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VERGAL PUBLICATION PRESENTS

### WOMBNISTEDUCATED INDIANSOCIETY



Edited by Dr.S. Balakrishnan

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#### CHALLENGES INCULCATING VALUE EDUCATION IN THE PRESENT INDIAN CONTENT

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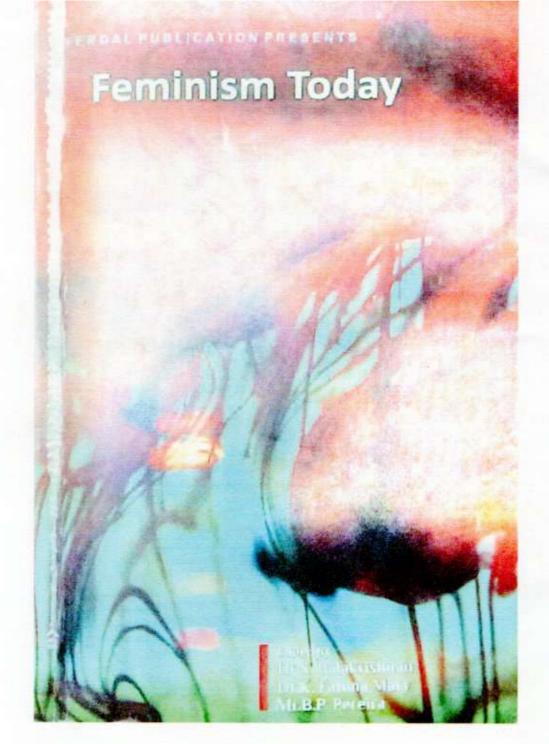
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#### 4POWERING WOMEN FROM DISADVANTAGED BACK GROUNDS

#### K.S. Balambika

Principal, B.S.S. B.Ed. Training College, Research Scholar, irtment of Education, Bharathidasan University Trichirapalli

's Education Aucient India

's Education Aucient India

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In ancient India, women and girls received less education that parliament. The 73rd and 74th Amendments (1993) to the right and legal entitlements of seats in the local body. In ancient India, women and girls received less that In ancient India, women and girls received less that India, women and girls received less that India, women and girls received less that India, in the Vedicine India, is was due to the set social norms. Interestingly had lost this dia have produced to the set social norms, interestingly had lost this dia have produced to the set social norms. Interestingly had lost this dia have produced to the set social norms, but gradually they had lost this dia have produced to the set social norms. Interesting the lost the set social norms, but gradually they had lost this dia have produced to the set social norms. Interesting the set social norms to the set social norms. Interesting the lost this dia have produced to the set social norms. Interesting the set social norms to the set social norms. Interesting the set social norms. Interesting the set social norms. Interesting the set social norms to the set social norms. Interesting the set social norms to the set social norms. Interesting the set social norms to the set social norms. Interesting the set social norms to the set social norms to the set social norms. Interesting the set social norms to the set social norms to the set social norms. Interesting the set social norms to the set social norms to the set social norms to the set social norms. Interesting the set social norms to the set social norms to the set social norms to the set social norms. Interesting the set social norms to the set social norms to the set social norms to the set social norms. Interesting the set social norms to the eriod. In addition to that several women sages and seers. Womer proceed the Saakshar Bharat Mission for Female Literacy, which aims a special parts of the past of B.C., the position of women started to decline. The Islamic reduce female illiteracy and spread education and awareness even in A radical change attended and there was a terrific constraint for ducation India.

Almost fifty percentage of the world population constitutes s Education in Medieval India

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Nomen education in medieval India further weakened ancomen, if they are educated, they can contribute to the societies. Nomen education in medieval India further weakened ancherefore, if they are educated, they can contribute to the health and with the introduction of Purdah system Different customs ancherefore, if they are educated, they can contribute to the health and with the introduction of Purdah system Different customs ancertain of the next generation. The right to education, without one of diverse religions like Hinduism, Islam, and Christianity acation of the next generation. The right to education, without ons of diverse religions like Hinduism, Islam, and Christianityscrimination and of good quality, has been reaffirmed in all major eteriorated and depreciated the state of women in the countryscrimination and of good quality, has been reaffirmed in all major of socio religious movements contributed to the development operational human rights conventions. Education helps women or teracy in the country. Many leaders took several initiatives to ris claim their rights and realize their potential in the economic, acation available to the women of India. The ordered form official and social arenas. In my opinion, living without an education ducation I in India was incorporated in the early centuries out living at all. All over India women are realizing the importance of heating themselves as well as their children. ian era.

