

Q1. (A) Enlist the common social welfare programs of India.

**:- Common Social Welfare Programs of India**

India has several social welfare programs aimed at improving the quality of life for its citizens, especially the poor and marginalized. Some of the key programs include:

1. **Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)** – Provides 100 days of guaranteed wage employment to rural households.
2. **Pradhan Mantri Jan Dhan Yojana (PMJDY)** – A financial inclusion program to provide banking services and insurance to the poor.
3. **Pradhan Mantri Awas Yojana (PMAY)** – A housing scheme aimed at providing affordable housing to urban and rural poor.
4. **National Food Security Act (NFSA) / Public Distribution System (PDS)** – Provides subsidized food grains to eligible households.
5. **Ayushman Bharat (PM-JAY)** – A health insurance scheme offering free medical treatment to low-income families.

These programs aim to reduce poverty, improve healthcare, promote financial inclusion, and provide employment opportunities.

(B) Discuss the role of nurse in prevention and control of HIV/AIDS.

**:- Role of Nurses in Prevention and Control of HIV/AIDS**

Nurses play a crucial role in preventing and controlling HIV/AIDS by providing education, care, and support to individuals and communities. Their responsibilities include:

1. **Health Education and Awareness**
  - Educate individuals and communities about HIV transmission, prevention methods (e.g., safe sex practices, needle exchange programs), and the importance of regular testing.
2. **HIV Testing and Counseling**
  - Conduct voluntary counseling and testing (VCT) services, ensuring confidentiality and emotional support.
  - Encourage early detection and linkage to care.
3. **Providing Preventive Care**
  - Promote and administer preventive measures such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP).
  - Encourage the use of condoms and harm reduction strategies for drug users.
4. **Treatment and Adherence Support**
  - Assist in the administration of antiretroviral therapy (ART) and ensure patient adherence to medication regimens.
  - Monitor side effects and provide guidance on managing them.

## **5. Reducing Stigma and Discrimination**

- Advocate for the rights of people living with HIV/AIDS (PLHIV) and work to reduce stigma in healthcare settings and society.

## **6. Maternal and Child Health Interventions**

- Support prevention of mother-to-child transmission (PMTCT) programs by ensuring HIV-positive mothers receive appropriate treatment.
- Provide safe delivery practices and encourage breastfeeding alternatives if necessary.

## **7. Community Engagement and Support**

- Work with community organizations to create support groups for PLHIV.
- Offer psychological support and promote social inclusion.

## **8. Infection Control in Healthcare Settings**

- Follow universal precautions, such as using personal protective equipment (PPE) and safe handling of needles, to prevent occupational exposure.

By fulfilling these roles, nurses contribute significantly to reducing HIV transmission, improving patient outcomes, and promoting a healthier society.

Q2. (a) Enumerate the cause of Juvenile Delinquency.

**:- Causes of Juvenile Delinquency**

Juvenile delinquency refers to criminal or antisocial behavior by individuals under the age of 18. The causes of juvenile delinquency can be classified into several factors:

### **1. Family-Related Causes**

- Broken homes or parental divorce
- Lack of parental supervision and guidance
- Domestic violence and child abuse
- Parental neglect or lack of emotional support

### **2. Peer Influence**

- Association with delinquent friends
- Gang involvement and peer pressure
- Influence of criminal behaviors within the community

### **3. Socioeconomic Factors**

- Poverty and financial instability
- Lack of access to education and employment opportunities
- Exposure to crime-prone neighborhoods

### **4. Psychological and Emotional Factors**

- Low self-esteem and mental health issues

- Aggressive behavior or impulsivity
- Substance abuse (drug and alcohol use)

#### **5. Educational Challenges**

- School dropout or poor academic performance
- Lack of discipline and inadequate school support
- Bullying and negative school environment

#### **6. Media and Technology Influence**

- Exposure to violent video games, movies, and social media content
- Lack of parental control over internet usage

#### **7. Legal and Law Enforcement Issues**

- Weak law enforcement and lack of strict juvenile justice systems
- Ineffective rehabilitation and correctional programs

Understanding these causes helps in designing preventive measures and rehabilitation programs to reduce juvenile delinquency in society.

