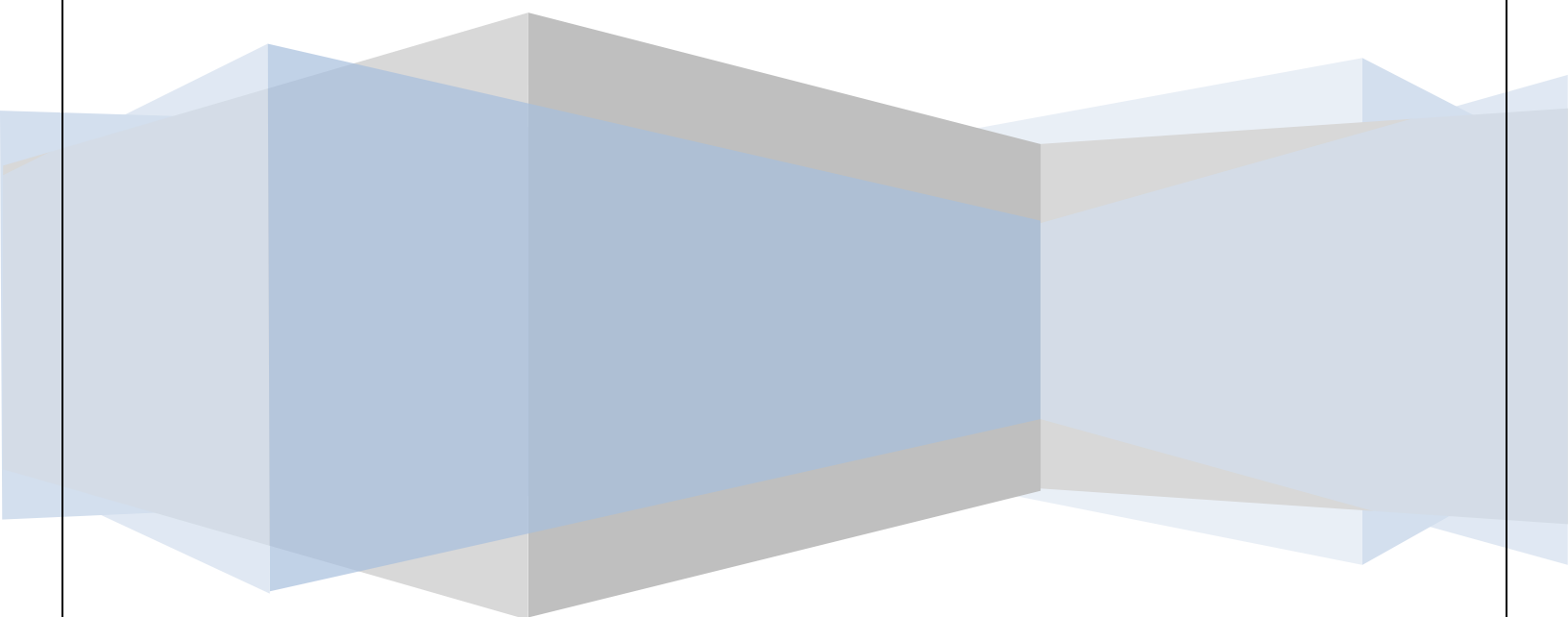


CLASS XII

HOME SCIENCE



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UNIT-I AND CHAPTER-I

WORK, LIVELIHOOD AND CAREER

2 MARKS QUESTIONS

1. Give examples of traditional occupations in Indian villages. Traditional occupations in Indian villages include:

- Agriculture
- Fishing
- Handicrafts (woodcraft, pottery, metal craft, weaving, etc.)

2. What are the challenges faced by traditional occupations in India?

- Challenges faced by traditional occupations include:
- Shift towards mass-produced goods
- Illiteracy and socio-economic backwardness
- Slow progress in land reforms
- Inadequate financial and marketing services
- Environmental degradation and resource depletion

3. Why is the preservation of traditional knowledge and skills important?

- Preservation of traditional knowledge and skills is important to maintain the authenticity and uniqueness of traditional crafts, ensuring their cultural significance and economic viability. It also contributes to the sustainable use of natural resources and environmental conservation.

4.What is meant by meaningful work?

Meaningful work refers to tasks or activities that go beyond the routine of earning a livelihood. It is work that is useful to society or others, done responsibly, and brings joy and satisfaction to the worker. Meaningful work allows individuals to utilize their skills, judgment, creativity, and problem-solving abilities. Ideally, it should be performed in an environment that fosters positive professional relationships, recognition, and rewards. Meaningful work contributes not only to personal growth, confidence, and self-worth but also to the improvement of one's life conditions and the broader society.