#### : Education in Modem India

'in the idea of women empowerment was introduced at the omen who are educated will think more rationally than the ones who anal was introduced at the international Women Conference and omen who are educated will think more rationally than the ones who in 1985. Education is milestone of women empowerment they are likely to marry later and engage themselves in economic t enables them to responds to the challenges, to confront their livities, outside their homes. I role and change their life. So that we can't ignore the ce of education in reference to women empowerment India is themselves and the children and provide better nutritional food also reality only when the women of this nation became children.

becoming superpower, a developed country by 2010. This carlis reduces the probability of diseases and increases the survival rate With reduction in child mortality, there will be smaller families,

Educating girls will soon lead to women education. Female

They tend to have fewer children. They seek medical facilities

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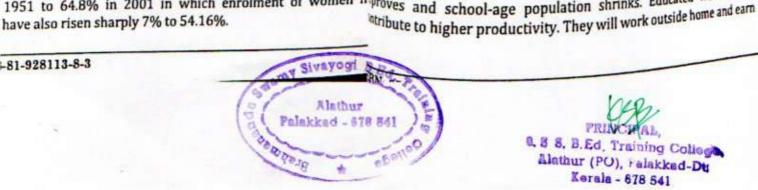
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Moreover, the Central Government of India has recently

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nent. India presently account for the largest number of in the world. Literacy rate in India have risen stridently from the reduce population. With smaller house-holds, the child care 1951 to 64.8% in 2001 in which enrolment of women improves and school-age population shrinks. Educated women also have also risen sharply 7% to 54.16%.

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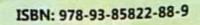


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#### Virtues that Constitute Spiritual Wisdom for Professional Excellence

Dr. K.S. Balamika

Principal, BSS BEd Training College Palakkad Calcut Universes Lonar balarmetta grand com

into knowledge is quite different from all other odge we are familiar with It is a knowledge, which has a fleet of bringing about a unique expansion, elevation of obtlety in one's mind and vision. The whole effect of the mind obtlety in one's mind and vision. The whole effect of the mind constituents of man in fact, the mind intelligence of ego alone are the spiritual constituents we can think of the rest would mean merely the material body and its

be for one who pursues spiritual wisdom it will verily
wholesome change in his thoughts, outlooks and
a displayed by the mind. Equally so, it would mean a
advantal change in the evaluation and perception of his
work in other words, spiritual pursuit will result in
temporation of a variety of virtues or excellences, each of
and the about the seeker's mind and intelligence and will
triffect thin his behaviour and character.

is the adominent is vibrant and functional, not an mactive term curichment. Spirinal qualities, in other words, says entich the mind and intelligence, to express in input sections and emotions on the one hand and visions of proceptions on the other. Herein hes the distinction of small undern

hemitre process of spiritual sadhana is meant to imbue the ad and intelligence with creative, sustaining, assimilative I expressional excellences, by dint of which one will be a to think, articulate and act more effectively. The benefits the both proto-active (vibrant within) and inter-active

white proceeds to enumerate spiritual virtues or sellences one after another:

अमानित्वमदम्भित्वमहिं साक्षान्तिरार्जवम्। आचार्ष ोपासनं शोचं स्थैर्यमात्मविनिग्रहः।। (Bhagavad Gita 13.7) Sublimation of prace non-extentation, non-harting telerance or forgoveness straight-turn-arthurs, adving and strong the Teacher classificacy of body and mind stability and stealfastness self-control—

All these are notes that should adorn the mind and intelligence, to be furnitionally excellent and effective The life will prove victimizing to the archest

Amanityam: Of dousands of people only a rare one theras of seeking the supreme Reality. So, to be a seeker in shell a rare and great fortune, a blessing. Naturally such a one will ment respect and advantion, at least among the discreet. But should the earnest seeker be to coved on such attenuest und responses? Or, his concern should be to preserve and strengthen his seeking and pursue it for fulfillinent?

