Rai

- Lala Lajpat Rai immensely contributed in attaining independence the nation.
- He helped in establishing few schools in the country. He also initiated the foundation of Punjab National Bank.
- In 1897, he founded the Hindu Orphan Relief Movement to keep the Christian missions from securing custody of these children.



# Lal Bahadur Shastri

- He devoted his life for the pride and honor of the country.
- Shastri was regarded as man of principles.
- Lal Bahadur Shastri offered his resignation as Union Railway Minister; hours after he was made aware of a train accident that killed around 150 people.



# Maulana Abul Kalam Azad

- Maulana Abul Kalam Azad was a renowned journalist of his time.
- Disturbed by his provocative articles, the British Government decided to deport him off Calcutta.
- Despite of his house-arrest and imprisonment, Maulana Abul Kalam Azad continued to write against the anti-people policies of the British Government.



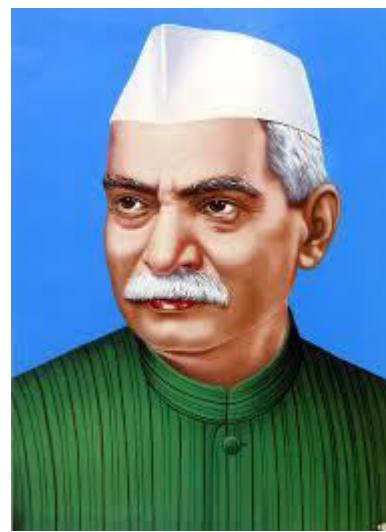
# Netaji Subhash Chandra Bose

- Netaji Subhash Chandra Bose was a freedom fighter of India.
- He was the founder of the Indian National Army.
- During pre-independence period Netaji had visited London to discuss the future of India, with the members of the Labor party.



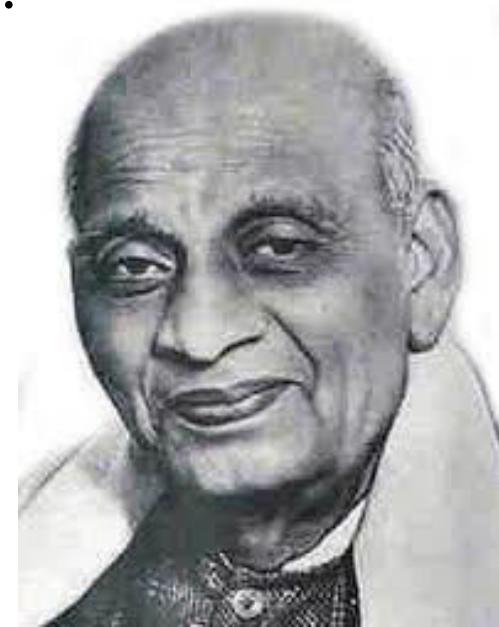
# Dr. Rajendra Prasad

- Rajendra Prasad was a great leader of the Indian Nationalist Movement and also one of the architects of the Indian Constitution.
- He was elected as the first President of Republic of India.
- Rajendra Prasad was a crucial leader of the Indian Independence Movement, who left his lucrative profession to participate in the nationalist movement of India.



# Sardar Vallabhbhai Patel

- Vallabhbhai Patel was one of the great social leaders of India.
- He played a crucial role during the freedom struggle of India and was instrumental in the integration of over 500 princely states into the Indian Union.
- Despite the choice of the people, on the request of Mahatma Gandhi, Sardar Patel stepped down from the candidacy of Congress president.



# Sarojini Naidu

- Sarojini Naidu was truly one of the gems of the 20th century India.
- She was known by the sobriquet "The Nightingale of India".
- Her contribution was not confined to the fields of politics only but she was also a renowned poet.
- The play "Maher Muneer", written by Naidu at an early age, fetched a scholarship to study abroad.



# PRESENT YOUNG LEADERS IN INDIA

- <http://www.youtube.com/watch?v=uEDt28aTvss>



A decorative banner featuring seven colorful speech bubble shapes hanging from a silver oval frame. The bubbles spell out the words "THANK YOU".

T H A N K Y O U

## Society's interests versus Self-interests

### Introduction

- Human are social being interested on self-development.
- Self-interest of human can have its impact in the society development.
- These impacts can be positive and negative, but positive is needed to Adhered the social interest.

The self-interest vs. social-interest debate began with Adam Smith over 200 years ago and is one of the primary arguments made in favor of capitalism vs. other types of economies.

### Meaning of Self Interest

Self-interest generally refers to a focus on the needs or desires (interests) of the self.

### Enlightened Self-Interest

The self-interest contends that by working toward their individual self-interests, people improve society on the whole.

### Causes of Self- Interests

- **Place of an individual in the society:** one may have personal ambitions as a mean of determining the place of the individual in the social system.
- **Profession:** the young man entering upon almost any recognized social career will find his new surroundings elevating in some respects and demoralizing in others, judged by his previous standards.
- **Intellectual property:** since every person is involved in several or many social groups and seeks more than one sort of success, each man's mind is the theatre of a conflict of standards.
- **Seeking wealth:** wealth as an object of ambition and a measure of success, owes its ascendancy to its social implications, and the pursuit of it is by no means a proof of materialism or sensuality.
- **Ambitions:** Ambition is essentially social and its object is the production of some desired effect upon the mind of others.
- **Social changes and opportunities:** A social change involves new things to be done, which creates new opportunities.

*Self-interest* is when individuals make decisions that are in their own best interest. Like when you decide to get up in the morning to go to work and make money, or when you pay the

grocery store for food that you would like to eat. Other examples of self-interest include trying to win at sports (for example coming first in a race) or eating the food that is on your plate rather than sharing it. A final example of self-interest could be picking up money on the street or using coupons to get a discount at the store--an altruistic individual (someone *not* acting in their own self-interest) would not take advantage of these opportunities.

## Social Interest

- The individual's awareness of belonging in the human community
- It is a capacity inherent in all human beings
- It can be thought of as an index to successful adaptation.

*Social interest* is when choices are made that benefit society as a whole. For example, you could choose to accept a higher salary at work, or you could choose to give that additional money to somebody else. Another example would be to take that higher salary but to donate all of the money to other people so that they benefit (and therefore spread the benefit to society).

## Conflict of Interests

Both self and social interests are confronting often in certain situations.

- **Positive Interest**
  - Having a positive vision of how values can transform our leadership and our organizations
  - Making day-to-day decisions based on positive ethical values
- **Inverse Interest:** It is quite contrary and opposite in position to the ethical or social interest within the legal framework.
- **Incompatible Interest:** The personal interest could become incompatible to social interests.

## To Adhered Social Interests

Adoption of ethical codes...

- Social and moral ethical code (*Life*) - Respecting elders/Teachers

- Professional ethical code (*Career*) - Honesty, integrity loyalty, confidentiality, objectivity, respectfulness.

## **Linking self-interest and social-interest (concept can be explained from real life, politician life, business man's life)**

### **Examples:**

Now, imagine one person who is all knowing and really cares about the people. Every action this *benevolent dictator* could make would be in the social interest of the society. This means that every decision made would be in the best interest in society or would be made to try to maximize society's total benefit. The cool thing about social interest is that it can also be attained--under certain circumstances--by individual decision makers acting in their own self-interest. This process is what Adam Smith called the invisible hand. When property rights are secure and voluntary exchange is enforced society has an opportunity for the invisible hand to work

Generally, when individuals act in their self-interest, they go to work and buy things because it makes them happy. But by working and purchases things, they are also contributing to society and the social interest. For example, the grocery store employee goes to work to earn money but in the process of working they are able to serve the customers to make sure they get the food they need for their family. Also, think about the creators of Facebook who acted in their own self-interest creating it for profit. However, in the process of creating the new platform, we all benefited from the increased networking and communication with friends. Thus individuals acting in self-interest can lead to optimal social interest outcomes, just like if a benevolent dictator was in charge.

A final example could be people taking care of their property. They are motivated by self-interest to take care of their own family and property but within this process they are reducing the burden of the community to also take care of their family and property. By making sure they are reasonably fed and healthy, members of society can use more time and resources to help those that are truly in need rather than those who have decided to ignore their own well-being.

Keep in mind that sometimes the self-interest leading to social interest debate (eg. the invisible hand) fails. Common examples are people refusing vaccinations (this declines herd immunity) as well as carbon emissions (which are bad for the earth). Also, we can have governments or firms become too large (tyrannies or monopolies) which are generally not

good for the social interest. These examples are all explored in other posts and include discussions of market structures, externalities, and strong institutions.

**Remember:** Common questions for this topic include giving you an example of a business and asking you if they are acting in self-interest or social interest. Businesses are always acting in their own self-interest, yet by doing this they are contributing to the social interest. Only by volunteering, donating, or acting as a non-profit are entities ONLY acting in for the social interest.