(B) Write the role of a health worker for the control of juvenile delinquency.

### **Role of a Health Worker in the Control of Juvenile Delinquency**

Health workers play a vital role in preventing and controlling juvenile delinquency by addressing physical, mental, and social health issues that contribute to delinquent behavior. Their key responsibilities include:

#### **1. Early Identification and Intervention**

- Screen for mental health disorders, substance abuse, and behavioral issues in children and adolescents.
- Identify risk factors such as abuse, neglect, or family dysfunction and provide early support.

#### **2. Counseling and Psychological Support**

- Offer counseling services to help juveniles cope with stress, trauma, and peer pressure.
- Provide anger management and conflict resolution training.

#### **3. Health Education and Awareness**

- Educate youth on the dangers of substance abuse, violence, and risky behaviors.
- Promote positive lifestyle choices, including healthy social relationships and emotional well-being.

#### **4. Family and Community Support**

- Work with parents to improve parenting skills and family relationships.
- Engage with schools and communities to create supportive environments for youth.

#### **5. Rehabilitation and Reintegration**

- Assist in the rehabilitation of juvenile offenders through therapy and skill development programs.
- Support reintegration into society by promoting vocational training and education.

#### **6. Substance Abuse Prevention and Treatment**

- Conduct programs to prevent drug and alcohol use among juveniles.
- Provide treatment and rehabilitation services for addicted youth.

#### **7. Advocacy and Policy Implementation**

- Advocate for child-friendly laws and juvenile justice reforms.
- Collaborate with social services and law enforcement to protect children from crime and violence.

By addressing the health and social needs of at-risk youth, health workers play a crucial role in reducing juvenile delinquency and promoting a healthier society.

Q3. Write in detail about the national rural health mission (NRHM).

**:- National Rural Health Mission (NRHM)**

The **National Rural Health Mission (NRHM)** was launched by the **Government of India in April 2005** as a flagship program under the **Ministry of Health and Family Welfare (MoHFW)**. It aimed to provide accessible, affordable, and quality healthcare to the rural population, especially vulnerable groups such as women and children. In **2013, NRHM was merged into the National Health Mission (NHM)**, which also includes the **National Urban Health Mission (NUHM)**.

#### **Objectives of NRHM**

The primary goal of NRHM was to strengthen the rural healthcare system by:

1. Reducing infant mortality rate (IMR) and maternal mortality rate (MMR).
2. Providing universal access to equitable, affordable, and quality healthcare services.
3. Strengthening healthcare infrastructure, particularly in rural areas.
4. Increasing institutional deliveries to ensure safe motherhood.
5. Strengthening disease control programs for malaria, tuberculosis, and leprosy.
6. Promoting population stabilization and reproductive health services.

#### **Key Features of NRHM**

##### **1. ASHA (Accredited Social Health Activist)**

- A trained female community health worker appointed in villages to serve as a link between the community and the healthcare system.
- Responsibilities include maternal and child health promotion, immunization, family planning, and health education.

##### **2. Strengthening Healthcare Infrastructure**

- **Sub-Centers, Primary Health Centers (PHCs), and Community Health Centers (CHCs)** were upgraded.
- Construction and renovation of health facilities to ensure better service delivery.
- Mobile medical units deployed for remote areas.

### **3. Janani Suraksha Yojana (JSY)**

- A cash incentive program to encourage institutional deliveries and reduce maternal and neonatal mortality.
- Free delivery services, transport, and postnatal care for pregnant women.

### **4. Rogi Kalyan Samiti (Patient Welfare Committee)**

- Committees established at health facilities to oversee hospital management and ensure accountability.

### **5. National Disease Control Programs Integration**

- Programs for communicable diseases such as malaria, tuberculosis, and HIV/AIDS integrated into NRHM for better coordination and resource utilization.