Respectability is a very important value – a standard for human conduct. In fact, this should be the watchword for any good man, not to speak of a seeker of Iruth. Like truthfoliness, loyalty and integrity, to be respectable in one's ways in the most desired pursuit. A truthful person will be respected Naturally, to be truthful becomes a desired vertae. But to claim that "I am truthful. I am a rare seeker and therefore I should be valued and respected", will mean nurraring manu (pride).

Respect is something that others feel towards a person Let them feel it in their own manner and degree. The seeker should not expect any respect from anyone or personale anyone about this Instead all his amention and watchfulness should be applied to pursue steadtastly the path of seeking virtues. He must find satisfaction and fulfillment in doing so if others show respect and they find satisfaction in doing so well, it is their wort. But the seeker's objective should be in adhering to his sadhana. The moment the mind starts looking for respect or recognition, it gets virtualed, constructed.

Adambhitvam (non-ostenistion) By advocating adambhitvam. Krishna provides a clear safeguard and correction for the seekers. As the mind to driven to deeper levels of refinement and sublimitation, it becomes more and more spuritually oriented and sublime. This instantive makes it

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# QUALITY TEACHER EDUCATION

**Edited** by

**Prof. BUNO LIEGISE** 

Dr. LIMALA

Dr. KHOTOLE KHIEYA

Dr.M.RAJENDRA NATH BABU



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#### 4. Instigating Cyber Wellness Programs-An Approach for Developing Cyber Safety Skills among Students

Santhosh T

#### Introduction

Today, Internet and Information and Communication Technologies (ICT) open a world of possibilities for students, expanding their horizons and providing opportunities to learn to create identities and participate in society. In the educational or students context today, the internet is not only a huge repository of learning materials but also their private details, cyberbullying or grooming for sexual abuse.

#### Growing Digital Safety Concerns

At present, the internet and related technologies have reached common people much faster than previous technological innovations. Greater internet access has led to an explosion in all fields of human endeavor. Globally, children and young people tend to become early users and prime innovators on the Internet and are often far ahead of their parents and other adults in terms of use, skills, and understanding. The Internet, particularly social networking and other interactive media, provides new forms of social space globally, which did not exist when most contemporary parents were themselves, children. Young people in all societies today are pioneers, occupying online spaces in ways that adults often cannot imagine.

For many youngsters in the 21st century, their ideas, values, culture, aspirations, and expectations of material goods are increasingly informed not by their parents or community and religious leaders but rather by the broader world around them, the pressures of commerce, advertising, and mass media, including the Internet. This experience of intergenerational divergence is far from new. These spaces can be immensely creative, but can also expose children to dangers adults may in many instances only dimly perceive.

Despite the educational and social benefits of information and communication technologies, there are risks associated with their use, particularly for students. By focusing on technology and failing to talk to young people about their problems, we risk losing sight of the problems they face such as cyberbullying and online predation. Other more complex social problems, including the disempowerment and isolation of some young people, forms of 'offline' violence and social and economic inequality, are often the underlying causes of what can look like 'cyber-' problems as children live out their lives online. This is precisely what makes technical explanations of the risks young people face so attractive – controlling technology and policing students are often easier to manage than more difficult and necessary forms of social or educational reform.

As digital technologies become further integrated into the everyday lives of people, users are potentially exposed to greater risks. However, the risks and benefits of digital participation go hand in hand. The challenge, therefore, is to support users to minimize the risks without limiting their digital participation and their capacity to derive the full benefits of connectivity. Thus, Cyber safety needs to be considered against a transforming backdrop of technology trends, products, and practices. While the rise of social media has tended to dominate recent debate and development in cyber safety, particularly in relation to young people, a range of other trends is also shaping how users engage online, the risks they potentially face in the new media landscape, and the strategies used to address them.

