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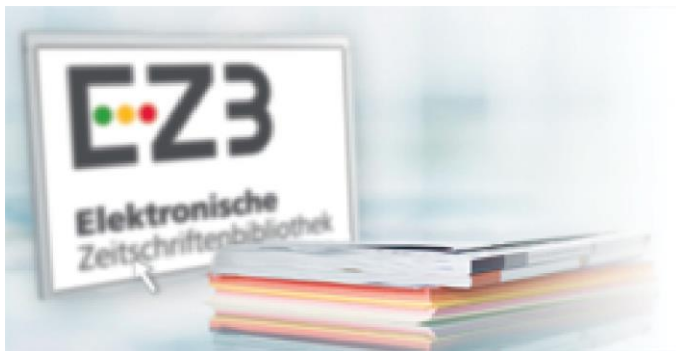
We are happy to announce the publication of an International Journal of research in education entitled: *Horizons of Holistic Education* with International Standard Serial Number (ISSN). You are invited to send your original research papers and research articles for the publication in *Horizons of Holistic Education.*

The Journal of *Horizons of Holistic Education* (HHE), published by the Children's University, is an International quarterly Interdisciplinary Journal which covers topics related to holistic development of children. HHE covers all the areas which deal with the children, such as Child education, Child psychology and Panchkosh development of children, children's literature and so on. It also includes intellectual efforts encompassing Sociology, Vedic Science, Medicine, Psychology, Drawing, Music, History, Geography, Home Science, Philosophy, Economics, Commerce and Literature concerned with Children. The researches based on such topics shall be given priority.

Aim and Scope — an International journal of *Horizons of Holistic Education* (quarterly) aims to publish original research papers, related to the theory and practice of various disciplins of Humanities. We invite you to contribute your full length research papers, short communications and Review articles and Articles concerned with holistic modern development in the area of liberal sciences pertaining to the children's studies.

Book Review
Seeing like a Feminist

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In this book the author tried to understand the Feminist dialogue, which had been made by Nevedita Menon in her book "Seeing like a Feminist". Niveditamenon,a feminist writer and she is Professor at Jawaharlal Nehru University, Delhi. She has written number of book on Feminism and politics. In this book she had put light on the issues and challenges faced by a women's in the country like India. The author, divides the book into six main chapters that take on most of the issues in India: Family, Body, Desire, Sexual Violence, Feminists and Women, Victims or Agents. Each chapter is an allusion to patriarchy's, subjugation of women, power dynamics in the family and society and different role of these disadvantages on women's lives in India, A noteworthy feature of this book by Menon, that she cites numerous cases, their explanations and narratives while explaining each concept, to provide for a contextual and in-depth background of the issues. Each chapter is pierced with examples of social realities from around the country to give us a comprehensive picture of what it truly means to be feminist and broader understanding of feminism.

She initiated her writing by compares the concept of nude makeup with the maintenance of social order. She argues, in a world where everyone is marketing their talents like intellect or physical labor in order to make a living, this kind of critique has lost its edge. She stated the story of the young girl Moni who become the victim of this natural order of the society. Money was beaten, tourchered, and stripped naked just because she is behaving like boy. By this, Menon question the society about their

gendered - appropriate behavior which socially a socially construct product. She further quoted the" family as an institution" by mentions that families a legal intuition with the specific set of people with special way, which can only a heterosexual , patriarchal and legally and socially accepted with a men, women and " his" children. She quotes a scene from the movie Mrityudand "Ye kiska bachha hai?" (Whose child is this?) – This question is mostly put to unmarried or widowed pregnant women. To be sure, the baby is inside her body it is hers. But in reality, the question literally means – "Who is the father of the child?" – Completely avoiding the evident mother. This is because it creates a concern about the claim to property rights and related complications. She added that no men can claim the child in the women womb is his, only the women knows the child her womb

The division of the labor is in the way that women is responsible for the housework and reproduction. And it is totally an unpaid work but if this work is extend in the public arena that this consider as the paid work, e.g., cooking is consider as women work but there are very few chef are women. Women consider as weak sex but they are the one who do majority of the heavy work like carrying heavy loads of water and firewood's, planting paddy, construction work and so on and all of these are consider as unpaid work. She further

argued that even the surname of the women is not her. . Such is the irony of patriarchy that women also need at attach the surname either of this father or husband. Dowry, which is earlier especially practice in north part of the India by the upper Hindu caster but slowly and gradually it covers all the country. It is a social evil which is prohibited in India since 1984 but the mechanism they prohibited this change is in effective because it come to play only if the complaint is lodged. Menon marks a challenge to patrilineal society in new reproductive technologies now a woman can become pregnant through donor sperm. The different women perform different roles like tone can give birth the child and the other can bring up the child "Social Mother"