## **References:**

1. N.P Hariharan (2014) Ethics and Values (A Guide to Personal Behaviour), Anuradha Publications.
2. Baskar.S (2005) Professional Ethics and Human Values, Anuradha Agencies Publications.
3. <https://en.wikipedia.org/wiki/Self-interest>
4. <https://www.freeeconhelp.com>

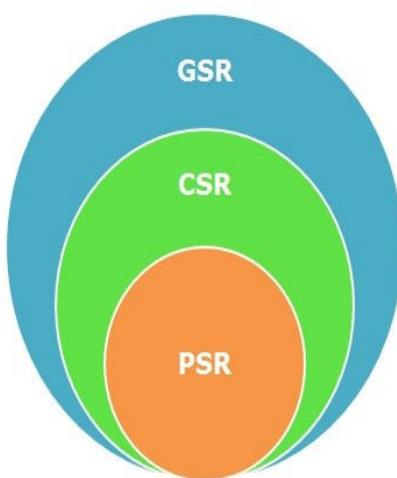
## **PERSONAL SOCIAL RESPONSIBILITY (PSR)**

**Personal Social Responsibility (PSR)** is the primary responsibility of every individual toward family, workplace, community, and environment (both ecological and social).

To understand this better, let us just step back to see what social responsibility. Social responsibility is an ethical framework which suggests that an entity, be it an organization or individual, has an obligation to act for the benefit of society at large.

### **What constitutes social responsibility?**

Social responsibility has 3 components which ideally should be closely interlinked to maximize the impact.



1. **Government Social Responsibility (GSR):** The basic duty of a government involves the big social welfare programs through which it creates the best environment for its people.
2. **Corporate social responsibility (CSR),** is a form of **corporate** self-regulation integrated into a business model. According to Business Dictionary, CSR is: A company's sense of responsibility towards the community and environment (both ecological and social) in which it operates.
3. **Personal Social Responsibility (PSR)** - According to me this is the primary responsibility of every individual towards family, workplace, community, and environment (both ecological and social).

### **So what is PSR?**

- It is the moral responsibility of every citizen to do the right thing
- It is voluntary and about personal integrity, ethics, commitment and ownership
- It is about give and take and striving towards continuous betterment of society

### **Why PSR?**

In these turbulent times, the very fabric of civil society is under threat and is being torn apart. It becomes imperative for every individual to take ownership to do the right thing for the collective good. "*Be the change you wish to see in the world*" **Mahatma Gandhi**

## **HELPING THE NEEDY**

### **The meaning of needy**

The meaning of needy is someone who is poor, or someone who demands a lot of care or attention. A person in a state of poverty who needs help getting food and finding a place to live is an example of someone who is needy.

### **Types of Needy People**

They are the people who need *affection*, *attention*, or *reassurance*, especially to an excessive degree. Needy people have tendency to behave in overly passive or excessively caretaking ways that adversely affect one's relationships and quality of life.

They include:

- People with physiological and emotional problems.
- Poor, physically challenged, stressed, anxious.
- Who lacks basic requirements of life and lacks quality of life.

### **Measures to serve the Needy People**

- Feed and help to needy people at least what we can.
- Use influence to help or find and create jobs.
- Try to educate and provide training for needy.
- Demand laws that prevent discrimination on the basis of gender, race, and physical fitness.
- Help gather food and/or clothing and distribute to needy people.
- Try to be less wasteful.
- Elect people who are sensitive to the needs of the poor.
- Creating more and more NGO'S for helping them.

## **CHARITY**

### **Meaning of Charity**

- The practice of charity means the voluntary giving of help to those in need.
- Charity is, given to people those who are basically poor and do not have sufficient and basic resources.
- Charity is considered as attitude of kindness and understanding towards others and especially an act of generosity.
- It is the kindness to others who are less fortunate than ourselves.
- It is the act of giving goods or money to those in need.

### **Types of Charity**

There are three different kinds of charity: pure, public, and foreign.

- Pure charity is entirely gratuitous.
- Public charity is charity that benefits the whole rather than the individual.
- Foreign charity is when the beneficiary lives in a country different from where the funds or services are being sent from.

### **Importance of Charity**

In this modern world people have become self-sufficient and uncaring. Few of them are not think about the lower and poor section of the society.

## **SERVING THE SOCIETY**

Society is a group of people who commonly share values, requirements and interests. Student is an important pillar in building and educated society as education is the basis for living in a world community as trade, industry, economic or political. For the prosperity and betterment of a society, the foremost role of student is

- To gather knowledge and wisdom and must not waste his/her precious time carelessly.
- He/she must submit himself to the rules of discipline to build a civilized society.
- They must realize their roles and duties towards a cultured society.
- They must develop habits of self-reliance and try not to use unfair means in every aspect.
- A student can understand and help common people to understand their rights.
- He/she is expected to be well informed as well as balanced in his views.
- He/she must know that he/she is prepared to offer his co-operation and services for the wellbeing of the society.
- As he/she is conscious of right and wrong, good and bad; he/she will not follow another man dictates blindly.
- Student must contribute himself for improvement, judge and act for a civilized society.
- They may stand for the strength of will, truthfulness, high sense of duty and honour, spirit of service and sacrifice.
- A student must know his talent and utilize it in a right manner.
- Material consideration and getting fame should not move him from the right path.

## **IMPORTANCE OF PERSONAL SOCIAL RESPONSIBILITY**

If we had a look on history, we see that students played vital role during struggle for independence. But unfortunately, now-a-days students waste their time and attention in pursuits, as education is only away to get academic degrees. Today the behaviour of students is very casual, which if not diverted into a healthy channel could take shape of destruction. Students of today are leaders of tomorrow so they should perform their tasks for the goodness of their society and ultimately for their beloved nation.



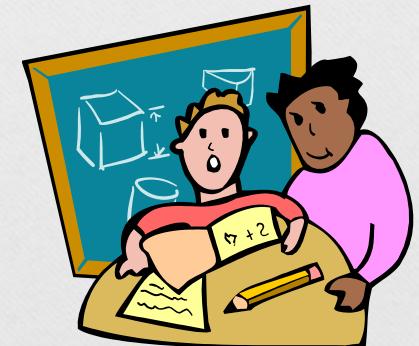
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# Personal Social Responsibility

# Meaning

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- Learning to become more responsible and learning to take responsibility in society.



# **Responsibility Defined**

**“You are personally responsible if you are willing to try and experience new things, and work on your own and develop and carry out a plan for yourself that will enhance your well being.**

**You are socially responsible if you respect the rights and feelings of others and are sensitive and responsive to the well being of others. To fully carry out these responsibilities you need to attempt to put them into practice.”**

# ***What is social responsibility???***

---

- **Social responsibility** is an ethical framework which suggests that an entity, be it an organisation or individual, has an obligation to act for the benefit of society at large.
- Social responsibility is a duty every individual has to perform so as to maintain a balance between the economy and the ecosystems.

# **SUB-GOALS – Guidelines for becoming responsible**

- **STUDENTS WILL:**
  - Respect the rights and feelings of others
  - Participate and put forth effort for society
  - Be self control
  - Be sensitive and responsive to the well-being of others (Caring)
  - Transfer what they learn about being responsible in outside.



# What you can do?



## Level 1 – Self-Control

(Respect)

Practicing, but not all the time

**Classroom:** waiting until appropriate time to talk with friends

**Playground:** standing & watching others play

**Home:** keeping self from hitting brother even when really mad at him

## **Level II – Participation**



---

**Trying new things without complaining and saying, “I can’t”**

**Classroom:** Listening and doing class work

**Playground:** playing with others

**Home:** helping to clean up



# **Level III – Self-Responsibility**

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**Learning a new skill by using resources.**

**Classroom:** doing a science project that is not part of any assignment

**Playground:** returning equipment during recess

**Home:** cleaning room without being asked



# **Level IV – Caring**

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**Willingly working with anyone in class**

**Classroom:** helping another student with a mathematics problem

**Playground:** asking others (not just friends) to join in play

**Home:** helping take care of a pet or younger child



# HELPING THE NEEDY





Who are  
the  
needy people?



- They are the people who need *affection*, *attention*, or *reassurance*, especially to an excessive degree.
- Needy people have tendency to behave in overly passive or excessively caretaking ways that adversely affect one's relationships and quality of life.

They include :

- People with physiological and emotional problems.
- Poor, Physically challenged, stressed, anxious.
- Who lacks basic requirements of life and lacks quality of life.

*The main section of needy people consists of  
**poor** people.*



- 40% of world population is poor.

# Reason's for POVERTY

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- \* Laziness
- \* Handicapped
- \* Illness
- \* Death
- \* Lawsuits
- \* Lack of education
- \* War and violence
- \* Famine
- \* Storms and other natural disaster
- \* Economic/business failure

## Here are some things that could be done for the needy people.

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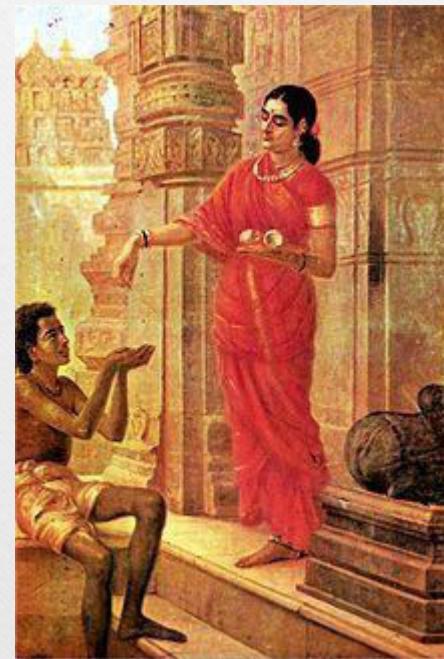
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- Try to be less wasteful.
- Elect people who are sensitive to the needs of the poor.
- Creating more and more NGO'S for helping them.