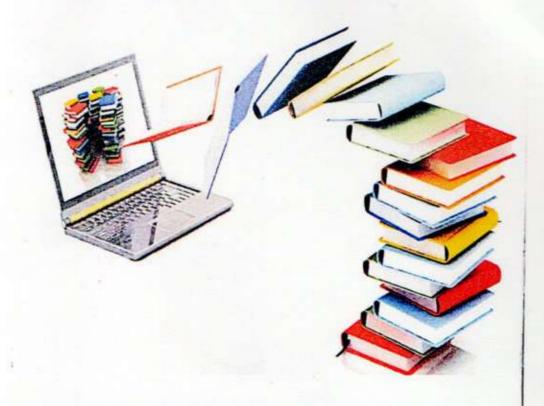
#### Cyber safety -An Emerging Concept

Palakkad - 278 241

Every technology has its dark sides – the internet is no exception. Since the early 1990s, the ubiquity of digital devices and cervices has increased, the proliferation of web-based information sources and the always-on nature of

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#### TRENDS AND THREATS IN USING INTERNET

#### Santhosh.T

Junior Research Fellow, Department of Education, Central University of Kerala

#### Abstract

There are currently about 400 million Internet users in India. While India's take of Internet access is still relatively low compared to that of other middle income countries, it is quickly eatching up. Most of the growth in Internet access is driven by mobile Internet use. The rapid development and expansion of internet have generated new opportunities for the rapid development and expansion of internet have generated new opportunities for the realization of youth's rights as well as significant challenges for the protection of youth from abuse and violence. Internet and particularly social media offer children are adolescents new means to enhance knowledge, skills and participation as well as new spaces to engage in play, socialization and entertainment. However, the lack of digital literacy and online safety and security measures expose youths to high risks of online crime and abuse such as eyber bullying, harmful material, grooming and sexual exploitation. These are the moral principles that govern the use of internet. Developing such internet ethics and meads will help to reduce the internet risks among our youths. This paper examines the treats, threats and need of knowledge about internet ethics among the youths of our country.

Keywords: internet ethics, privacy invasion, sexting, child pornography, behavioral norm. Introduction

Technology is a term which covers a wider meaning. It is the skills, methods and techniques and processes used in the accomplishment of objectives and production of goods and services it is not a surprise our younger generations are heavily influenced by technology. Technology is becoming a common fact in our daily life. Youths are fearless about the experiments that they make on technological resources. Digital technologies provide new avenues to reinforce and spread existing social and cultural norms, as well as to mediate virtual social contexts and relationships. However the emergence of technological resources in the country has created many challenges in the quality of human resource of our country especially in the behavioral aspects of our young generation. There is a belief that technology is a powerful tool for enriching the human's intellectual and creative abilities in every spheres of life. But its pure application has created some concerns in our society.

#### Trends in using internet

There are currently about 400 million Internet users in India. While India's rate of Internet access is still relatively low compared to that of other middle-income countries, it is quickly catching up. Most of the growth in Internet access is driven by mobile Internet use. Major disparities exist in Internet access due to socioeconomic differences, geographic coverage and gender. While 60 per cent of urban people have access to the Internet, only 15 per cent are online in rural areas. The digital divide is equally stark between men and women. In urban areas, women make up one third of

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# Cyber Crime and Cyber Security





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### Significance of Cyber Hygiene Practices in the online Learning Environment

Mr. Santhosh T1, Dr. K. Thiyagu2

Senior Research Fellow. Department of Education, Central University of Kerala, Kasaragod, Kerala, India. Assistant Professor, Department of Education, Central University of Kerala, Kasaragod, Kerala, India.

#### Abstract

During corona virus pandemic, proliferation of internet based learning environment fails to ensure privacy and security in various aspects of a generic online education system. Lack of basic security skills sets and inadequate cyber hygienic practices were augmented this doubtful situation. Therefore, adopting online or digital learning platforms without careful planning and understanding pave the way for cyber security risks since internet became the venue for new set of illegal activities. This paper highlights the significance of cyber hygiene in online learning environment and proposes behavior and technology based practices for developing cyber hygiene.

Keywords: Cyber hygiene, online learning, device encryption, integrity violation.