Menon, further stated that the gender roles, stereotyping and roles are not only Indian phenomenon it's universal and it is deep rooted in all kind of the society's ion the world. The women's subordination is be justified by the only on the ground of the biological difference between the men and women. The qualities of the individual is also sex specific like men should be brave and confident and the women should be sensitive and shy. If the men cry then is relate to women "why are you crying like a women"? The statement by Simone de Beauvoir ""One is not born, but rather becomes, a woman" which means we learn how to become men or women. We built our

self by those roles, responsibilities, resources, values and rules which the society has already given to us. Many times many bodies cannot fit in these socially designed order and that one consider as abnormal or illegal. In case of intersex the doctor have right to assign the gender of the child and that time he doctor have to see the social factors in the community and the desire of the parent and most of the times the desired child of the parents is "Boy", that influence the doctor to assign the sexual identity of the child. There is no mechanism or other thing where the individual can choose one's own gender. Mensuration, which is instable feature associated with female bodies. It is consider to stigmatize in our society. This stigma is meant because of the traditional beliefs in impurity of menstruating women and on one is willing to discuss it. She questioned that "what did the men could menstruate?" Then there is high chances that the society will celebrate this as a masculine event. The men get more care and there were parties were thrown in these days. This could be the proof of manhood and the sanitary napkins are funded and available openly everywhere.

As per section 377 any unnatural sex activity is penalized. The upbringing of the individual through the family, media, and other institution create the negative and false socialization related to which is natural and unnatural behavior. Still homosexual behavior consider as the abnormal behavior and many times it is associated with disease or mental illness. But we also keep in mind that this behavior is not criminalized or negative in the ancient Indian societies but this all consider abnormal and unnatural after the British colonial introduced legal provisions. The heteronormativity is always consider as natural and normal. 2009, judgment by the Delhi court excludes consexual sex among adults. In with the individual attain the voting age can do sexual intercourse with mutual consent.

Even the opinion toward the rape is different, patriarchal opinion toward the rape is, it is the crime against honor of the family, it is more worst then the death of the women and there are no normal life possible for rape victim whereas the feminist opinion toward the rape is, it is the crime against the autonomy, bodily integrity of women. This difference of the opinion toward the rape leads two different dimension to fight against this crime. The laws against the rape is inadequate and old. This need to be revised as soon as possible. We have a very narrow view toward the rape. And the section under IPC and the law should be gender neutral so that the men and Hijra too taken account. The well-known case of Banwari Devi who was rape by so called upper caste men as punishment that she tried to stop the child marriage which is against the law is still pending in the court but the

positive fact is that due to this case we have now a law on sexual harassment called "The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013. The universities following the guidelines by the Supreme Court called as "Vishakha Guidelines" but the main issue is that the definition of Sexual Harassment would be different in academic environment and other kind of workplaces. The interaction between the individuals in both of the environment is totally different. The university is cannot taking this issue seriously. The power dynamics in the committee and the relation and the control of the various things like attendance, Grades can have larger impact on the complaint lodge by the victim. The other issue is the false complaints. Many times due to some person revenge many people lodges false complaints and misuse the power of law.

The feminist response in 2009 to the right wing leader Sri Ram Sene. Who physical attach on women in pub in the city of Mangalore called as "Pink Chaddis Campaign". This campaign got the wave as the national wide protest by both offline and online. Delhi journalist, Nisha Susan, launched a Facebook group named "Consortium of Pub-going, Loose and Forward Women" which called women to send pink chaddis to Sri Ram Sene as a gift on Valentine's Day as anon violence protest over the accident took place in the pub. Sri Ram Sena office received over 2000 chaddis (Underwear).

Menon viewed that the feminism in not all about man and women, it is more about how gender is complicated by the caste, politics and class. In all the personals laws on marriage and inheritance the women in most of the times were discriminated on one form or other. India cannot b gender neutral until the many of the discriminatory laws were existing. In India all the communities were different from each other. The practices of religion widely different from other and it also depend upon the region to region and sect to sect. there are chances that the practice is better than other for women but if we talk but make all these uniform, that's not the solution. The bill called" The women's Representation Bill (WRB) that was proposed to reserve 33 percent of the seats for the women in the parliament but it was still pending. The one of the leader of Janta Dal (United) Party, Sharad Yadav once claimed that the women with short hard can over run the parliament. The image of the short hair women commonly understood or stereotyped by the westernized or elite women. The panchayati raj institution in 1992, give 33 percent reservation to women's shows some positive result to empower the women but in this high caste women were dominate In one or other way. Government also introduce the quote within quota system.

One cannot resolve any conflict if the inequalities in the society cannot be cured. The conflict cannot resolve in one way "if one party is very powerful then the other is completely powerless". Women can play different role in different way. Women always want peace. In many places like Kashmir, northeast where women were protesting and come forward as their male relatives, husband and children were disappeared. Women always subject to dominant by upper class, by religion, but law, by family and other institution.

The common ground of all the feminist people is the oppression of the women on any ground. The power relation in the family is the first and primary source to encourage the oppression which is mostly faced by the women. The one of the main question arise the freedom to choose or freedom on one's life. There are invisible boundaries when one make choices and also put question on the freedom on choice of the individual. Commodification of the female body is the one of the major concern and critique that feminist were arguing since long. The female body mostly shows in the movies or advisement as a luxury system to attract male customers or viewers. Under the capitalism the exploitation of the women is increasing in one or other form. The in patriarchal society the sex work is always seen as the fate which is worse than death. The one of the major cause is poverty and the education conditions of the women's which encourage the women into labor market.