5.What is meant by dignity of labour?

Dignity of labor refers to the concept that all types of work, regardless of their nature or perceived status, are valuable and deserving of respect. It emphasizes that individuals should take pride in the work they do, irrespective of whether it is considered prestigious or menial. The idea is rooted in the belief that every person's contribution through their work, whether paid or unpaid, plays a crucial role in the betterment of society. The examples of Abraham Lincoln and Mahatma Gandhi illustrate that one's background or the nature of work should not diminish the dignity associated with labor.

4 marks questions

1. Define the terms gender and sex.

- **Gender:** Gender refers to the social and cultural roles, behaviors, and expectations associated with being male or female. It is socially constructed and goes beyond biological distinctions.
- **Sex:** Sex, on the other hand, refers to the biological categorization based on genetics, reproductive organs, or similar factors. It is the classification of individuals as male or female based on physiological attributes.

2: Who are home makers, and what is their contribution to the economy of the family?

Home makers are individuals, often women, primarily engaged in managing household responsibilities, including childcare, cooking, cleaning, and other domestic tasks. Their contribution to the family's economy is significant, although traditionally undervalued. Their unpaid domestic work supports family members, allowing them to perform their roles and duties efficiently.

3. How can women get recognition in the family and society?

Recognition for women in the family and society can be achieved through education and empowerment. Acknowledging the economic value of their domestic work is crucial. Changing societal perceptions and promoting gender equality in both professional and personal spheres contribute to recognizing women's roles beyond traditional norms.

4. What are the government initiatives in favor of women in the workforce?

The government has implemented various initiatives to support women in the workforce. Acts such as the Factories Act, the Maternity Benefit Act, and the Employees State Insurance Act provide legal frameworks for the protection of women's rights. Women's cells in the Ministry of Labour address specific problems, and the Equal Remuneration Act ensures equal wages for similar work. National Plan of Action (NPA) for women and working groups focus on enhancing employment opportunities for women, especially in rural areas.

5. What is Differentiate between job and career.

- **Job:** A job is an employment position undertaken for the sake of earning a living. It is often focused on immediate financial needs and may not necessarily involve a long-term commitment or personal growth. Jobs are typically task-oriented and contribute to one's livelihood.
- **Career:** A career is a broader and more encompassing concept. It is a lifelong journey involving the pursuit of consecutive and progressive achievements, not just in terms of monetary gains but also in personal and professional growth. A career includes managing various roles, balancing paid and unpaid work, continuous learning, and making transitions based on personal aspirations and goals.

6.Explain briefly the role of values and ethics in professional life:

Values and ethics play a crucial role in shaping behavior and conduct in professional life. Values are fundamental beliefs and preferences about what is desirable or good for humans. In the context of work, six important values are highlighted: service, social justice, dignity and worth of all persons, importance of human relationships, and integrity.

Ethics, on the other hand, are formal systems or sets of rules explicitly adopted by groups of people, such as professional or medical ethics. They provide a framework for the conduct of individuals or members of a profession. Being ethical in the workplace involves adhering to these rules and standards, which can earn the respect of colleagues and peers. Moreover, practicing values and ethics in the workplace is associated with several benefits, including the reduction of waste of time and money, as well as the enhancement of employee morale, confidence, and productivity. In summary, values and ethics contribute to creating a positive and ethical work environment.

7.How is Work Described in Different Perspectives?

1. Work can be viewed as a 'job,' a means of making a 'living,' a task or duty, a means of security, an expression of one's true self (Dharma), a part of spiritual practice, a source of joy, a symbol of status, power, and control, and a rewarding experience that fosters self-development.

8. Explanation of Terms:

- (a) **Quality of Work Life:** Quality of work life refers to an individual's perception of their overall work experience, emphasizing factors such as job satisfaction, work environment, and the balance between professional and personal life.
- (b) **Life Skills:** Life skills are adaptive and positive behaviors that enable individuals to effectively deal with the challenges of everyday life. They include self-awareness, empathy, communication, decision-making, and coping with stress.

9. what is meant by Healthy Work Environment:

- A healthy work environment is one that promotes the well-being and satisfaction of employees. It can be created through:
 - Providing physical well-being support with ergonomic workstations and suitable facilities.
 - Addressing mental and emotional well-being through stress management programs and counseling.
 - Supporting work-life balance with flexible schedules and remote work options.
 - Establishing clear communication channels within the organization.
 - Recognizing and appreciating employees for their contributions.