# CHARITY

---

Helping the needy and the  
poor

# Illustration of Charity



# *The charity is???*



- ❖ The practice of **charity** means the voluntary giving of help to those in need.
- ❖ Charity is, give to people those who are basically poor and do not have sufficient and basic resources.
- ❖ Charity is considered as attitude of kindness and understanding towards others and especially an act of generosity.
- ❖ It is the kindness to others who are less fortunate than ourselves.
- ❖ It is the act of giving goods or money to those in need.

The word "*charity*" entered the English language through the Old French word "*charite*" which was derived from the Latin "*caritas*". Which means a system of giving money, food, or help free to those who are in need because they are...

---

There are three different kinds of charity: pure, public, and foreign.

**Pure charity** is entirely gratuitous.

**Public charity** is charity that benefits the whole rather than the individual.

**Foreign charity** is when the beneficiary lives in a country different from where the funds or services are being sent from.

# SIMPLE CHARITIES

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- ❖ Providing water
- ❖ Donating money
- ❖ Offering food
- ❖ Ensuring happiness
- ❖ Giving clothing

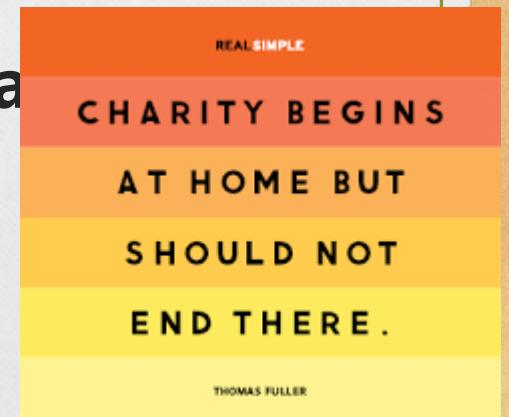
Whom will he help when he himself  
doesn't help his own family?



# *How can we help??*

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- Give a portion of your allowance each week to a poor and needy person or a cause in support of them.
- Talk about helping the poor and the needy among your friends and family Members.



- Visit the poor part of a town. Talk to the people who live there. Because, It is easier to help the poor once we see the cruelty of poverty in reality.
- Don't just give/collect money. There are many other ways to help the poor if you want.



Every single time you  
help somebody stand up,  
you are helping humanity rise

-Dr. Steve Maraboli

- Always help people by your own will. Because kindness and charity can

“The way to achieve  
your own success is to be  
willing to help somebody  
else get it first.”

— IYANLA VANZANT

- We must come forward to help than waiting for others.
  - Because...
- 

kindness is a language  
that the deaf can hear  
and the blind can see

- Mark Twain

# **WHY ARE WE TALKING ABOUT GIVING?**

---

- In this modern world people have become self sufficient and uncaring.
- No one thinks about the lower and poor section of the society.
- We do not have to think about anyone but us.

**Chinese proverb:**

If you want to be happy for an hour...  
Take a nap.

If you want to be happy for a day...  
Go fishing.

If you want to be happy for a year...  
Win an inheritance.

If you want to be happy for a lifetime...  
Help someone.

# MOTHER TERESA

A Noble Peace Prize laureate,  
Mother Teresa helped the poor  
and destitute people living in the  
slums of Kolkata.

The Roman Catholic Nun  
established centre for AIDS  
patients in 1985 and founded  
Missionaries of Charity in Calcutta  
in 1969.

Her selfless service is recognized  
worldwide today



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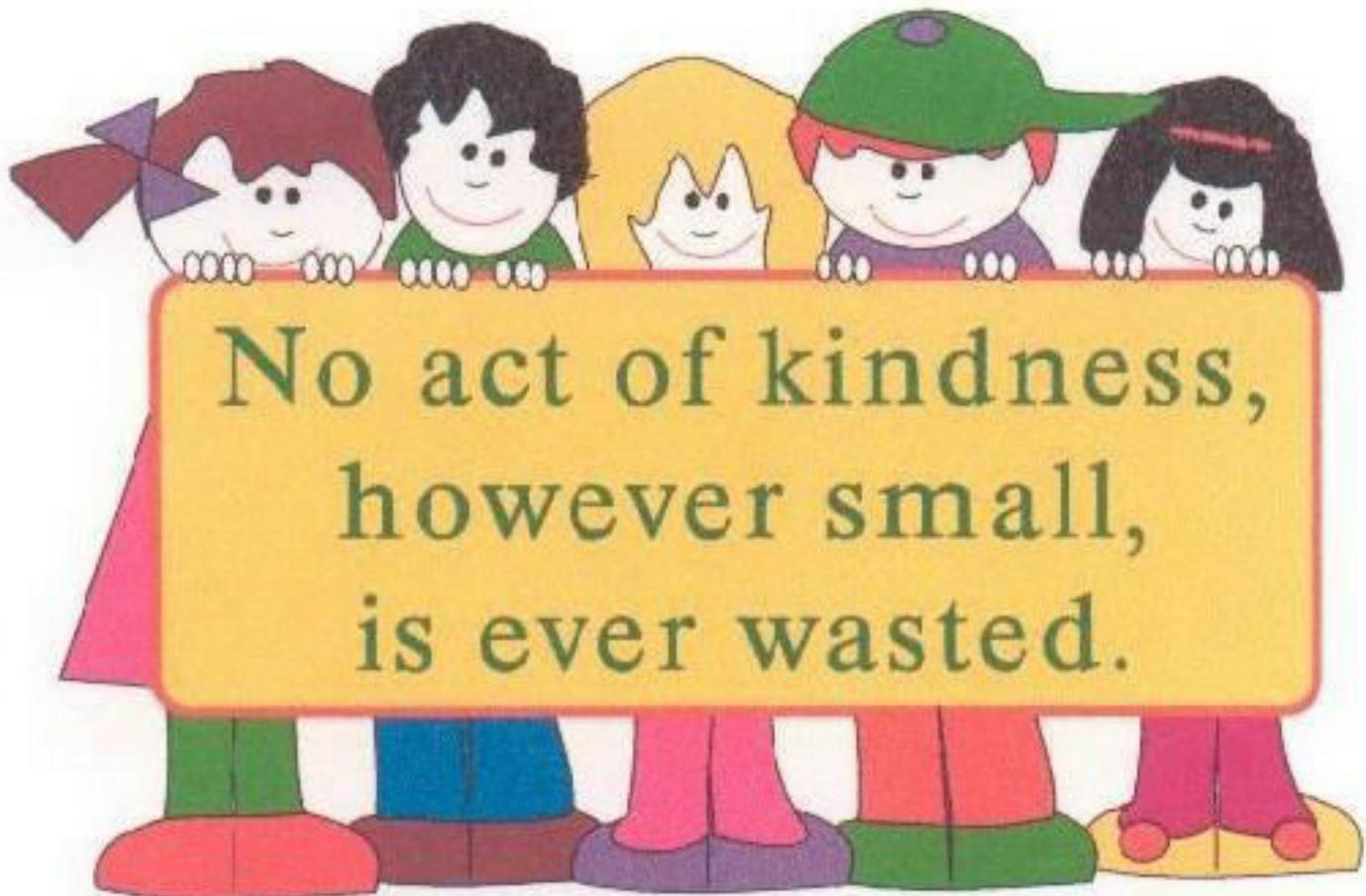
The best way to find yourself is to lose  
yourself in the service of others

-Mahatma Gandhi

- Therefore:



**KEEP  
CALM  
AND  
GIVE TO  
CHARITY**



No act of kindness,  
however small,  
is ever wasted.

---

SERVICE TO MAN IS  
SERVICE TO GOD

# SERVE THE NEEDY

---



# JOIN YOUR HANDS



- 
- <https://www.youtube.com/watch?v=gWff2Ne4v78>
  - <https://www.youtube.com/watch?v=5spz8gi7Wk4>
  - <https://www.youtube.com/watch?v=DG4DZ-GfDFk>
  - <https://www.youtube.com/watch?v=T2jwHiOSUBM>



# Harassment, Violence and Terrorism: Prevention

- Personal level
  - Harassment
- Social level
  - Violence
- State/National/ international level
  - Terrorism

Meaning .....