Reverence of the author

Gender is a social construct, division of labor and the role of different sexes play a significant role in this context and is strongly seen by the fact that men usually assign the role as the bread earner and females as the care taker for family and children. India is a country with complex cultural, religious, and lingual diversity than any other country in the world. The issues and evils in societies is not new and have long history. Historically, man subjugated the women in all the possible fields. The process of gendering (Gender Socialization), in which people are produced or thought to behave as men and women, is done through different forms of rules and regulations which is totally based on socially construct ideas – some of which are adopted and some which have to be viciously enforced Women always treated as weak and subordinate to men where he has the privilege and dominant toward the women. If I talk about the evil of dowry system in our country. Even we have the proper legislation against such evil system where it is clearly mentioned that giving and taking of dowry in any form is restricted but it is still prevalent in the society. Women are facing the extreme

level of domestic violence because of this only.

At present, millions of women are engaged in the diverse employment like agriculture, industry and services. Women work in both organized and unorganized sectors of Indian economy. In organized sector there have some kind of, legal protection to safeguard their rights and interests, however those working in unorganized sectors were experienced to a number of problems related to their working conditions, harassment, violence and so on This book critical pointed out the various things where women are at the forefront of both public and private spheres, but continue to be controlled by institutionalized patriarchies. This is one of good book for a reader who want to gain an extensive knowledge of the history of feminism in India – the history which is conveniently erased from our books, and the cultural narrative. Menon's work is combination of various facts, as it attempts to disassemble structures, patriarchal and rigid ideologies, hierarchies, rules and social orders. She point the things with the prism of feminism. A noteworthy feature of this book by Menon, that she cites numerous cases, their explanations and narratives while explaining each concept, to provide for a contextual and in-depth background of the issues. Each chapter is pierced with examples of social realities from around the country to give us a comprehensive picture of what it truly means to be feminist and broader understanding of feminism. In short, it seems, the house of feminist discourse is inherently willing to constantly being subjected to repair and redo. She ended with the beautiful note.

"It comes slowly, slowly, feminist does. But it just keeps on coming!"

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Just In Time Teaching Method And
SWOT Evaluation For Student Development

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Abstract

To be successful in today's competitive world it's absolutely essential for one to be able to identify the strengths and weaknesses of oneself, as well as the opportunities and threats that are presented. By having awareness of these four aspects, it's possible to use them for one's advantage. If a person can identify and understand their strengths and opportunities they will know where to tread with confidence and security. However, if one can realize the weaknesses and threats posed to them, it's possible to focus on those areas so to improve upon weaknesses and overcome obstacles posed by threats. SWOT analysis focuses on the internal and external environment of our business, examining strengths and weaknesses in the internal environment and opportunities and threats in the external environment. SWOT Analysis is a very effective way of identifying our strengths and weaknesses, and of examining the opportunities and threats we face. SWOT analysis looks at the factors which affect the success or failure of our business as well as whatever one does in. The present paper focuses on SWOT evaluation for the development of the students and their scholarly development.

Introduction :

Education is that mirror where one can see the reflection of the world. This can very easily be seen in one of the student remarks which are read as follows.

"You helped me extend my hand incredible machines, My eyes with telescope,

My ears with telephone, radio and my brain with computers"

It has been realized that no country can progress without qualitative development of its students. Education plays a key role in the development of human resources. (The National curriculum Framework for school education, NCFSE 2000) published by NCERT in line with the broad parameters of the National policy on education. One of the factors identified as contributing to the improvement of quality of education is competent and dedicated teachers.

Teacher is ideal for students and ideal teacher should teach properly. As education is changing day by day, so teacher
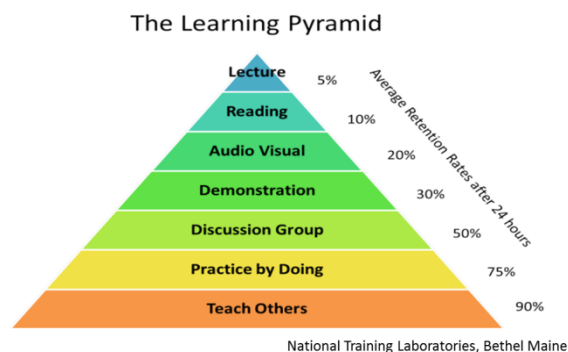
should change and use new techniques in their teaching. Teaching should not be one way process it should have communicative approach and interaction. Some principles should be decided for communicative approach and interaction which may as follows.

PRINCIPLES:

- Active learning with two way communication between the teacher and student.
- This is the highest degree of mental process due to which long term memory will be produced.
- In this process students work together allows learning to continue after the class session, so establishing a cooperative environment.
- Teachers must have high expectations of their students.
- Teachers use divers techniques like writing, reading, diagrams, pictures, etc so get diverse talent and ways of learning by listening and speaking.
- Rapid feedback allow student to understand their mistakes quickly.