### **6. Capacity Building and Human Resource Development**

- Increased recruitment of doctors, nurses, and paramedical staff.
- Training programs to improve healthcare workers' skills, especially in maternal and child health services.

### **7. Promotion of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homeopathy)**

- Mainstreaming traditional medicine systems into primary healthcare.

### **8. Free Medicines and Diagnostics**

- Provision of essential medicines and diagnostic services free of cost at public health facilities.

### **Achievements of NRHM**

- **Increased institutional deliveries:** More pregnant women opted for hospital deliveries, reducing maternal mortality.
- **Improved immunization coverage:** More children received vaccines under Universal Immunization Program (UIP).
- **Strengthened healthcare workforce:** Thousands of ASHAs and healthcare workers were trained and deployed.
- **Better access to healthcare:** Rural populations benefited from improved medical facilities and mobile healthcare services.

### **Challenges Faced by NRHM**

- Shortage of trained medical professionals in rural areas.
- Inadequate infrastructure and poor quality of services in some states.
- Ineffective monitoring and implementation in certain regions.

- High out-of-pocket expenses despite free services in public health centers.

## Conclusion

The **National Rural Health Mission (NRHM)** was a significant step toward improving healthcare access in rural India. Despite some challenges, it contributed to major improvements in maternal and child health, disease control, and healthcare infrastructure. In 2013, NRHM was subsumed under the **National Health Mission (NHM)** to continue strengthening both rural and urban healthcare services.

Q4. Write difference between.

(A) Urban & Rural community.

### ***:- Difference Between Urban and Rural Community***

Urban and rural communities differ in various aspects such as population, lifestyle, occupation, and infrastructure. Below is a comparison between the two:

Aspect	Urban Community	Rural Community
<b>Definition</b>	A densely populated area with advanced infrastructure, industries, and commercial activities.	A sparsely populated area with primary occupations like agriculture and a close-knit community lifestyle.
<b>Population Density</b>	High population density with diverse cultures and fast-paced living.	Low population density with a homogeneous culture and slower lifestyle.
<b>Occupation</b>	Employment in industries, businesses, IT, and services.	Agriculture, fishing, handicrafts, and small-scale industries.
<b>Infrastructure</b>	Well-developed infrastructure including roads, hospitals, schools, and public transport.	Basic infrastructure with limited healthcare, education, and transport facilities.
<b>Lifestyle</b>	Fast-paced, modern, and technology-driven.	Simple, traditional, and community-oriented.
<b>Education</b>	Higher literacy rates with access to quality education and multiple institutions.	Lower literacy rates with fewer educational facilities.
<b>Healthcare</b>	Availability of advanced hospitals and specialized medical services.	Limited healthcare facilities, requiring people to travel to urban areas for advanced treatment.
<b>Environment</b>	More pollution due to industries, traffic, and urbanization.	Cleaner air and a natural environment with less pollution.
<b>Social Structure</b>	Individualistic lifestyle with less community bonding.	Strong social relationships and close-knit communities.
<b>Cost of Living</b>	High cost of living, including housing, transportation, and daily expenses.	Lower cost of living with self-sufficient lifestyles.

## Conclusion

Urban and rural communities have distinct characteristics, each with its own advantages and challenges. While urban areas offer better job opportunities and modern facilities, rural areas provide a peaceful environment and strong social bonds.

(B) Primary group & secondary group.

### ***:- Difference Between Primary Group and Secondary Group***

Social groups can be categorized into **primary groups** and **secondary groups** based on the nature of relationships and interactions among members. The key differences are:

<b>Aspect</b>	<b>Primary Group</b>	<b>Secondary Group</b>
<b>Definition</b>	A small, close-knit, and emotionally connected group where members interact personally and deeply.	A larger, formal, and impersonal group where interactions are based on specific objectives or goals.
<b>Examples</b>	Family, close friends, peer groups.	Workplace, school, political organizations, professional associations.
<b>Size</b>	Small, with intimate relationships.	Large, with formal and structured interactions.
<b>Nature of Relationship</b>	Personal, emotional, and long-lasting relationships.	Impersonal, goal-oriented, and temporary relationships.
<b>Duration</b>	Long-term, often lifelong.	Short-term or based on the duration of a task or purpose.
<b>Basis of Interaction</b>	Emotion and personal bonds.	Professionalism, contracts, and shared objectives.
<b>Type of Communication</b>	Informal and direct.	Formal and indirect.
<b>Importance</b>	Provides emotional support, social identity, and deep personal connections.	Helps achieve specific goals, career growth, and functional cooperation.
<b>Social Control</b>	Informal social norms and values guide behaviour.	Formal rules, regulations, and authority guide behaviour.

### **Conclusion**

Primary groups play a crucial role in emotional and social development, while secondary groups help individuals achieve practical and professional goals. Both types of groups are essential in shaping human relationships and society.

(C) Individualization and Socialization.

### ***:- Difference Between Individualization and Socialization***

Individualization and socialization are two opposite but interconnected processes that shape human personality and behavior. The key differences are:

Aspect	Individualization	Socialization
<b>Definition</b>	The process through which a person develops a unique identity, personal traits, and independent thinking.	The process through which an individual learns social norms, values, behaviors, and cultural practices.
<b>Focus</b>	Emphasizes personal identity, self-expression, and independence.	Emphasizes adaptation, conformity, and integration into society.
<b>Process Type</b>	A self-driven and internal process.	An external process influenced by family, peers, and institutions.
<b>Purpose</b>	Helps a person develop personal goals, values, and self-awareness.	Helps individuals fit into society and function as social beings.
<b>Influence</b>	Influenced by personal experiences, self-discovery, and personal choices.	Influenced by family, schools, religion, media, and social institutions.
<b>Outcome</b>	Leads to uniqueness, self-reliance, and personal achievements.	Leads to a shared culture, norms, and collective identity.
<b>Examples</b>	Choosing a unique career path, developing personal beliefs, or pursuing hobbies.	Learning manners, language, traditions, and customs from family and society.

### Conclusion

Both individualization and socialization are essential for human development. Socialization helps individuals integrate into society, while individualization allows them to develop a distinct identity and personal growth. A balance between the two ensures a well-rounded personality.

(D) Caste and Class.

### ***:- Difference Between Caste and Class***

Caste and class are two important forms of social stratification, but they differ in their basis, mobility, and impact on society. Below is a comparison:

Aspect	Caste	Class
<b>Definition</b>	A hereditary, rigid social group in which status is determined by birth and remains fixed.	A social group based on economic status, occupation, and achievements, allowing mobility.
<b>Basis of Stratification</b>	Birth (ascribed status).	Wealth, education, occupation (achieved status).
<b>Social Mobility</b>	No or very limited mobility; a person remains in the caste they are born into.	High mobility; individuals can move up or down based on merit and economic success.
<b>Hierarchy</b>	Divided into fixed categories (e.g., Brahmins, Kshatriyas, Vaishyas, Shudras in India).	Divided into upper, middle, and lower classes, with no rigid boundaries.

Aspect	Caste	Class
<b>Endogamy (Marriage within the Group)</b>	Strongly enforced; people are expected to marry within their caste.	No restrictions; people can marry across classes.
<b>Occupation</b>	Traditionally hereditary; a person follows the occupation of their caste.	Based on skills, education, and choice.
<b>Social Interaction</b>	Limited interaction between castes, especially in traditional societies.	More flexible; interaction across classes is common.
<b>Change Over Time</b>	Caste system remains rigid and is deeply rooted in tradition.	Class status can change with economic success or failure.
<b>Example</b>	The caste system in India, where caste is determined by birth.	The class system in modern capitalist societies, where people move between economic classes.

### Conclusion

The **caste system** is **rigid** and **hereditary**, restricting social mobility, whereas the **class system** is **flexible** and allows individuals to improve their social status through education, wealth, and skills.

(E) Society and community.