## **Harassment**

*Disturbing an individual physically or emotionally.*

## **Violence**

*Intentional use of physical use/power/authority resulting in injury/death/psychological harm/physical ailments etc..*

## **Terrorism**

*Systematic/threatening use of violence to intimidate a population or Govt so as to effect change in politics/society/religion.*

# Harassment- Types/Areas

- **Workplace harassment**  
*(Abusing, threatening, humiliating, spreading rumors)*
- **Psychological harassment**  
*(Facing humiliation, denial to contact, isolation from group)*
- **Racial harassment**  
*(Discriminatory remarks, addressing victim's differences, reluctant to work with them)*
- **Religious harassment**  
*(choosing to practice a specific religion, forcing involuntary conversions)*
- **Sexual harassment**  
*(can happen anywhere , most common in the workplace, and schools, unwanted and unwelcome words, deeds, actions, gestures, symbols, or behaviours of a sexual nature)*
- **Cyber related harassment**  
*(Cyber Stalking (Pattern of threat) Cyber harassment (credible threat) Cyber bullying (Protecting minors from online) )*

**Dowry Harassment (penalty -1961-Dowry prohibition Act )**

# Violence-Types

Domestic violence /Individual motivated violence

(Bride burning, Honor killing, Sati)

Group violence

(By social groups, politics/temple festivals/)

violence in physical terms

(ill-treatment of family elders/threat/failures/Expulsions)

Interpersonal Violence

Family feud,communal hatreds

Child abuse violence

(Beating/hitting/kicking/sexual violence)

# Terrorism-Types

- Creating civil disorder
- Political motivated terrorism
- Religion motivated terrorism
- Self Designed groups of terrorism

*The worst terrorist attack in the world...*

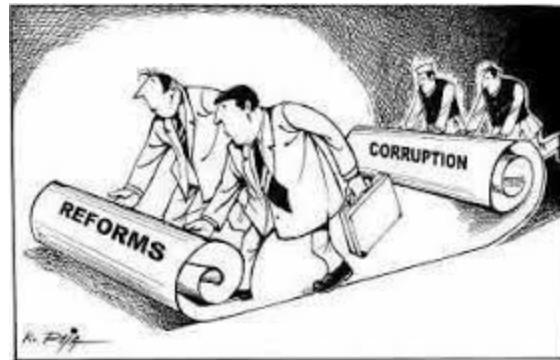
- *Sep-11 WTC..*
- *13<sup>th</sup> Aug-Parliament attack, & Mumbai Attack*
- *3<sup>rd</sup> Sep- 372 killed in Russia*
- *1978- Attack in Theatre –Iron*

# **How to Prevent Harassment, Violence and Terrorism.....**

Some basic Affirmative actions like...

- Self confidence (*Harassment prevention*)
- No anger, Hatred and enmity, control mind, Love and kindness, Practicing Yoga Truth and Non-violence (*Prevention of Violence*)
- Stringent Action by Govt and Strict rules (*Terrorism Prevention*)

# CORRUPTION



# What comes to your mind? “MONEY”





Are YOU ALL AWARE OF  
CORRUPTION ?



# corruption as....

- ▶ “wrong doing on the part of an authority or powerful party through means that are illegitimate, immoral or incompatible with ethical standards”
- ▶ corruption often results from patronage and is associated with bribery.



# Corruption & its Types

## Petty corruption

occurs at a smaller scale and occurs within established social frameworks and governing norms. This is more common in developing countries Ex: Bribery.

## Grand corruption

occurs at the highest levels of government in a way that requires significant subversion of political, legal and economic systems. This type of corruption is mainly found in dictatorial countries. Ex: 2g spectrum scam

## Prevalence...

- ▶ Denmark stood first in corrupted country list.
- ▶ India was ranked 94 which had been shared with Greece, Colombia, mongolia, moldova, senegal, benin and Djibouti
- ▶ More than 62% of Indians had first-hand experience of paying bribes or influence peddling to get jobs done in public offices successfully.
- ▶ About 40% of Indians had first-hand experience of paying bribes or using a contact to get a job done in public office.

Source: Transparency international corruption Index 2012,

# WHAT ARE THE FORMS OF CORRUPTION?

The following are the most common forms of corruption, as described in the United Nation Anti-corruption Toolkit:

- ❖ Bribery
- ❖ Embezzlement, theft and fraud
- ❖ Extortion
- ❖ scam
- ❖ Abuse of discretion
- ❖ Favouritism, nepotism and clientelism
- ❖ Conduct creating or exploiting conflicting interests
- ❖ Improper political contributions

# Embezzlement, Theft and fraud:

- Embezzlement and theft involve someone with access to funds or assets illegally taking control of them. Fraud involves using deception to convince the owner of funds or assets to give them up to an unauthorized party.
- Examples include the misdirection of company funds into "shadow companies" (and then into the pockets of corrupt employees), the skimming of foreign aid money, scams and other corrupt activity.

# EXTORTION:

One-sided where in the public servant extorts bribe from the beneficiary on the pretext of the threat of denial of service.

Extortionary Corruption can be defined as corruption where money has to be paid to acquire services that are legitimately due and honestly entitled.

extortion (also called blackmail, shakedown, outwresting) is a criminal offence of unlawfully obtaining money, property, or services from a person, entity, or institution, through coercion.

# SCAMS:

A fraudulent scheme performed by a dishonest individual, group, or company in an attempt obtain money or something else of value.

Scams traditionally resided in confidence tricks, where an individual would misrepresent themselves as someone with skill or authority, i.e. a doctor, lawyer, investor.

# TOP 5 MOST CORRUPT DEPARTMENTS IN INDIA

AS ON WWW.IPAIDABRIBE.COM

municipal services  
240 reports

motor vehicles  
412 reports

registrations  
489 reports

1 police  
2139 reports

2 others  
565 reports

3



5

## causes....

- ▶ Deterioration of the ethical qualities and moral values of people working as govt. administrators.
- ▶ Low salaries of government officials in such highly inflationary economy compel them to switch towards corruption.
- ▶ Complex laws and procedures alienate common people to ask for any help from government.
- ▶ The giant problems of poor economic infrastructure and illiteracy take the general public towards corrupted lifestyle.
- ▶ Tolerance of people towards corruption, there is lack of protest against corruption....

**& etc.....**

# Impact...

## **Loss to tax payers**

*Tax is being misused and fall in pocket of others in form of corruption.*

## **Inflation**

*corruption is getting high the result is inflation is reaching to its peak.*

*Daily based commodities are going out of reach from people.*

## **Lack of infrastructure**

*since the Public money goes to personal pockets many of the welfare/ schemes/ projects are getting delayed and even not started..*

# Control of corruption

Corruption cannot be eradicate completely ,it is just like a disease... but it can only controlled..

- ▶ The Right to Information Act (2005)
- ▶ computerization of services and
- ▶ various central and state government acts that established vigilance commissions
- ▶ Indian Penal Code, 1860(Dishonest misappropriation of property)
- ▶ Income Tax Act,1961
- ▶ The Prevention of Corruption Act, 1988
- ▶ Prevention of Money Laundering Act, 2002.

# Organisations in controlling corruption

- ▶ India Against *Corruption* is a movement created by citizens from a variety of professions and statuses to work against corruption in India
- ▶ **5th Pillar** is most known for the creation of the zero rupee note, a valueless note designed to be given to corrupt officials when they request bribes.
- ▶ NGO's involved in control of corruption by
- ▶ Creating awareness among public how it affects the country economically and how it affects citizens of the country.
- ▶ Listing out the various corruption that had occurred recently in the country.

# Means and ends/controlling corruption

- ▶ One of the main reason for corruption is illiteracy..we can control corruption by education.
- ▶ we should SAY ‘NO’ to give or get bribe for any sort of things.



# **WHITE COLLAR CRIMES**

*Defined as a crime committed by a person of respectability and high social status in the course of his occupation.*

- ▶ *It is an illegal act committed by non-physical means and by concealment, to obtain money or property, or to obtain business or personal advantage.*

## Intro....

- ▶ Basically involves a breach of trust, confidence or duty.
- ▶ It's not a victimless crime. A single scam can destroy a company, devastate families by wiping out their life savings, or cost investors billions of dollars.
- ▶ White collar crimes are estimated to cost society many times more than crimes such as robbery and burglary.
- ▶ The amount of death caused by corporate mishap, such as inadequate pharmaceutical testing, far outnumbers those caused by murder.
- ▶ The “**risk**” of getting caught is relatively low (low certainty)

# Causes....

*WCs break the law due to*

- ▶ *Greedy or Needy*
- ▶ *Corporate Culture Theory*
- ▶ *Low Self-Control*

# Types...

- ▶ **Occupational Crime**

*The use of one's occupation to illegally obtain personal gain*

- ▶ **Corporate Crime**

*Any activity that is undertaken by a corporation for its benefit, but violates the law.*

## **Components of WCC..**

- ▶ Stings and Swindles
- ▶ Chiseling
- ▶ Individual Exploitation of Institutional Position
- ▶ Influence Peddling and Bribery
- ▶ Embezzlement & Employee Fraud
- ▶ Client Fraud
- ▶ Corporate Crime

## Stings and Swindles

A white collar crime in which people use their institutional or business position to bilk people out of their money

**Ex:** Fraud involving door to door sale of faulty merchandise to passing millions in counterfeit stock certificates

- ▶ Stings & swindles are usually prosecuted as Embezzlement or Fraud.
- ▶ Religious swindles: Use of religion and creation of fake religious organizations to benefit those out of money

## Chiseling

Involves cheating an organization, its consumers, or both on a regular basis

Securities fraud: Commodity and stock markets deceptions

- **Churning**- Repeated, excessive, and unnecessary buying & selling of a clients stock.
- **Front Running**- Brokers place personal orders ahead of a large customer's order to profit from the market effects of the trade.
- **Bucketing**- Skimming customer trading profits by falsifying trade information
- **Insider Trading**- Using one's position of trust to profit from inside business information.