In the regular education system class work, practical, co-curricular activities, extra- curricular activities, evaluation etc were conducted by the teachers. To cover such large syllabus is difficult task. Teachers are produced as notes with the understanding that students will only be responsible for the facts included in these documents. This lecturer approach decreases the modern effective learning. The teachers imparted power point lectures rather than collaborative approach. This is one way communication that minimizes active learning. These lectures fail to create cooperative learning among students, diverse talent and way of learning. For the better learning and long term memories how modern techniques overcome the conventional teaching method are shown in following diagram of National Training labs.

The Learning Pyramid

Lecture — 5%
Reading — 10%
Audio Visual — 20%
Demonstration — 30%
Discussion Group — 50%
Practice by Doing — 75%
Teach Others — 90%

Average Retention Rates after 24 hours

National Training Laboratories, Bethel Maine

According to this pyramid, Interactive teaching is more effective than lecture method. In higher education classes are larger and there is insufficient time to complete all activities. Fortunately advances in computer sciences allow the teacher and student to teach and learn more effectively.

Just In Time Teaching Method:

This method is also called as JITT Method which is developed by **Gregor**

Novak and colleagues. This method converts conventional lectures into interactive sessions. Before conducting a group session, students are given a passage which depends on facts and concept. Students have to answer all three questions in this two are design on key principles that are to be covered during the upcoming teaching session and third is open ended question. For example, what did not you understand about this material or if you understand everything, what did you like or dislike about the material? This exercise encourage students to prepare a head for time usually a mind before allows them to sleep with these ideas. Answers are submitted to concern subject instructor or teacher, allowing the teacher to review the answer several hours before the large group session.

In the large group session teacher represents answers by PowerPoint presentation or on overhead projector. Each student first take one minute to decide on an answers and thus discuss with the three-four other students of his or her team. After 2 minutes the students actively work with the material and teach each other. Then goes over the answers and explains why one answer is correct and others are not. At this point student should be encouraged to ask questions. It is important that the teacher should maintain a supportive empathetic tone and encourage students to actively think about why this answer is not appropriate. Here teacher may take 3- 4 concept or facts. This interactive session allows the working memory rest and allows attention span to reset and sensory input from the immediate memory is again efficiently transferred to the working memory.

This method encourages ways of communication and active collaboration learning. This method reduces the factual content, thus minimizing working memory fatigue. Understanding and meaning emphasized establishing the fatal conditions for creating long term memories. To motivate interactive learning teacher should have self-appraisal of the students and they should intentionally adapt SWOT analysis for the students as this is scientific method.

Swot Evaluation Process:

There are different techniques and tools for evaluation at the students for progress and development. A new technique is introduced that is SWOT evaluation of the student every teacher should do the SWOT evaluation of the students intentionally.
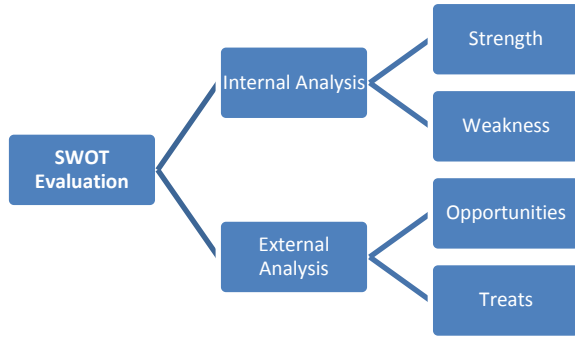
SWOT Matrix

- **Strengths**- Concept formation, Analysis, Diverse thinking.
- **Weaknesses-** Lack of confidence, Less vocabulary, Lack of analytical thinking.
- **Opportunities-** Open access, Use of technologies, New literature, Discussion,
- **Threats-** Conflict, Neutral attitude, Fear at others.

SWOT Matrix	Strengths	Weaknesses
Opportnities	S-O Strategies	W-O Strategies
Threats	S-T Strategies	W-T Strategies

- **S-O Strategies**- Teacher should give students opportunity to empower his strengths.
- **W-O Strategies**- Teacher should overcome the weaknesses of the students and give them opportunity.
- **S-T Strategies**- Teacher should try to overcome the threats and courage them to develop their strength.
- **W-T Strategies**- Teacher should not allow the weaknesses at the students to convert into threads so take necessary precautions.

CONCLUSION:

Now the time has come that one should leave the traditional method at teaching and adapt the new techniques. JITT method full fills current objectives at education like self-learning and long term memories through interactive teaching. These characteristics are necessary for development at today's students, such techniques as we have lack at time lack of time and more syllabus need to covered so get method is a right answer.

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Role of Information and Communication Technology in Teacher Empowerment

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Abstract

Information communication and technology are the buzzing words in present day situation especially in teaching and learning. Information and communication technology play a crucial role in the lives of learner and teacher both. The world is changing rapidly and having a discourse and relying on ICT for the better outcomes along with the strategies and possibilities. In these challenging situations a teacher finds blessing by imbibing ICT and empowering oneself. The process of empowerment the teachers in academic situation is seen as enriching oneself with information communication and technology. The teaching learning process becomes smooth and result oriented and value imbibing. The present paper is an attempt to prove that the teacher or the educator can be empowered by Information Communication and Technology.