7 marks questions

1: The Significance of Work in Human Life?

Work is a fundamental aspect of human existence, serving as a means through which individuals integrate into society, create relationships, utilize their unique talents, and undergo personal growth. It is not merely a routine but an essential activity contributing to the development of one's identity and a sense of belonging to society. Regardless of cultural variations, work is central in daily life, influenced by factors such as education, health, age, and access to opportunities.

People engage in work for various reasons, including financial support, providing for their families, and earning leisure and recreational time. Work plays a pivotal role in shaping personal identity, boosting self-esteem, and contributing to the well-being of individuals and the organizations they are part of. The collective efforts of humans and nature, often overlooked, provide society with basic necessities, comforts, and luxuries, highlighting the interconnectedness of all elements.

Work can be viewed from multiple perspectives, including as a job, a duty, a means of livelihood, an expression of one's true self, a spiritual practice, a source of joy, and a vehicle for creation. Meaningful work, in particular, is crucial for personal development, contributing to a sense of identity, worth, and dignity.

In essence, work is likened to the oil that lubricates the machine of society, emphasizing its indispensable role in the functioning and progress of human civilization.

2: Meaningful Work and Its Impact on Personal Growth?

Meaningful work goes beyond the routine of earning a livelihood; it is work that is useful to society, done responsibly, and brings joy to the worker. It allows individuals to showcase their skills, judgment, creativity, and problem-solving abilities. Meaningful work, when performed in an environment fostering positive professional relationships, recognition, and rewards, contributes significantly to personal growth.

The outcome of meaningful work, when successful, not only instills confidence and self-worth but also facilitates the actualization of an individual's full potential. It provides opportunities to contribute to the improvement of one's life and the broader society. Choosing work that aligns with personal attributes, talents, and aspirations is crucial for a fulfilling and lifelong career.

In summary, meaningful work is a transformative experience that not only benefits individuals but also enhances the quality of life for society as a whole.

3.What are the different ways in which work can be perceived?

Work can be perceived in various ways, extending beyond the conventional notion of paid employment. The different ways in which work can be perceived include:

- **Paid Employment:** Traditional jobs where individuals receive compensation for their services.
- **Entrepreneurship:** Involving the creation and management of one's business or venture.
- **Consulting:** Offering professional advice or services on a contractual basis.
- **Volunteerism:** Engaging in activities without monetary compensation for the benefit of others or the community.
- **Contract Work:** Undertaking specific tasks or projects on a contractual basis.
- **Social Work for Community Welfare:** Involvement in activities aimed at improving the well-being of the community.
- **Other Professional Activities:** Engagement in various professional roles that may not necessarily involve traditional employment.

4: Gender Dynamics in the Workforce and Empowerment of Women?

The age and gender composition within the workforce significantly shape the dynamics of personal and professional lives at both individual and societal levels. Gender issues, in particular, play a crucial role in defining societal norms and expectations related to work. Historically, societies have assigned specific roles and behaviors to individuals based on their gender, reinforcing stereotypes and creating disparities.

The differentiation between the sexes, defined biologically and functionally, influences the societal construction of gender roles. While traditional norms have often confined women to domestic roles, there has been a paradigm shift, challenging these norms. The Supreme Court of India's recognition of transgender individuals as a third gender is a testament to evolving perspectives.

However, challenges persist, particularly for women. Despite active participation in various sectors of the economy, women often face a dual burden as they are still expected to fulfill household responsibilities. This double burden hampers their ability to achieve work-life balance and impedes their journey towards true empowerment.

Valuing and recognizing domestic work as an economic contribution is crucial for empowering women. The societal perception that women's earnings are supplementary rather than primary needs to change. Efforts to educate and empower women are essential to ensuring their rightful place in society.

The Constitution of India guarantees equality to both men and women, prohibiting discrimination on grounds of sex. Various acts, such as the Factories Act and the Maternity Benefit Act, provide legal frameworks to protect women's rights in the workforce. However, challenges such as stress, adverse health effects, and the lack of gender-neutral safety measures persist.

To address these challenges, a holistic approach is necessary. Educational and vocational training programs should be expanded to enhance women's skills and employability. Creating an environment that values and compensates domestic work, along with initiatives promoting work-life balance, will contribute to the empowerment of women in the workforce.

5.what is Government Initiatives and Constitutional Rights for Women in the Workforce?

In India, the Constitution plays a pivotal role in ensuring equality for both men and women in all aspects of life, including employment. Article 16(1) guarantees equal opportunities for citizens in matters related to employment and appointment under the state, forbidding discrimination based on sex, among other factors.