## Individual Exploitation of Institutional Position:

- ▶ When individuals exploit their power or position in an organization to take advantage of other individuals who have an interest in how that power is used.
  
- ▶ **Example:** Fire inspector who demands payment for operating license to be granted.

# Embezzlement & Employee Fraud

- ▶ When individuals use their positions to embezzle company funds or appropriate company property for themselves.
- ▶ The company or organization is the victim of the crime.
  - **Blue-collar fraud:** Acts of pilferage
  - **Management fraud:**
    - Converting company assets for personal benefit
    - Fraudulently receiving bonuses
    - Fraudulently increasing personal holdings of company stock
    - Manipulating of accounts
    - Concealing unacceptable performance from stockholders

# Client Fraud

- ▶ **Health care fraud**  
*Doctors violate their ethical vows and engage in fraud in obtaining patients and administering their treatment.*
- ▶ **Bank Fraud:**  
*individuals cheat their banks. Examples: check forgery, false statements on loans applications, etc...*
- ▶ **Tax Evasion:**  
*errant taxpayer to whom the government extends credit by allowing the taxpayer to delay paying taxes on money earned, cheats on their payment.*

# WCs Law Enforcement Systems

## *Controlling White-Collar Crime*

- **Compliance strategies:** Involve cooperation and self-policing among businesses (SEC and FDA)
- **Deterrence strategies:** Involve detection and punishing the offenders.
- Not “real criminals” don’t deserve prison.

# Approaches for controlling WCs

- ▶ If everyone at a particular business or company would keep an eye out for anything suspicious that alone would detour potential thieves.
- ▶ The real solution to this problem is going to have to come from the people who are being affected by it. They are the most likely to stop it. They cannot let anyone take advantage of them anymore.
- ▶ Most do not give white collar crimes much thought because they are only things that they read about in newspapers and hear on the news.

*Conti.....*

- ▶ *need for strengthening of morals particularly in the higher strata and among the public services.*
- ▶ *need for absolute honesty and integrity for the sake of national welfare.*
- ▶ *character building at grass-root level*
- ▶ *inculcating feeling of real concern for the motherland*
  
- ▶ <https://www.youtube.com/watch?v=Ne5ocNaNJVY>

# **Peer Pressure**

## **Peers**

Peers are those who are similar and of the same age group

## **Peer Pressure**

Peer pressure is the direct influence on people by peers, the effect on an individual who gets encouraged to follow their peers by changing their attitudes, values or behaviours to conform to those of the influencing group or individual. This can result in either a positive or negative effect or both.

## **Increased Influence of Peers on Teenagers**

Peer influence is a better way to describe how teenagers' behaviour is shaped by wanting to feel they belong to a group of friends or peers. Adolescence is the time when a person is most susceptible to peer pressure because peers become an important influence on behaviour during adolescence, and peer pressure has been called a hallmark of adolescent experience. Children entering this period in life become aware for the first time of the other people around them and realize the importance of perception in their interactions. Peer conformity in young people is most pronounced with respect to style, taste, appearance, ideology, and values. Peer pressure is commonly associated with episodes of adolescent risk taking because these activities commonly occur in the company of peers. Affiliation with friends who engage in risk behaviours has been shown to be a strong predictor of an adolescent's own behaviour. Peer pressure can also have positive effects when youth are pressured by their peers toward positive behaviour, such as volunteering for charity or excelling in academics. The importance of peers declines upon entering adulthood. Even though socially accepted children often have the most opportunities and the most positive experiences, the social acceptance (being in the popular crowd) may increase the likelihood of engaging in risky behaviour, depending on the norms in the group. Groups of popular children showed a propensity to increase risky, drug-related and delinquent behaviour when this behaviour was likely to receive approval in their groups. Peer pressure was greatest among more popular children because they were the children most attuned to the judgments of their peers, making them more susceptible to group pressures.

## **Peer pressure and influence might result in children:**

- choosing the same clothes, hairstyle or jewellery as their friends
- listening to the same music or watching the same TV shows as their friends
- changing the way they talk, or the words they use
- doing risky things or breaking rules
- working harder at school or college, or not working as hard
- smoking or using alcohol or other drugs

## **Positive Peer Pressure**

- Being encouraged to join the Debate Team can improve your self-confidence and your listening and thinking skills
- Going to college can be positive for your future

- Following the rules can keep you out of trouble and focus on what is important
- Showing up at school or college on time helps you learn discipline
- Respecting others will help you go far and will lead to people treating you well.
- Being honest helps people trust you
- Exercising is good for stress and fitness
- Avoiding drugs can keep you good health
- Working hard leads to achievement
- Listening to rap music
- Volunteering at the Boys or Girls Club lets you share your knowledge and skills
- Tutoring other students shares your knowledge

## **Negative Peer Pressure**

- Drinking alcohol while you are underage is dangerous when you are young
- Smoking is very addictive and can result in lung cancer
- Experimenting with drugs can be deadly
- Being encouraged to fight someone can lead to an assault charge
- Stealing something on a dare can lead to imprisonment or a fine or both
- Bullying or teasing others
- Putting your health at risk with too much bodybuilding or dieting
- Skipping school or college
- Wearing clothes you don't like because it is expected
- Doing anything you don't want to do
- Driving fast or drag racing

## **Helping the child to manage peer pressure and peer influence**

Coping well with peer influence is about getting the balance right between being yourself and fitting in **with the group**.

**Here are some ideas to help the child with this.**

### **Build up the child's self-esteem and confidences**

Children who have strong self-esteem are better at resisting negative peer pressure and influence.

Parents and teachers can build the child's self-esteem and confidence by encouraging them to try new things that give their chance of success, and to keep trying even when things are hard. Parents and teachers can also be a role model for confidence too, and show the child how to act confident as the first step towards feeling confident. Praising the child for trying hard is important for building self-esteem and confidence.

### **Keep the lines of communication open**

Staying connected can help the child feel more comfortable talking to

### **Suggest ways to say no**

The child might need to have some face-saving ways to say no if child's feeling influenced to do something he or she doesn't want to do. For example, friends might be encouraging them

to try smoking. Rather than simply saying ‘No, thanks’, he or she could say something like, ‘No, it makes my asthma worse’, or ‘No, I don’t like the way it makes me smell’.

### **Give teenagers a way out**

If the child feels he’s in a risky situation, it might help if he can text or phone parents or teachers for back-up. Parents and the child could even agree on a coded message for those times when your child doesn’t want to feel embarrassed in front of friends.

It is important to **talk and listen without judging**, and gently help the child see the influence his peers are having.

### **When to be concerned about peer influence and peer pressure**

Mood and behaviour changes are normal in teenagers. But if the child seems to be in a low mood for more than two weeks, or it gets in the way of things she normally enjoys, you might start to worry about your child’s mental health.

Warning signs include:

- low moods, tearfulness or feelings of hopelessness
- aggression or antisocial behaviour that’s not usual for the child
- sudden changes in behaviour, often for no obvious reason
- trouble falling asleep, staying asleep or waking early
- loss of appetite or over-eating
- reluctance to go to school or college
- withdrawal from activities the child used to like
- Statements about wanting to give up, or life not being worth living.

### **Children at risk of negative peer pressure and influence**

Some children are more likely to be negatively influenced by peers. These include children who:

- have poor self-esteem
- feel they have few friends
- have special needs.

These children might feel that the only way they’ll be included and accepted in social groups is by taking on the behaviour, attitudes and look of a group.

Also, peer pressure or influence is strongest in early to middle adolescence.

### **How to deal with peer pressure (Tips to the students)**

Having friends and feeling connected to a group gives teenagers a sense of belonging and being valued, which helps develop self-esteem and confidence. Friendships also help teenagers learn important social and emotional skills, like being sensitive to other people’s thoughts, feelings and wellbeing.

Peer pressure isn't always a bad thing; sometimes it can be good, such as when your friends stop you from doing something dumb that you'll later regret. But often peer pressure can be linked to negative stuff. The following examples of peer pressure and consider some tips for dealing with them.

### **Pressure to bully**

Seeing friends bullying others in person or online (cyberbullying) can make you feel pressured to get involved. It might seem okay at the time, but later you might feel embarrassed, guilty or ashamed.