***Keywords:** Information and Communication Technology, Empowerment.*

Introduction :

In the 21st century both school education and society have witnessed unprecedented technological advancements, communication revolution, periodical reforms in school curriculum, major reforms in the textbooks cum workbooks and other teaching learning aids, promoting activity based and joyful learning, introduction of self learning and group learning activities besides teacher directed learning. Teacher is now expected not only to inculcate knowledge regarding the content of the subjects in the four walls of classroom but is expected to sustain interest of the students in the subjects as well as in the teaching learning process by encouraging students thinking. To meet the new challenges and expectations boldly and to play their role meaningfully, teacher has to teach the students not only the art of learning but also the art of living and working in a society, so teachers need to be educated for making maximum use of available technological resources which will ensure development of competencies and abilities among them.

Technology has become the driving force of change in the modern society. It has altered traditional economic structures, helping communities overcome convention and the ways they communicate. With the advent of Information and Communication Technologies, access to knowledge has become a potent force for transforming social, economic and political life globally. It is therefore time to collectively change our approach to the teaching-learning process, and particularly, take advantage of the power of technology to improve learning outcomes, enhance economic opportunities, foster greater creativity and realize the dreams of students.
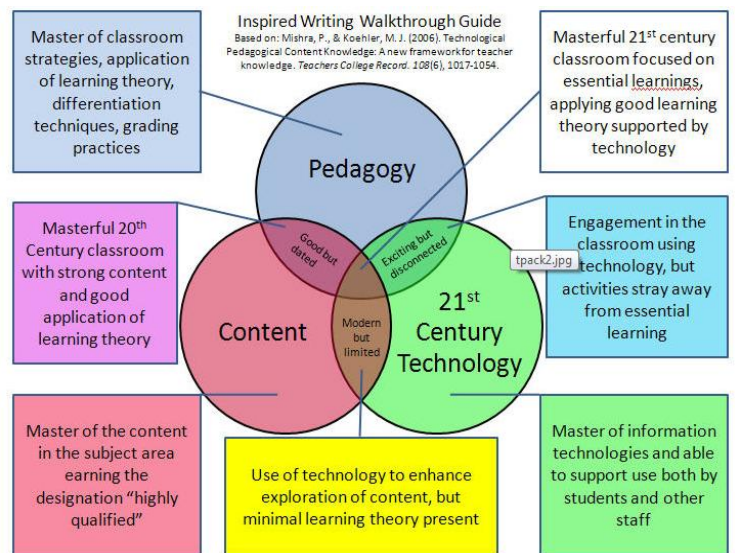
Necessary training to be provided to empower teachers

Quality of education has to be global and the educational standards have to be raised at all levels and made comparable with the best in the world. So the system needs to be preparing such man power that can face the challenges of this changing world scenario where technology touches every aspects of life. In order to explore the potential of information technology it is necessary to enhance the awareness among the intended users, which can be created among teachers by designing special courses to offer them for providing training and education in different area of educational and information technology.

Teacher being a pivot in the process of teaching learning knowledge of ICT and skills to use ICT in teaching learning has gained immense importance. Teacher is expected to know successful integration of ICT into his/her

subject area to make learning meaningful. This knowledge development training has gained much importance with the notion that exposure to ICT is helpful to increase student teachers willingness to integrate it into their classroom.

In order to make the teaching learning process effective teacher should not only know about a particular technology but should have a proper knowledge to integrate technology, pedagogy and content. Merely using technology will not be helpful rather it is required that teachers use technology in the right context. True integration of technology is to understand and thereby negotiate the relationship between three components viz., content, pedagogy and technology. Good teaching is not simply adding technology to the existing teaching and content domain. Rather, the introduction of technology causes the representation of new concepts and requires developing sensitivity to the dynamic, transactional relationship between all three components suggested by TPCK (Technology Pedagogy Content knowledge) framework (Koehler 2005).

Inspired Writing Walkthrough Guide
Based on: Mishra, P., & Koehler, M. J. (2006). Technological Pedagogical Content Knowledge: A new framework for teacher knowledge. *Teachers College Record. 108*(6), 1017-1054.

Although pre-service teachers do have a degree of knowledge with regard to information and communication technologies (ICT), "they have little know-how or techno-pedagogical ability with which to integrate those technologies into their teaching practice" (Karsenti 2001, 35). Preparing teachers to use technology effectively is a major area of concern for teacher education. Effective technology use includes such activities as linking curriculum outcomes with various technologies, establishing a learning context of discovery and process in the use of technology, collaborating with others both face-to-face and virtually to achieve learning outcomes, simulating real-world environments, and assessing outcomes.

Thus there is a need felt that every teacher education institutions gives enough training about theoretical and practical know how of ICT and to integrate the same in their teaching. The author feels that certain point needs to be taken care while providing pre-service training to student teacher. Some of them are:

- Student-teachers need to be trained to find and use appropriate stored information, with the help of ICT based models, create sequences of instructions, plan and control devices and achieve specific outcomes, generate, develop and organize their work and evaluate.