#### Introduction

The outbreak of the coronavirus pandemic has created immediate and unprecedented challenges in the field of education. Million numbers of students have impacted and their education has significantly disrupted due to this pandemic. (Chaudary, 2020) The sudden shift of student life from normal mode to more restrictive nature tends them to focus more on online forms of learning. This has acted as a catalyst for consuming more technology driven learning. Though there are ambiguities and uncertainties with regard to the access and capacity of country towards

Significance of Cyber Hygiene Practices in the online Learning Environment

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### Nation Building Through Skill Development



Dr. A. S. ARUL LAWRENCE Dr. P. THIYAGARAJAN

### NATION BUILDING THROUGH SKILL DEVELOPMENT

#### **Editors**

Dr. A. S. Arul Lawrence Dr. P. Thiyagarajan



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#### CHAPTER-9

#### Conceptualizing Safety and Security Skills in Cyber Space: An Awareness Perspective

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#### Dr. Thiyagu, K.

Assistant Professor, Department of Education, Central University of Kerala, Kasaragod

#### Introduction

Technology and human life cannot be separated. Humans use technology to travel, to communicate, to learn, to do business and to live in comfort. However technology has also caused us concerns. Its poor application has resulted into the pollution of the environment and it has also cause serious threat to our lives and society (Kharekha, 2012). It is highly evident that in the present context youths are all too often exposed to cyber risks and cyber threats such as technology addiction, cyber bullying and grooming. They tend to not only be more frequently exposed to risk, but also face more severe outcomes. The problem lies in the fast and ever progressing nature of the digital world, where proper internet governance programs and policies for youth protection are slow to catch up, rendering them ineffective. Hence it is hypothesized that every cyber governance and awareness programs should focus on developing certain safety and security skills among our youth in order to meet the growing challenges of digital era and it must be treated as a serious priority among every stakeholder who are active in the safety field of cyber space.

#### Cyber Safety and Security

The cyber space and especially social technologies are increasingly used by all groups of citizens. However, how people use these technologies and what benefits they gain as a result may vary a lot. The activities in cyber space increasingly being used in society and the economy, and this is transforming ways of working, studying, communicating, accessing

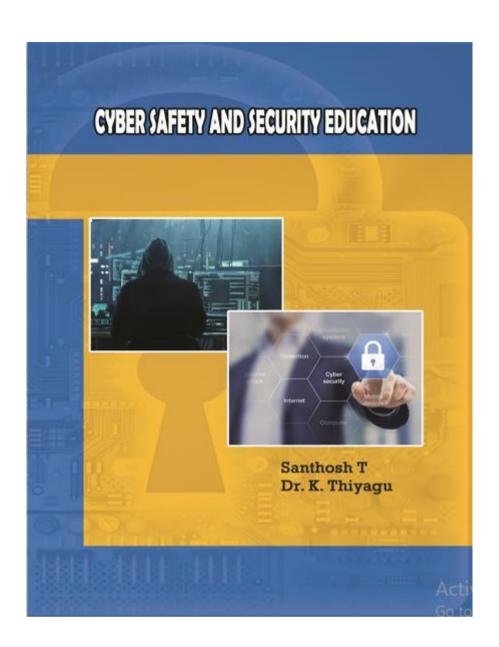
information and spending leisure time, among others. Being able to benefit from digital tools and media can support all the spheres of life in society today. The speed at which technology is evolving makes it difficult to stay current with security. However, better security awareness, skills and planning can help everyone to reduce vulnerabilities and engage appropriately in the online world.

Cyber security means protecting information equipment devises computer resources, communication devises and information stored there in from unauthorized access, use disclosure modification and destruction (Godbole N &Badgure S, 2012). Cyber-safety addresses the ability to act in a safe and responsible manner on the Internet and other connected environments. Cyber Security and Safety has three features. (I) Confidentiality, (ii) Integrity, and (iii) Availability

- i. Confidentiality: Confidentiality is roughly equivalent to privacy. Confidentiality is the assurance that information is not disclosed to unauthorized individuals, processes or devices. Measures undertaken to ensure confidentiality are designed to prevent sensitive information from reaching the wrong people, while making sure that the right people can in fact get it. It is the assurance that information is shared only among authorized persons or organizations.
- ii. Integrity: Integrity normally refers to data integrity, or ensuring that stored data are accurate and contain no unauthorized modifications. It is the assurance that the information is authentic and complete. In information security, data integrity means