- Think about why your friends had such a strong influence on your actions. Was this a way for you to gain self-confidence?
- Did you feel that if you didn't join in, your friends would start to bully you?
- Reflect on whether your friends are having a negative impact on you.
- Don't label yourself a 'bully'. We all make mistakes, but they don't have to permanently define us.
- Aim to develop a stronger sense of your own values and to stop bullying.

### **Pressure to diet or body-build**

If your friends have strict diet or workout regimens, you might feel like you also need to achieve the 'perfect' body. But worrying about your body image can leave you feeling burnt out and stressed about how you look. Are you bored with or anxious about calculating the nutritional value of everything you eat? Are your workouts feeling lacklustre, because you'd rather be doing something else? If you recognise yourself in these scenarios, maybe you're dieting or working out just to fit in with your mates.

- Focus on nourishing your body by engaging in stuff that you enjoy and that empowers you, such as singing, acting or volunteering.
- Spend time with supportive mates and family.
- See a health professional to learn ways of developing a positive body image.
- Remember that no one should pressure you to change the way your body looks; your confidence in your own body is the only thing that matters!

### **Pressure to take drugs/alcohol**

If you've felt pressured into drinking or taking drugs, you might feel guilt and regret afterwards for 'giving in'.

- Talk to a family member or a trusted friend.
- See a counsellor or health professional.
- Remember that many people of your age have sought help, too.

### **Some ways to handle peer pressure**

- **Pursue your own interests.** Hang out with people who like doing the same stuff you do.
- **Say 'no.'** Calmly explain why something's not for you.
- **Don't judge.** Respecting someone else's choice may help them respect yours.

- **Friends don't have to agree on everything.** Understanding that everyone has their own opinion means you can chill out and feel less defensive.

### **What to do if things get serious**

If you're in a situation where you feel threatened, are being hurt, or feel pressured into doing something that you're really uncomfortable with, you need to get help. Tell a family member, a friend from outside the situation, a teacher or a counsellor.

Reference:

- Wikipedia
- <https://raisingchildren.net.au/>
- <https://au.reachout.com/>

# Peer pressure positive and negative & Alcoholism impact & prevention



# What is peer pressure?

- We all want to be part of a group and feel like we belong in our community.
- Peer pressure can happen when we are influenced to do something we usually would not do, or stop us from doing something we would like to do.
- Who is your peer?

Someone whom you would think is an equal in age or ability

A friend, someone in the community or even someone on TV

# Why do we have peer pressure?

The only reason.....

we want to be  
accepted by our  
“peers”

Types of peer pressure

- Positive peer pressure
- Negative peer pressure



# Positive peer pressure

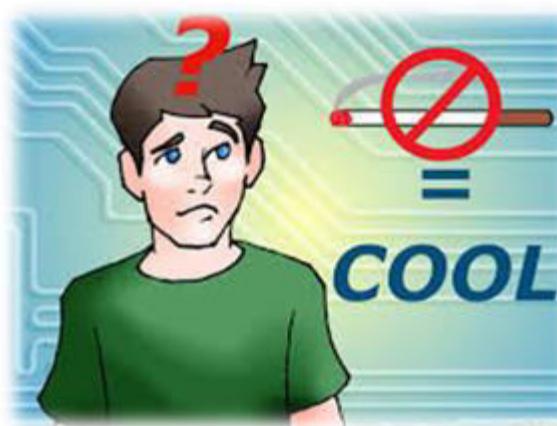
- Where peers support and encourage constructive actions for one another
- The type of age-appropriate peer pressure that we want to encourage
  - Eg: our peers encourage us to study for exams or make submissions on time.



# Negative peer pressure

- To do something that places a teen in danger or is hurtful to others is definitely cause for concern

Eg: your peer wants you to steal your parents money to get alcohol.



## Influence of good peer pressure

### Socializing

Our peer group gives us opportunities to try out new social skills. Getting to know lots of different people and help us to build a relationship.

### Encouragement

Our friends can encourage us to study hard and not to give up easily if there's any problem.

This is a big encouragement..

### Feedback & advices

Our friends listen and give us feedback as we try out new ideas, explore belief, and discuss problems. And also, our peers can give us advice and do the right things.

### Friendship

We can find friendship and acceptance, and share experience that can build lasting bonds.

### New experiences

Our peers might get us involved clubs, sports, or religious groups. Our peers ,might bring us to experience something good that we had never experienced before.

## Influence of bad peer pressure

We may be stressed because of our peers. Sometimes, they will influence us to do something we aren't comfortable with or have never done before

This pressure maybe expressed openly or indirectly.



# How to prevent it?

- Saying “NO”

We must learn to say “no” to those things that we don’t want to do or which is not right. Explaining to people in a calm way why we don’t want to be part of something is one way of handling it.

- Take action

Sometimes we are able to tackle peer pressure because we feel more comfortable in our environment. Standing up for someone may help us exercise our beliefs or rights. Both of these are ways in which you may be able to create a positive vibe out of peer pressure.



- Plan for possible pressure situations.
- Think ahead of time and even rehearse what we'll say or do
- Hang with people who feel the same way we do
- Choose friends who will speak up with us when we're in need of moral support, and be quick to speak up for a friend in same way.
- Choosing friends is very important for us, we can't live without friends but we also can't have a bad peer pressure. Good pressure can improve us but bad one will destroy us. Having a true and good friend is important. We should choose our friends carefully

# ALCOHOLISM

- Alcoholism is the most severe form of alcohol abuse and involves the inability to manage drinking habits. It is also commonly referred to as alcohol use disorder. Alcohol use disorder is organized into three categories: mild, moderate and severe. Each category has various symptoms and can cause harmful side effects.

- If left untreated, any type of alcohol abuse can spiral out of control.
- Individuals struggling with alcoholism often feel as though they cannot function normally without alcohol.
- This can lead to a wide range of issues and impact professional goals, personal matters, relationships and overall health.
- Over time, the serious side effects of consistent alcohol abuse can worsen and produce damaging complications.

# Warning Signs of Alcoholism

- Being unable to control alcohol consumption.
- Craving alcohol when you're not drinking.
- Putting alcohol above personal responsibilities.
- Feeling the need to keep drinking more.
- Spending a substantial amount of money on alcohol.
- Behaving differently after drinking.

# HEALTH ISSUES...

## SHORT TERM EFFECTS

- Slow reaction time
- Poor reflexes
- Reduce brain activity
- Lowered inhibitions
- Blurry vision
- Difficulty breathing
- Restlessness

## LONG TERM EFFECTS

- Brain defects, including Wernicke-Korsakoff syndrome
- Liver disease
- Diabetes complications
- Heart problems
- Increased risk of cancer
- Vision damage
- Bone loss

# PRIMARY PREVENTION

## Educational Approach

- Programs for children
- Electronic Media
- Awareness programs by NGO's



## Legal Approach

- Control of production and sale
- Raising prices and taxes
- Raising of minimum age
- Ban advertisement that promotes alcoholism

# SECONDARY PREVENTION

- Early diagnosis
- Adequate treatment
  - of withdrawal symptoms
  - Of addiction-(physiological, psychological and social)
  - Of complications-(depression, anxiety, cirrhosis)
- Post de-tox counseling and follow up
- Change in environment at home, college, work place..

# TERITIARY PREVENTION

It includes treatment and rehabilitation

- After care programs
- Vocational guidance
- Counseling
- Recreation



THINK B4 U DRINK...





**THANK YOU**

## **Peer pressure**

**Peer pressure** is influence that a peer group, observers or individual exerts that encourages others to change their attitudes, values, or behaviors to conform the group norms. Social groups affected include *membership groups*, in which individuals are "formally" members (such as political parties and trade unions), or social cliques in which membership is not clearly defined. A person affected by peer pressure may or may not want to belong to these groups. They may also recognize *dissociative groups* with which they would *not* wish to associate, and thus they behave adversely concerning that group's behaviors.

## **ALCOHOLISM**

- **Alcoholism** is a broad term for problems with alcohol and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages usually to the detriment of the drinker's health, personal relationships, and social standing.
- medically considered a disease, specifically an addictive illness
- Compulsive and uncontrolled consumption of alcohol

### **Ethical/Social values-Impact**

The social problems arising from alcoholism are serious, caused by the pathological changes in the brain and the intoxicating effects of alcohol.<sup>[1]</sup> Alcohol abuse is associated with an increased risk of committing criminal offences, including child abuse, domestic violence, rape, burglary and assault. Alcoholism is associated with loss of employment, which can lead to financial problems. Drinking at inappropriate times, and behavior caused by reduced judgment, can lead to legal consequences, such as criminal charges for drunk driving or public disorder, or civil penalties for tortious behavior, and may lead to a criminal sentence.