Several acts safeguard the constitutional rights of women in the workforce. The Factories Act of 1948, the Plantation Labour Act of 1951, the Mines Act of 1952, and others provide protection to women in various industrial sectors. The Employees State Insurance Act (ESI Act) and the Maternity Benefit Act of 1961 address specific concerns related to women's well-being and maternity benefits.

Additionally, Section 48 of the Factories Act mandates the maintenance of creches in industries employing more than 30 women, demonstrating a commitment to supporting working mothers. The legal framework aims to create just and humane conditions of work for women, protecting them from exploitation.

State initiatives have furthered the cause of women in employment. Women's cells within the Ministry of Labour address the specific problems faced by women workers. The Equal Remuneration Act ensures equal wages for similar work. National Plan of Action (NPA) for women and working groups on women's employment have been constituted to enhance employment opportunities for rural women.

Over the years, there has been a transition in the approach to women's programs, moving from a welfare approach to equality of opportunity and eventually to a development approach. The focus is on integrating women into the human resource pool, recognizing their potential to contribute significantly to the nation's progress.

Despite these initiatives, there is a need for a paradigm shift in societal mindsets and attitudes. The modernization of thoughts and approaches is essential for achieving gender equality in society and the workforce.

6.Traditional Occupations in India and their Cultural Significance

- India boasts a rich cultural heritage, with diverse traditional occupations contributing significantly to its socio-economic fabric. Agriculture, being a major occupation due to favorable climatic conditions, has been the backbone of employment for a significant portion of the population, particularly in rural areas. Handicrafts, including woodcraft, pottery, metal craft, and weaving, have not only sustained rural livelihoods but have also gained international recognition, contributing to India's foreign exchange.
- The transfer of crafting skills has been an intergenerational practice, with knowledge passed down within families. However, modern economic dynamics have propelled these traditional crafts into the global market, creating opportunities but also posing challenges to the preservation of indigenous knowledge and skills.
- Fishing, with India's extensive coastline, has been a vital occupation, while the multiplicity of visual arts, such as Warli painting and puppetry, showcases India's artistic prowess. The preservation of these traditional occupations faces challenges from mass production, environmental degradation, and socio-economic constraints, necessitating interventions in design innovations, eco-friendly practices, and the conservation of traditional knowledge.
- Despite these challenges, it is crucial to recognize the cultural significance of these occupations and the need for their revival and sustainability. Government initiatives and community awareness play a pivotal role in ensuring the

continuation of these traditions and the enhancement of income generation potential for rural communities.

7.Challenges and Interventions for Sustaining Traditional Occupations in India

- While India's traditional occupations hold immense cultural and economic value, they face numerous challenges threatening their sustainability. One major challenge is the shift towards mass-produced goods, leading to a decline in income for artisans and a diminishing appreciation for fine arts.
- Illiteracy, socio-economic backwardness, slow progress in land reforms, and inadequate financial and marketing services contribute to this trend. Additionally, environmental degradation, resource depletion, and the shrinking of forests pose serious challenges to traditional occupations relying on natural resources.
- To address these challenges, interventions are crucial. Design innovations can breathe new life into traditional crafts, attracting contemporary consumers. Preservation and refinement strategies should focus on maintaining the authenticity of traditional products while adapting to changing market demands. The use of eco-friendly raw materials and sustainable practices is imperative for environmental conservation.
- Furthermore, establishing training facilities can ensure the transfer of traditional knowledge to the younger generation. Conservation of traditional knowledge and the protection of

intellectual property rights (IPR) are essential for safeguarding the uniqueness of traditional crafts.

- In conclusion, concerted efforts are needed to revive and sustain traditional occupations in India, ensuring their cultural preservation, economic viability, and environmental sustainability.

Multiple-Choice Questions (MCQs):

1. What does the term "Quality of Work Life" primarily focus on?

- a) Job responsibilities
- b) Overall work experience
- c) Career growth
- d) Salary and benefits

2. According to the World Health Organization, which skills are considered life skills?

- a) Technical skills
- b) Thinking, coping, and social skills
- c) Academic skills
- d) Athletic skills

3. Which of the following is not one of the ten core sets of life skills identified by experts?

- a) Self-awareness
- b) Decision making
- c) Time management
- d) Coping with stress

4. How can individuals improve their work life, according to the given context?

- a) By ignoring colleagues
- b) By avoiding teamwork
- c) By being reactive to situations
- d) By developing healthy personal habits