### **: - Difference Between Society and Community**

Society and community are related but distinct concepts in sociology. Below is a comparison of their differences:

Aspect	Society	Community
<b>Definition</b>	A large, organized group of individuals who share a common culture, institutions, and social structure.	A smaller group of people who live together in a specific area and have close social relationships.
<b>Size</b>	Large and diverse, covering a nation or multiple groups.	Smaller, often limited to a village, town, or neighborhood.
<b>Nature of Relationships</b>	Formal, indirect, and impersonal relationships.	Direct, personal, and emotional relationships.
<b>Common Bond</b>	Shared culture, laws, and institutions.	Shared interests, traditions, and close social ties.
<b>Social Structure</b>	Complex, with various institutions like government, education, and economy.	Simple structure with informal social control.
<b>Geographical Aspect</b>	Not confined to a specific location; can be global or national.	Geographically bound; a physical place where people interact.
<b>Example</b>	Indian society, Western society.	A rural village, a religious group, a school community.

### Conclusion

A **society** is a broad and organized system of relationships covering a large population, while a **community** is a smaller, more localized group with stronger personal connections. Communities exist within societies, but societies include many different communities.

Q5. Write short notes:-

(A) Population explosion in India.

**:- Short Note on Population Explosion in India**

**Population explosion** refers to the rapid and excessive growth of the population in a short period. India, the second most populous country in the world, has experienced significant population growth over the past decades.

### **Causes of Population Explosion in India**

1. **Decline in Death Rate** – Advances in healthcare have reduced mortality rates.
2. **High Birth Rate** – Lack of family planning and early marriages contribute to high birth rates.
3. **Improved Medical Facilities** – Better medical care has increased life expectancy.
4. **Lack of Education** – Low literacy, especially among women, leads to a lack of awareness about contraception.
5. **Religious and Social Factors** – Some cultural beliefs promote larger families.

### **Effects of Population Explosion**

1. **Unemployment** – More people lead to fewer job opportunities.
2. **Poverty** – Overpopulation strains economic resources, leading to poverty.
3. **Environmental Degradation** – Increased demand for resources leads to deforestation and pollution.
4. **Housing and Infrastructure Issues** – Overcrowding in cities creates slums and poor living conditions.
5. **Food and Water Scarcity** – More people mean higher demand for essential resources.

### **Measures to Control Population Growth**

1. **Family Planning Programs** – Government initiatives promote contraception and awareness.
2. **Education and Women Empowerment** – Educating women leads to lower birth rates.
3. **Late Marriages** – Delaying marriage reduces fertility rates.
4. **Economic Development** – Higher living standards encourage smaller families.

### **Conclusion**

Population explosion in India poses serious economic and social challenges. Effective government policies, education, and awareness are essential to control rapid population growth and ensure sustainable development.

(B) Political role in social control.

**:- Short Note on Political Role in Social Control**

**Social control** refers to the mechanisms used by society to regulate individual and group behavior, ensuring conformity to social norms and laws. The **political system** plays a crucial role in maintaining social control through governance, law enforcement, and policymaking.

### **Political Role in Social Control**

1. **Law-Making and Enforcement** – Governments create laws that regulate social behavior, ensuring order and stability.
2. **Judicial System** – Courts interpret laws and deliver justice to prevent crime and maintain discipline.
3. **Police and Security Forces** – Law enforcement agencies help implement rules, control crime, and ensure public safety.
4. **Political Leadership and Governance** – Political leaders influence public behavior by promoting social values, national unity, and ethical governance.
5. **Public Policies and Welfare Programs** – Government policies on education, employment, and healthcare help reduce social inequalities and prevent unrest.
6. **Censorship and Media Regulation** – Political authorities control harmful or misleading content to maintain social harmony.
7. **Conflict Resolution** – The government acts as a mediator in social conflicts and ensures peaceful coexistence.

### **Conclusion**

The political system plays a fundamental role in social control by enforcing laws, maintaining order, and promoting social welfare. Effective governance helps create a stable and disciplined society.