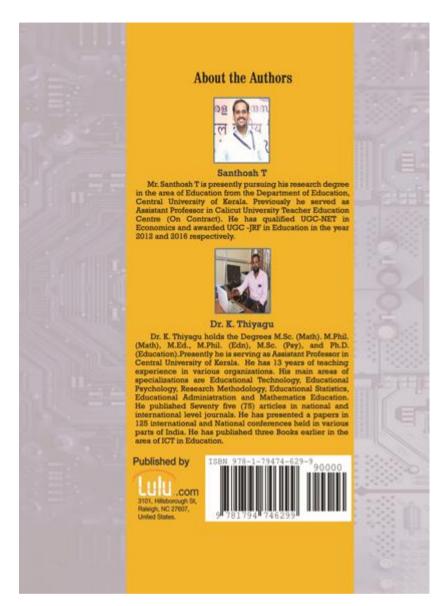
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### INNOVATIVE PEDAGOGY AND RESEARCH

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### CYBER MINDFULNESS PRACTICES: AN INNOVATIVE APPROACHES FOR MANAGING DIGITAL DISTRACTION

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#### Introduction

As technology continues to integrate more deeply into our lives, we ask more profound questions about its impact on people and global society. While expanding the digital ecosystem, the only way to unlock youth's potential is to manage their digital distraction judiciously (Gupte, 2020). Technology does not teach us how to use technology cautiously. The culture of constant connection with digital devices caused wastage of time, attention, and energy on relatively unimportant information and interactions. The increasing amounts of time spent with digital devices negatively impact our psychological well-being, relationships, and productivity. Our cyber world is loaded with enormous information. It's fairly hard to mitigate specific actions and activities in cyberspace as being a social animal. The excessive use of digital devices, digital technologies, and digital platforms, i.e., internet, video game, online media, mobile devices, digital gadgets, and social network platforms, cause an impulse control disorder known as digital addiction. The only way to mitigate such unhealthy practices and habits is by practicing cyber mindfulness. Cyber mindfulness is the ability to live fully in cycles pace's present moment; in other words, it

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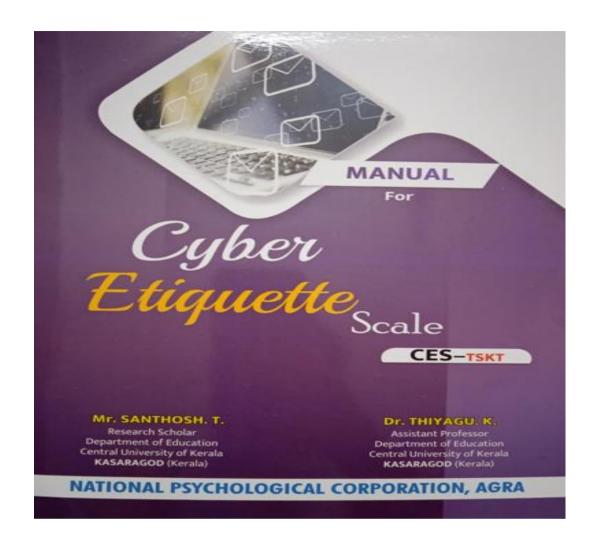


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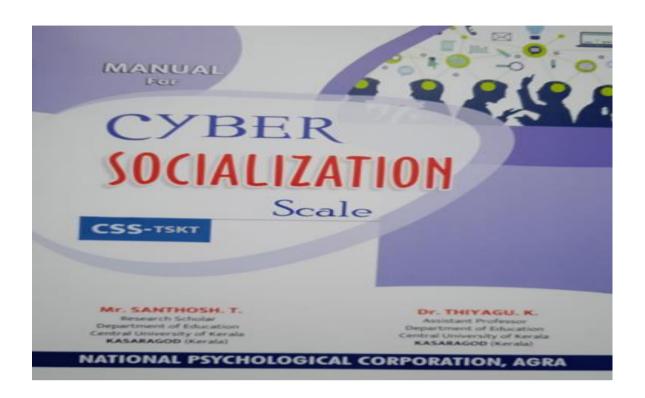




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#### Cyber Socialization Scale

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