An alcoholic's behavior and mental impairment, while drunk, can profoundly affect those surrounding them and lead to isolation from family and friends. This isolation can lead to marital conflict and divorce, or contribute to domestic violence. Alcoholism can also lead to child neglect, with subsequent lasting damage to the emotional development of the alcoholic's children. For this reason, children of alcoholic parents can develop a number of emotional problems. For example, they can become afraid of their parents, because of their unstable mood behaviors. In addition, they can develop considerable amount of shame over their inadequacy to liberate their parents from alcoholism. As a result of this failure, they develop wretched self-images, which can lead to depression

The various health problems associated with long-term alcohol consumption are generally perceived as detrimental to society, for example, money due to lost labor-hours, medical costs, and secondary treatment costs. Alcohol use is a major contributing factor for head injuries, motor

vehicle accidents, violence, and assaults. Beyond money, there are also significant social costs to both the alcoholic and their family and friends. For instance, alcohol consumption by a pregnant woman can lead to fetal alcohol syndrome, an incurable and damaging condition

## **Causes**

A complex mixture of genetic and environmental factors influences the risk of the development of alcoholism. Individuals who have a genetic disposition to alcoholism are also more likely to begin drinking at an earlier age than average. Also, a younger age of onset of drinking is associated with an increased risk of the development of alcoholism and about 40 percent of alcoholics will drink excessively by their late adolescence. It is not entirely clear whether this association is causal, and some researchers have been known to disagree with this view

The other causes are

- ◎ Social drinking/peer drinking
- ◎ Alcoholic parents
- ◎ Lack of family support
- ◎ Low self esteem
- ◎ Childhood sexual abuse
- ◎ Easy access
- ◎ Stress

## **Law**

The legal drinking age in India and the laws which regulate the sale and consumption of alcohol vary significantly from state to state .

In India, consumption of alcohol is prohibited in the states of Gujarat, Manipur, Mizoram and Nagaland,<sup>[2]</sup> as well as the union territory of Lakshadweep. legal drinking age is 25 years. States like Kerala and Tamil Nadu, prohibit private parties and the government itself taken the alcoholic business to control illicit alcohol.

Fined about 2000 (first time), fined about 3000/maximum of 2 years imprisonment for Drunk and driving

## **Prevention**

Targeting adolescents and young adults is regarded as an important step to reduce the harm of alcohol abuse. Increasing the age at which licit drugs of abuse such as alcohol can be purchased, the banning or restricting advertising of alcohol has been recommended as additional ways of reducing the harm of alcohol dependence and abuse. Credible, evidence based educational campaigns in the mass media about the consequences of alcohol abuse have been recommended.

Guidelines for parents to prevent alcohol abuse amongst adolescents and for helping young people with mental health problems have also been suggested.

***The other means of preventions are...***

- *medications for alcoholism: disulfiram two forms of naltrexone, and acamprosate*
- *Coming out of alcohol*
- *Recognition of problem*
- *Commit yourself*
- *Self help*

***Other strategies***

- *Think positively*
- *Distract yourself*
- *Seek out positive people*

## **ILL EFFECT OF SMOKING**

**Smoking** is a practice in which a substance, most commonly tobacco, is burned and the smoke is tasted or inhaled. This is primarily practised as a route of administration for recreational drug use, as combustion releases the active substances in drugs such as nicotine and makes them available for absorption through the lungs. It can also be done as a part of rituals, to induce trances and spiritual enlightenment.

The most common method of smoking today is through cigarettes, primarily industrially manufactured but also hand-rolled from loose tobacco and rolling paper. Other smoking implements include pipes, cigars, bidis, hookahs, vaporizers, and bongs. It has been suggested that smoking-related disease kills one half of all long term smokers but these diseases may also be contracted by non-smokers. A 2007 report states that, each year, about 4.9 million people worldwide die as a result of smoking

### **Some facts**

- Passive smoking gives more effects than active smoking
- Frequent, small-dose stimulation makes smoking highly addictive
- Most cigarettes contain  $\geq 10$  mg of nicotine
- Average smoker absorbs 1-2 mg of nicotine per cigarette
- Cigarettes release carbon monoxide which adheres to red blood cells faster than oxygen.
- Reduce oxygen in the body causes increased heart rate
- Delivers nicotine to the lungs and brain within 7 seconds each time a smoker inhales

## **Active and Passive Smokers**

The definition of an active smoker is the one who smokes or has intention to smoke; as for a passive smoker is defined as a person who breathe in the smoke of others.

Definitely, the changes for an active smoker to get cancer is higher than a passive smoker. However, this does not mean that a passive smoker will not get cancer. If a passive smoker is surrounding by active smokers everyday and all the time, the chances for him/her to get cancer is there. If s/he has family histories, the chances to get cancer is even higher.

Sometimes you may be surprised why an active smoker does not get cancer in his/her lifetime. This could be that s/he just smokes one or two cigerattes a day and the rest of time s/he is not exposed to smoke. However, if s/he has family histories and smokes a lot everyday, the chances for him or her to get cancer is higher and quicker.

Passive smoking is the inhalation of smoke, called second-hand smoke (SHS), or environmental tobacco smoke (ETS), by persons other than the intended "active" smoker. It occurs when tobacco smoke permeates any environment, causing its inhalation by people within that environment. Exposure to second-hand tobacco smoke causes disease, disability, and death. The health risks of second-hand smoke are a matter of scientific consensus. These risks have been a major motivation for smoke-free laws in workplaces and indoor public places, including restaurants, bars and night clubs, as well as some open public spaces.

## **Ill-effects**

Tobacco is the **leading killer** in our country and around the world. Nearly every part of the body can be affected by tobacco.

Second-hand smoke causes many of the same diseases as direct smoking, including cardiovascular diseases, lung cancer, and respiratory diseases. These diseases include:

### ***Cancer***

Lung cancer: Breast cancer,etc

Brain tumor

Circulatory system: risk of heart disease, reduced heart rate variability, higher heart rate.

### ***Lung problems***

- Risk of asthma

### ***During pregnancy***

- Low birth weight
- Premature birth
- Damage to children's carotid arteries at birth and at age 5
- Worsening of asthma, allergies, and other conditions
- Overall increased risk of death in both adults

### ***Risk to children***

- Sudden infant death syndrome
- Learning difficulties, developmental delays, and neurobehavioral effects
- Lung infections
- Allergies
- Crohn's disease

Recent studies comparing women exposed to Environmental Tobacco Smoke and non-exposed women, demonstrate that women exposed while pregnant have higher risks of delivering a child with congenital abnormalities, longer lengths, smaller head circumferences, and low birth weight.

How Does Tobacco Affect Classroom Performance?

- ◉ Decreased concentration in the class room
- ◉ Decreased athletic performance due to the physical effects of nicotine and tobacco smoke.

## **SUICIDE**

### ***The concept***

Suicide is often committed out of despair, the cause of which is frequently attributed to a mental disorder such as depression, bipolar disorder, schizophrenia, borderline personality disorder,<sup>[1]</sup> alcoholism, or drug abuse.<sup>[2]</sup> Stress factors such as financial difficulties or troubles with interpersonal relationships often play a role. Efforts to prevent suicide include limiting access to firearms, treating mental illness and drug misuse, and improving economic development

- Suicide: intentional self-inflicted death
- Suicidal ideation: thoughts of killing oneself (i.e., serving as the agent of one's death)
- Suicidal act: intentional self-injury (can have varying degrees of lethal intent)

The act or an instance of intentionally killing oneself.

WHO estimates that approximately 1 million people die each year from suicide

## **Suicide Causes**

Over 90 percent of people who die by suicide have a mental illness at the time of their death. And the most common mental illness is depression.

Some of the negative life experiences that may cause depression, and some other causes for depression, include:

- The death of a loved one.
- A divorce, separation, or breakup of a relationship.
- Losing custody of children, or feeling that a child custody decision is not fair.
- A serious loss, such as a loss of a job, house, or money.
- A serious illness.
- A terminal illness.
- A serious accident.
- Chronic physical pain.
- Intense emotional pain.
- Loss of hope.
- Being victimized (domestic violence, rape, assault, etc).
- A loved one being victimized (child murder, child molestation, kidnapping, murder, rape, assault, etc.).
- Physical abuse.
- Verbal abuse.
- Sexual abuse.
- Unresolved abuse (of any kind) from the past.
- Feeling "trapped" in a situation perceived as negative.
- Feeling that things will never "get better."
- Feeling helpless.
- Serious legal problems, such as criminal prosecution or incarceration.
- Feeling "taken advantage of."
- Inability to deal with a perceived "humiliating" situation.
- Inability to deal with a perceived "failure."
- Alcohol abuse.
- Drug abuse.
- A feeling of not being accepted by family, friends, or society.
- A horrible disappointment.
- Feeling like one has not lived up to his or her high expectations or those of another.
- Bullying. (Adults, as well as children, can be bullied.)
- Low self-esteem.

## **Prevention**

- ◉ Should take care of the one who have made previous attempts..
- ◉ Long term out patient – should be given mental health services
- ◉ Psychiatric –treatment
- ◉ Talk therapy-(presenting thoughts/behaviours)
- ◉ Effective medication-antidepressants

## **SEXUAL HEALTH**

### ***Sexual health implies...***

(WHO) definition of health as a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, reproductive health, or sexual health/hygiene, addresses the reproductive processes, functions and system at all stages of life

- Sexual health, therefore, implies that people are able to have a responsible, satisfying and safer sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so.
- It requires positive and respectful approach to sexuality and sexual relationships...