- Student-teachers should be enabled to identify appropriate and inappropriate media from curricular and technical perspectives and the advantages of media combination. "When teachers are not given a say in how the technology might reshape schools, computers are merely souped-up typewriters and classrooms continue to run much as they did a generation ago". (Cuban, 2003).

- Student-teachers should be trained to select appropriate information sources and ICT tools to prepare educational kit for dealing with specific tasks taking into account ease of use and suitability in relation to the content area of subject matter.

Various ways to integrate ICT

The UNESCO planning guide for ICT in teacher education (Resta, 2002) quotes three key principles for effective ICT development that were put forward by society for information technology and teacher education (SITE)

The first principle is that technology should be infused into the entire teacher education programme meaning that ICT should not be restricted to a single course but needs to permeate all courses in the programme.

The second principle is that technology should be introduced in the context according to this principle, particular ICT applications like word processing, databases, spreadsheets and telecommunication should not be taught as separate topics but rather encountered as the need arises in all courses of the teacher education programme.

The third principle is that students should experience innovative technology supported learning environments in their teacher education programme. This requires that students should see their lecturer engaging in technology to present their subjects for example utilizing power-point or simulations in lectures and demonstrations. Students should have the opportunity to use such applications in practical classes, seminars and assignments.

The million dollar questions which rises over here are

☐ When we talk of integrating ICT in teacher education, the teacher educator needs to be oriented in the areas of ICT. But the question here is with a huge backlog of ICT untrained teacher manpower how to accomplish this task? Can we use ICT to overcome this?

☐ What mechanisms should be adopted to make ICT adaptable?

☐ How can one keep pace with growth of ICT?

☐ How can one handle the problem of obsolescence?

☐ How can one tune the instrument (education) to adequately respond to such requirement?

☐ If teachers are using ICT only to some extent then to what extent students must be using ICT for their educational purpose?

Conclusion :

Though there is tremendous technological evolution, but technology, pedagogy content are yet to be integrated. Techno-pedagogic divides need to be removed and the integrated technology pedagogy content needs to be universalized.

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Psychosocial impact of Player Unknown's Battleground (PUBG) on youth

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Abstract

According to World Health Organization, Gaming disorder is defined in the 11ᵗʰ revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.For gaming disorder to be diagnosed, the behavior pattern must be of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning and would normally have been evident for at least 12 months. In the present study male respondents between age group 18-24 were targeted. There were cases found during study who performed low in academics or real life situation. PUBG users keep on getting aggressive and even get thoughts of killing people in real life. There are cases were the players have either killed or robbed their family members and even have attempted suicide due to the depression. Researcher came to the conclusion that this game is addictive and has many negatives effects on the players. The player become addicted and follows the habit loop of playing and connects with the unknown people as well. There are players who earn their income through PUBG by organizing PUBG tournaments, live streaming on YouTube as well.

Keywords: PUBG, gaming disorder, psychological impact, physical impact.

Manuscript for article: The psychological community has defined Video game addiction (VGA) as a unique behavioral addiction which is characterized by an excessive or compulsive use of computer games or video games that interferes with an individual's routine life. Video game addiction may present itself as compulsive gaming, social isolation, mood swings, diminished imagination, and hyper-focus on in –game achievements, to the exclusion of other events in life. Player Unknown's Battle Grounds (PUBG) is an online multiplayer "Battle Royale" game which is developed and published by PUBG Corporation, a secondary video game company called Blue hole from South Korea. The game received several 'Game of the year' nominations, among other prizes. The game had a combined total of 7.5 crore

pre-registrations, and ranked first and second respectively on the Chinese iOS downloads charts at launch. An English version of Exhilarating Battlefield, localized simply as PUBG Mobile, was released worldwide on March 19, 2018.Unfortunately, in just over a year of release there have been multiple reports flowing in on the negative consequences the game has had on the individuals, especially the adolescents as the effect can easily be seen through their academic, sleep, social and various other patterns. Player Unknown's Battleground (PUBG) is a phenomenon that has taken India by storm. PUBG has become synonymous with the mobile gaming category in India. Unfortunately, in just over a year of release there have been multiple reports flowing in on the negative consequences the game has had on the individuals, especially the adolescents as the effect can easily be seen through their academic, sleep, social and various other patterns. Player Unknown's Battleground (PUBG) is a phenomenon that has taken India by storm. PUBG has become synonymous with the mobile gaming category in India. App Annie also classifies PUBG as the only 'heavy hitter' gaming app in India Such is the popularity and user base of PUBG that a recent PUBG Mobile Campus Championship saw 2,50,000 registrants from across 1000 Indian colleges competing for the hefty prize of Rs. 50 Lakhs. The rising popularity of PUBG has

created a new co-branding opportunity for brands. OPPO, a leading phone maker, is opening a PUBG themed store in Bangalore. Even Bollywood jumped on the PUBG bandwagon with Vicky Kaushal, a leading Bollywood actor, playing PUBG Mobile with Soul Mortal, a leading PUBG mobile player in India, in order to promote his movie Uri.

Methodology adopted for the study:

Keeping in mind the following objectives research study was conducted:

- To understand how much time youth spend and impact of behavioral changes due to PUBG.
- To understand the issue arising from the PUBG and responses of youth towards the problems.
- To know about the physical and psychological affects in the human body due to game.