(C) Conflict.

### **:- Short Note on Conflict**

**Conflict** is a situation in which individuals or groups have opposing interests, goals, or values, leading to disagreement or struggle. It is a natural part of social interactions and can occur at personal, social, or international levels.

### **Types of Conflict:**

1. **Personal Conflict** – Disagreements between individuals due to personal differences.
2. **Social Conflict** – Struggles between groups based on class, caste, religion, or culture.
3. **Political Conflict** – Disputes over power, governance, and policies.
4. **Economic Conflict** – Clashes due to resource distribution, wages, or trade issues.
5. **International Conflict** – Disputes between nations leading to wars or diplomatic tensions.

### **Causes of Conflict:**

- Differences in interests, values, or beliefs.
- Competition for resources or power.

- Miscommunication or misunderstanding.
- Social inequalities and discrimination.

#### **Effects of Conflict:**

- Can lead to violence, destruction, and instability.
- May cause stress and broken relationships.
- Sometimes results in positive change and social progress.

#### **Conclusion:**

Conflict is an inevitable part of human society but can be managed through dialogue, negotiation, and conflict resolution strategies to maintain peace and harmony.

(D) Child Labor.

#### **:- Short Note on Child Labor**

**Child labour** refers to the employment of children in work that deprives them of their childhood, education, and basic rights. It is a serious social issue that affects millions of children worldwide, particularly in developing countries like India.

#### **Causes of Child Labor:**

1. **Poverty** – Families force children to work to support household income.
2. **Lack of Education** – Many children are unable to attend school and end up working.
3. **Unemployment of Parents** – Jobless parents push children into labour to survive.
4. **Cheap Labor Demand** – Employers prefer hiring children as they can be paid less.
5. **Weak Law Enforcement** – Poor implementation of child labour laws allows its continuation.

#### **Effects of Child Labor:**

- **Health Issues** – Exposure to hazardous conditions affects physical and mental health.
- **Loss of Education** – Prevents children from gaining knowledge and skills for a better future.
- **Cycle of Poverty** – Keeps families trapped in poverty for generations.
- **Emotional and Psychological Impact** – Causes stress, trauma, and loss of childhood.

#### **Measures to Prevent Child Labor:**

- **Strict Implementation of Laws** – Enforce laws like the **Child Labor (Prohibition and Regulation) Act, 1986**.
- **Free and Compulsory Education** – Promote initiatives like the **Right to Education (RTE) Act**.
- **Awareness Campaigns** – Educate people about the harmful effects of child labor.
- **Providing Financial Support to Families** – Reduce poverty to prevent children from working.

#### **Conclusion:**

Child labour is a violation of human rights that hampers a child's development. Government action, education, and public awareness are essential to eliminate it and ensure a better future for children.

(E) Importance of sociology for nurses.

**:- Short Note on Importance of Sociology for Nurses**

Sociology plays a vital role in nursing as it helps nurses understand the social, cultural, and behavioural aspects of patients and their communities. It enables them to provide holistic and patient-centered care.

**Importance of Sociology for Nurses:**

1. **Understanding Patient Behaviour** – Helps nurses recognize how social factors like family, culture, and beliefs influence health behaviour.
2. **Improving Communication Skills** – Enables nurses to interact effectively with patients from diverse backgrounds.
3. **Promoting Holistic Care** – Helps in addressing not only physical health but also social and emotional needs.
4. **Awareness of Social Issues** – Educates nurses about health disparities, poverty, and social determinants of health.
5. **Enhancing Public Health Initiatives** – Aids in planning and implementing community health programs.
6. **Understanding Health and Illness Patterns** – Helps analyse how social conditions affect disease prevalence and healthcare access.
7. **Building Therapeutic Relationships** – Encourages empathy and trust between nurses and patients.

**Conclusion:**

Sociology is essential in nursing as it helps nurses understand patient needs, improve healthcare delivery, and contribute to public health. A sociological perspective ensures compassionate and effective nursing care.