### **Premarital Pregnancy**

Pregnancy before marriage or holy union.

#### ***Causes***

The cause of premarital pregnancy is having sex, just like marital pregnancy

#### ***Impact Premarital Pregnancy***

- Lack of prenatal care
  - High Blood pressure
  - Premature birth
  - Low birth weight baby
  - PMS may harm the mental development of the adults..
  - Spread of disease
- Premarital sex can easily lead to STD's***
- Unwanted pregnancy

## **SEXUALLY TRANSMITTED DISEASES (STD)**

**Sexually transmitted diseases (STD)**, also referred to as **sexually transmitted infections (STI)** and **venereal diseases (VD)**, are illnesses that have a significant probability of transmission between humans by means of sexual behavior, including vaginal intercourse, anal sex and oral sex. Some STIs can also be contracted by using IV drug needles after their use by an infected person, as well as through any incident involving the contact of a wound with contaminated blood or through childbirth or breastfeeding.

Sexually transmitted infections have been well known for hundreds of years, and venereology is the branch of medicine that studies these diseases. While in the past, these illnesses have mostly been referred to as STDs or VD, in recent years the term *sexually transmitted infections (STIs)*

has been preferred, as it has a broader range of meaning; a person may be *infected*, and may potentially infect others, without having a *disease*.

### **Classification**

*Sexually transmitted infection* is a broader term than *sexually transmitted disease*.<sup>[4]</sup> An infection is a colonization by a parasitic species, which may not cause any adverse effects. In a disease, the infection leads to impaired or abnormal function. In either case, the condition may not exhibit signs or symptoms. Increased understanding of infections like HPV, which infects a significant portion of sexually active individuals but cause disease in only a few has led to increased use of the term *STI*.

*STD* may refer only to infections that are causing diseases, or it may be used more loosely as a synonym for *STI*. Most of the time, people do not know that they are infected with an STI until they are tested or start showing symptoms of disease. Moreover, the term *sexually transmissible disease* is sometimes used since it is less restrictive in consideration of other factors or means of transmission. For instance, meningitis is transmissible by means of sexual contact but is not labeled an STI because sexual contact is not the primary vector for the pathogens that cause meningitis. This discrepancy is addressed by the probability of infection by means *other than sexual contact*. In general, an STI is an infection that has a negligible probability of transmission by means other than sexual contact, but has a realistic means of transmission by sexual contact (more sophisticated means—blood transfusion, sharing of hypodermic needles—are not taken into account). Thus, one may presume that, if a person is infected with an STI, e.g., chlamydia, gonorrhea, genital herpes, it was transmitted to him/her by means of sexual contact.

The diseases on this list are most commonly transmitted solely by sexual activity. Many infectious diseases, including the common cold, influenza, pneumonia, and most others that are transmitted person-to-person can also be transmitted during sexual contact, if one person is infected, due to the close contact involved. However, even though these diseases may be transmitted during sex, they are not considered STIs.

STDs are diseases and infections which are capable of being spread from person to person through:

- sexual intercourse
- oral-genital contact or in non-sexual ways.
- drugs

The symptoms

- Sores (either painful or painless)
- Blood in urine
- Burning sensation when urinating
- Rashes
- Itching
- bump
- wart
- Unusual discharge

***Sexually transmitted infections include:***

**Chlamydia** is a sexually transmitted infection caused by the bacterium *Chlamydia trachomatis*. In women, symptoms may include abnormal vaginal discharge, burning during urination, and bleeding in between periods, although most women do not experience any symptoms. Symptoms in men include pain when urinating, and abnormal discharge from their penis. If left untreated in both men and women, Chlamydia can infect the urinary tract and potentially lead to pelvic inflammatory disease (PID). PID can cause serious problems during pregnancy and even has the potential to cause infertility. It can cause a woman to have a potentially deadly ectopic pregnancy, in which the child is born outside of the uterus. However, Chlamydia can be cured with antibiotics.

The two most common forms of herpes are caused by infection with herpes simplex virus (HSV). HSV-1 is acquired orally and causes cold sores. HSV-2 is acquired during sexual contact and affects the genitals.

**Gonorrhea** is caused by bacterium that lives on moist mucous membranes in the urethra, vagina, rectum, mouth, throat, and eyes. The infection can spread through contact with the penis, vagina, mouth or anus. Symptoms of Gonorrhea usually appear 2 to 5 days after contact with an infected partner however, some men might not notice symptoms for up to a month. Symptoms in men include burning and pain while urinating, increased urinary frequency, discharge from the penis (white, green, or yellow in color), red or swollen urethra, swollen or tender testicles, or sore throat. Symptoms in women may include vaginal discharge, burning or itching while urinating, painful sexual intercourse, severe pain in lower abdomen (if infection spreads to fallopian tubes), or fever (if infection spreads to fallopian tubes), however many women do not show any symptoms. There are some antibiotic resistant strains for Gonorrhea but most cases can be cured with antibiotics.

**Syphilis** is an STI caused by a bacterium. If acquired, syphilis needs to be treated adequately, otherwise it can cause long-term complications and death. Clinical manifestations of syphilis include the ulceration of the uro-genital tract, mouth or rectum; if left untreated the symptoms worsen.

**Trichomoniasis** is a common STI that is caused by infection with a protozoan parasite called *Trichomonas vaginalis*.<sup>[31]</sup> Trichomoniasis affects both women and men, but symptoms are more common in women.<sup>[32]</sup> Most patients are treated with an antibiotic called metronidazole, which is very effective.

**HIV** (human immunodeficiency virus) damages the body's immune system which interferes with fighting off disease-causing agents. The virus kills CD4 cells, which are white blood cells that help fight off various infections. HIV is carried in body fluids, and is spread by sexual activity. It can also be spread by contact with infected blood, breastfeeding, childbirth, and from mother to child during pregnancy. When HIV is at its most advanced stage, an individual is said to have AIDS (acquired immunodeficiency syndrome). There are different stages of the progression of and HIV infection. The stages include primary infection, asymptomatic infection, symptomatic infection, and AIDS. In the primary infection stage, an individual will have flu like symptoms (headache, fatigue, fever, muscle aches) for about 2 weeks. In the asymptomatic stage, symptoms usually disappear, and the patient can remain asymptomatic for years.

When HIV progresses to the symptomatic stage, the immune system is weakened, and has a low cell count of CD4+ T Cells. When the HIV infection becomes life-threatening, it is called AIDS. People with AIDS fall prey to opportunistic infections and die as a result

There is no known cure for HIV or AIDS but the drugs help suppress the virus. By suppressing the amount of virus in the body, people can lead longer and healthier lives. Even though their virus levels may be low they can still spread the virus to others.

**AIDS** stigma exists around the world in a variety of ways, including ostracism, rejection, discrimination and avoidance of HIV infected people; compulsory HIV testing without prior consent or protection of confidentiality; violence against HIV infected individuals or people who are perceived to be infected with HIV; and the quarantine of HIV infected individuals. Stigma-related violence or the fear of violence prevents many people from seeking HIV testing, returning for their results, or securing treatment, possibly turning what could be a manageable chronic illness into a death sentence and perpetuating the spread of HIV.

Discrimination against people living with HIV/AIDS ('PLHIV') is the experience of prejudice against PLHIV which falls within the purview of the law. Discrimination is one manifestation of stigma. Stigmatizing, attitudes, and behaviors may fall under the rubric of discrimination depending on the legislation of a particular country.

AIDS stigma has been further divided into the following three categories:

- *Instrumental AIDS stigma*—a reflection of the fear and apprehension that are likely to be associated with any deadly and transmissible illness
- *Symbolic AIDS stigma*—the use of HIV/AIDS to express attitudes toward the social groups or lifestyles perceived to be associated with the disease.
- *Courtesy AIDS stigma*—stigmatization of people connected to the issue of HIV/AIDS or HIV-positive people

Many tend to reject people living with HIV/AIDS (PLHIV) because of their misconceptions about how it is transmitted. They don't want to be around PLHIV because they believe that they are at risk of being infected.

- Being in the same room, sharing a seat or shaking hands with a person living with HIV/AIDS will not lead to you contracting the Virus. . Most people are also unaware that it can take up to 10 years before HIV develops into AIDS. Early detection and treatment is therefore vital in delaying the onset of AIDS and strengthening the immune system.
- With a better understanding of transmission modes and treatment options, it is possible to increase accepting attitudes towards PLHIV.

**Sexuality** is broader than sexual activity. It encompasses all the things that make us who we are. Shaped by culture, history, values, education and experience, our sexuality influences our views of individuality, family, parenthood, and community.

From a young age, children are exposed to sexual imagery and language in their environment, and their bodies are experiencing and developing sexual responsiveness. Their curiosity is inevitable, and the answers they get should clarify—not confuse—the issues for them.

Adolescence is a particularly stressful and confusing time as both physical and cognitive aspects of sexual expression begin to align, and the opportunities for personal decision making expand. Sexuality begins to be a significant part of relationship experiences. We want those relationships to be healthy and safe, as they are the training ground for life as an adult.