For conducting this study response were obtained from 102 youths of Vadodara city. The data was supported by structured interview schedule consisting both open and close ended questions. The secondary data was supported by articles of newspapers, researches of scholars and research studies. Respondents of six Village of Vadodara district. Selection of universe and sample was on the basis of purposive sampling method.Descriptive and Explanatory

research design was used for the research study.

Results and Discussion

Main findings of the study show that majority of respondents playing game (78%) were male and only 22% were female players of PUBG consisting age group of 21-25 years. All respondents agreed that there is no scope of income from PUBG. They also stated that they are addicted towards PUBG and many a time they miss their regular classes too for playing this game.

Psychological impact of PUBG by respondents:

- **Win / Lose**
  - Disappointment by early dying
  - Excitement by winning
- **Mood while playing**
  - Agreesive
  - Calm
  - Safe
- **Outer world**
  - Hinders real life bond with poeple
  - Increases tolerance to accept other people despite the differences
  - Dream of killing people in real life.
  - Low academic performance and work profile
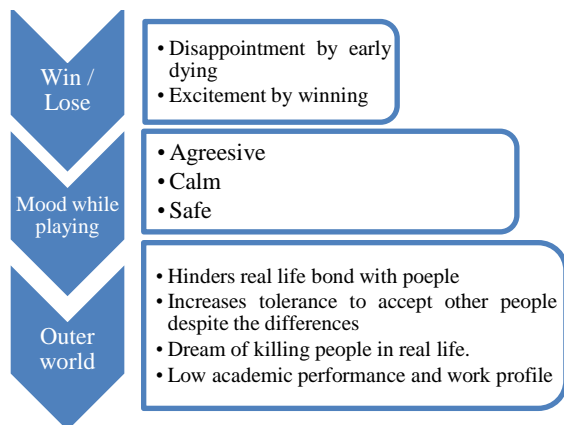
Study shows that disappointment level among youth was very high while dying early in playing PUBG. Most of the respondents were excited too much when they get a chicken dinner in this game. Most of the players didn't get support and their friends and parents were not happy for the time they waste in playing PUBG. They
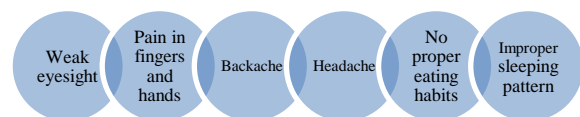
shared that there is no encouragement from parents for playing PUBG.

Players ignore the important calls while they are playing the game and reason respondents stated was addiction towards this game. Other major impacts of PUBG on youth are

- It affected their real life bonding with people and social interaction
- Tolerance, diversity, acceptance and equality towards other people from different caste, creed, class, religion, race, gender
- 44% respondents play this game calmly, while 29% respondents play PUBG safely and 27% play this game aggressively.
- PUBG affected growth in terms of academics and respondents performed poor in terms of academic development after getting addicted towards PUBG

Physical impact of PUBG stated by respondents:
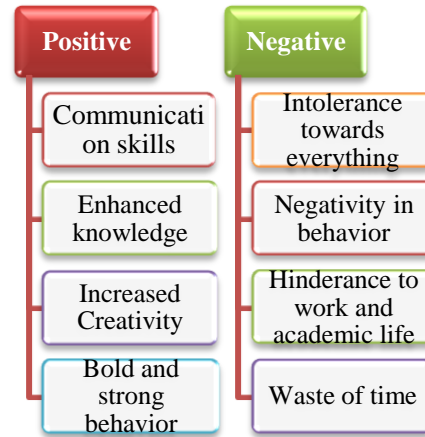
Findings show that pain found in the fingers and hands among youth (63%) after excessive playing PUBG. Many respondents (28%) shared that they are feeling issues in their eye sight. Whereas most of them (72%) said that they are nor facing any issues related to eye sight.

Weak eyesight | Pain in fingers and hands | Backache | Headache | No proper eating habits | Improper sleeping pattern

Many respondents (69%) are not prone to headache while few of them respondents(31%) are prone to headache after playing this game for more than their limit or capacity. As this game has become addictive, it disrupts the player's sleeping pattern as well. (37%) respondents have disrupted their sleeping pattern while the rest (63%) respondents have not disrupted their sleeping pattern for the game. The players usually have the same sitting posture for more than half an hour and so there are cases where the players develop a backache. (33%) respondents are having backache after excessive playing while (67%) respondents are not having backache after excessive playing.

Players views on Positive and Negative effects of PUBG

Everything has its pros and cons and so does this game. Findings reveals that 32% respondents developed communication skills from this game, 5% enhanced their digital knowledge while 42% respondents shared that they have increased their creativity part and 21% respondents said that they have become bold and strong in their behavior.

Respondents think that the game is making them intolerant towards everything and it is affecting them negatively in their behavior, very few considers this game as waste of time.