5. What is emphasized in maintaining a healthy work-life balance?

- a) Working long hours
- b) Flexible schedules and remote work options
- c) Avoiding social interactions
- d) Ignoring personal well-being

6. What is one of the recommended strategies for responding to a reprimand at work?

- a) React emotionally
- b) Justify actions immediately
- c) Ignore the reprimand
- d) Examine the situation realistically and calmly

7. What is the essential requirement for individuals to become competent in their work?

- a) Academic lessons
- b) Social connections
- c) Essential workplace skills
- d) Professional certifications

8. What is the primary purpose of work for most human beings?

- a) Leisure and recreation
- b) Personal growth and development
- c) Financial gain and livelihood
- d) Spiritual practice

9. According to the passage, who is an example of someone demonstrating the dignity of labor?

- a) Abraham Lincoln
- b) Mahatma Gandhi
- c) Both a and b
- d) None of the above

10.Kiran Mazumdar Shaw is associated with which industry?

- a) Information Technology
- b) Biotechnology
- c) Automobile
- d) Textiles

Answers to Multiple-Choice Questions (MCQs):

1. (b) Overall work experience
2. (b) Thinking, coping, and social skills
3. (c) Time management
4. (d) By developing healthy personal habits
5. (b) Flexible schedules and remote work options
6. (d) Examine the situation realistically and calmly
7. (c) Essential workplace skills
8. c) Financial gain and livelihood
9. c) Both Abraham Lincoln and Mahatma Gandhi
10. b) Biotechnology

Fill in the blanks

1. Quality of work life is related to an individual's perception of their overall _____ experience.
2. Life skills enable individuals to behave in healthy ways, especially in challenging _____.
3. A healthy work environment includes support for physical, mental, and emotional _____ of employees.
4. The ability to positively adapt to societal and environmental change is crucial for achieving balance between _____ and work.
5. Developing healthy personal habits, being empathetic, and maintaining loyalty are tips for improving one's own _____ life.
6. Creating a community of like-minded individuals within the organization can contribute to job satisfaction and responsible _____.
7. Life skills are competencies that cannot be taught as 'academic lessons' but are acquired through experiential _____.
8. Meaningful work is not just about how much money a person earns; rather, it is about whether one makes a contribution to _____, _____, one's employers, to society, to nation, or to the world.
9. Work life should ideally be an expression of one's _____ and _____.

10. Kasturba Gandhi Balika Vidyalaya (KGBV) was initiated as a scheme under which government initiative?

Filling in the Blanks:

1. Quality of work life is related to an individual's perception of their overall **work** experience.
2. Life skills enable individuals to behave in healthy ways, especially in challenging **situations**.
3. A healthy work environment includes support for physical, mental, and emotional **well-being** of employees.
4. The ability to positively adapt to societal and environmental change is crucial for achieving balance between **life** and work.
5. Developing healthy personal habits, being empathetic, and maintaining loyalty are tips for improving one's own **work** life.
6. Creating a community of like-minded individuals within the organization can contribute to job satisfaction and responsible **change**.
7. Life skills are competencies that cannot be taught as 'academic lessons' but are acquired through experiential **learning**.
8. Meaningful work is not just about how much money a person earns; rather, it is about whether one makes a contribution **to oneself, one's family**, one's employers, to society, to the nation, or to the world.

9. Work life should ideally be an expression of one's potentials and aspirations.

10. Sarva Shiksha Abhiyaan (SSA)

summary

The provided text emphasizes the significance of work in human life, describing it as an essential activity that fosters personal growth, identity development, and a sense of belonging to society. Work is portrayed as a diverse concept, encompassing various perspectives such as a job, duty, means of livelihood, and even a spiritual practice. The distinction between a job and a career is highlighted, with a job viewed as mere involvement in work, while a career involves a deep desire to excel and grow within a chosen field.

Meaningful work is defined as that which is useful to society, done responsibly, and enjoyable for the worker. It contributes significantly to an individual's sense of identity, worth, and dignity, fostering personal growth and the realization of one's full potential. The text emphasizes the evolving nature of career concepts, underscoring the importance of continual learning, skill development, and the need to upgrade knowledge throughout one's professional journey.

Deciding on a career is suggested to involve considerations of personal interests, enjoyment in the job, and a sense of being useful to society. The narrative encourages individuals to choose a career path that aligns with their talents, traits, and aspirations. Overall, the text portrays work not just as a means of earning a livelihood but as a multifaceted endeavor that extends beyond financial gain, contributing to personal fulfillment, societal well-being, and the development of positive professional relationships