Positive	Negative
Communication skills	Intolerance towards everything
Enhanced knowledge	Negativity in behavior
Increased Creativity	Hinderance to work and academic life
Bold and strong behavior	Waste of time

Suggestive Measures

Results show that players become very aggressive in nature and very moody in their behavior. PUBG is an addictive game and the players find it difficult to resist playing it. It is just a video gaming drug that attracts the players to play it frequently. The players start skipping their meals and sleep. They are prone to many physical and mental issues due to excessive gaming. Low academic performance, aggressive and violent behavior and depression are the biggest challenges today's youth are facing due to PUBG. Parents as well as the gaming development should limit the gaming hours and reduce the limit of the game play. While there should be such mechanisms in the game which make the players less violent and aggressive. The game should also have a format where in if the player has exceeded the game play limit; he/she won't be able to play the game for next 24 hours. The parents should keep a watch and control over their child's playing time and restrict them when it is over limit.

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Psychological Well -Being of Secondary School Students in Relation to Gender

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Abstract

The Purpose of the present study is to examine difference of secondary school students in relation to gender to serve. for this purpose 80 boys and girls students of standard 8th and 9thin which 40 boys and 40 girls of Adarsh Vidhalay, Patan were randomly selected. The necessary instructions of Psychological Well being test made by Dr. D.S.Sisodia and Ms. Pooja Chaudhary (2012) test is administered. Data were collected and analyzed by using 't' test. Result shows that there is no significant difference between boys and girls students.

Key word: Psychological Well being, Standard, Gender

Introductions:

The concept of Well-being is very important in psychology. Well-Being is a concept that encompasses a Well - rounded, balanced, and comprehensive experience of life, It includes health in social, physical, mental, emotional, career and spiritual domains. Well-being is when we are at a place in life where everything was come together and were round and comfortable with what has, and it will take place. Understanding and incorporating the above ideas can be greater wisdom, self awareness and psychological well being. Positive psychological definition of well being generally includes some of six general characteristics. The six characteristics of well being most prevalent in definitions of well being are:

➤ The active pursuit of well - being
➤ A balance of attributes
➤ Positive affect of life satisfaction
➤ Provincial behavior
➤ Multiple dimensions ; and
➤ Personal optimization.

The main question arise here is that

weather boys and girls differ regarding well being or not? Previous study of Thailand M.A. Razina Padam (2006) shows that psychological well being of Thailand students were better than psychological well being of Kerala students. The difference between them was significant another study by J.B. Morry (2006) of psychological well being shows that there was a significant difference between higher secondary students in relation to residences. the students living in hostel and the students living outside the hostel where significantly differed regarding psychological well-being.the study of Dr. Ramesh. d. Vaghmare stated in unpublished thesis of Pooja Prajapati (july-2017) showed that there is no significant different between male and female college students.

Objective

To study the psychological well-being of secondary school in boys and girls students.

Hypothesis

There is no significant difference in psychological well-being between secondary School boys and girls students.

Sample

The sample consisted of 40 boys students and 40 girls students from 8th standard and 9th standard of Adarsh vidhyalaya, patan wererandomly selected.

Tools

Test of psychological well-being developed by doctor D.S.Sisodia and Miss Pooja Chaudhary was administered in secondary standard 8th and 9th boys and girls students.

- **Reliability**

The reliability of the scale was determined by (a) test -retest method and (b) internal consistency method the test retest. Reliability was 0.87 and the consistency value for the scale is 0.90.

- **Validity :**

Besides face Validity as all the items of the scale are concerned with the variable under focus,the scale has high content validity. The scale was validated against the external criteria and coefficient obtained was 0.94.

Procedure:

The sample consisted 80 in which 40 boys and 40 girls of standard 8th and 9th from Adarsh vidhayala were randomly selected. After giving them necessary instructions the test developed by Dr. D.S. Sisodia and Pooja Chaudhary was administer. Data were collected by looking weather they have completed all the questions of test or not.The completed test were collected carefully and data were analyzedby't' test.

Result and Discussion :

Group	N	Mean	S.D	t' Value	Level of Significant	
					0.05	0.01
Boys	40	179.98	21.06	0.51	1.99	2.64
Girls	40	180.70	26.68		NS	NS

Above mentioned table shows that the mean values of 40 boys and 40 girls students are 179.98 and 182.70 respectively.

SD of boys is 21.06 and girls is 26.38. The't' value for boys and girls students is 0.51 which is less then table value 2.64 on 0.01 level. So it is not significant it means that there is no significant mean difference between boys and girls students as far as psychological well-being is concerned on both the levels 0.01 and 0.05. The mean differences are not found significant. So we accept the null-hypothesis that there is no significant mean difference. There is no significant difference of psychological well-being between secondary boys and girls students. The result is supported by Dr. Ramesh .D Vaghmare for male and female college students the reason behind conclusion may be that the girls and boys are treated in a same way in recent time. So it is possible that difference regarding well-being is not found.

Conclusion :

There is no significant difference obtained of psychological well-being between secondary boys and girls students.

Limitation :

➢ Limitation of study that the study is only limited for secondary school students. So it is not applicable for primary school and college students.

➢ This study is limited for patan city only. So it can be not applicable for rural area.

➢ The sample size of this study is only 80 students which is very small. The others variables affecting psychological well- being like age, residence are not considered.

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