

MANAGEMENT OF INSTITUTIONS AND PROGRAMMES FOR CHILDREN, YOUTH AND ELDERLY

STUDY NOTES

- **Family** is the first unit of society and main function of family is to look after the needs of the family members. Family includes children youth, parents, grandparents working and living together. family is expected to fulfill the needs of its family members but sometimes they are unable to meet even the basic needs due to paucity of opportunities or resources.
- According to **Planning Commission of India in 2011-12**, about 29.5% of population was living below the national poverty line, moreover less than 30% of population has access to adequate sanitation facilities.
- There is a **discrimination** against girls, economically poor women, poor sections, tribals which again contributes towards their poor nutritional and educational status and their financial and social status.
- These groups become more vulnerable: **vulnerable** refers to those persons or groups in a society who are likely to be affected gravely by adverse circumstances and on whom adverse circumstances will have a more harmful impact.
- **Children, youth and elderly** appear the most **vulnerable group** among these groups. Females, socially backward and economically poor section are more vulnerable.
- Children are vulnerable as the childhood is a period of fast development and development of one area affect the development of another area .
- Children need food, shelter, health care, love, nurturance and stimulation to develop in a holistic manner.
- Nearly two thirds of children under 5 years of age suffer from moderate to severe malnutrition in India, less than half of Indian children between 6 and 14 go to school and 17 million children in India work.
- All children in difficult circumstances need protection and care if they are not provided, they may be involved in anti social activity.
- The Juvenile Justice Act 2000 is the first legal Framework for Juvenile justice in India.
- The act describe two categories of children those who are in conflict with law and those considered to be in need of care and protection.
- Children in conflict with law are also called as they are generally the children who are caught by police due to same act of crime.
- Act provides for a special approach for the prevention and treatment of **Juvenile delinquency** and also provides legislative Framework for protection, treatment and rehabilitation of the children.
- The law focuses on **care and protection** of children by adopting a child friendly approach in adjudication and disposition of matters in best in the social interest.
- This act is in compliance with child rights convention which says that children in need of care and protection are those who are without home or settlement place like abandoned children, Street children, run away children and missing children who live with person unfit for their care and protection, children who are diseased, children who are abused, tortured or exploited for purpose of sexual abuse or illegal act, who are susceptible to be inducted into drug abuse, trafficking in children who are victims of armed conflict, Civil commotion and natural calamities, minors astute from the red light area child labours, special need children lost, run away and children of the Prisoners.
- Government started several programs and services to meet the needs of these vulnerable children, integrated child development services (ICDS) of the Government of India is once a scheme which focuses on early childhood

needs like health, nutrition, education for the children below 6 year of age in an integrated manners this program also offers as nutrition and health education to mothers, pregnant women and adolescent girls.

- The program focuses on **health, nutrition and non-formal education**, hygiene, health education, supplementary feeding, vaccination, growth monitoring, vitamin A supplements for all the children below 6 years of age their pregnant and lactating mothers.
- **ICDS services** also provide counselling and health education to adolescent girls.
- **SOS children** village is also an independent non-governmental social-organisation which provides home like environment to orphaned and abandoned children .
- **SOS home** has a mother who looks after 10 to 15 children and they live like a family.
- Government runs **children homes** for 3-18 years of children who are here in custody for various reasons. There are three kinds of homes for children in observation homes children stay temporarily till the completion of an investigation to track down their parents and families is done.
- **Special homes** are where Juvenile (children under 18 years) who are found guilty in terms of violation of law are placed in custodial care .
- **Juvenile** or children homes are where children whose families are not traceable or dead or unfit or unwilling to take the child back. Government is responsible for providing room, Board education and vocational training.
- **Adoption** is also one more way to resettle children, Central Adoption Resource Authority is the authorised agency of Government of India which facilitates and regulates the adoption rules in India.
- **National Youth Policy 2014** has defined youth as persons in the age group of 15 years to 29 years, progress of a nation depends on the progress of its youth, how much youth is nurtured, encouraged and motivated.
- Youth is also in vulnerable group because of many reasons like biological changes during adolescence societal pressure fear pressure and family expectations without enough support all these pressure bring undue stress.
- Among the **broad Category** of Youth, some groups are more vulnerable like rural and tribal youth, out of school youth, adolescents, particularly female adolescents, youth with disabilities, Youth under specially difficult circumstances like victims of trafficking, orphans and street children.
- **Youth programme in India** include the National Service Scheme (NSS), the National Service Volunteer scheme, Promotion of Adventure, Scouts and Guides, Commonwealth Youth programme, Promotion of National Integration.
- NSS aims at involving college level students in programme of social service and national development like construction and repair of roads, school buildings, ponds, tree plantations, removal of weeds from lakes, digging pits, family welfare, child care etc.
- The **National service Volunteer Scheme** works through Nehru Yuva Kendras. They are involved in organization of Vocational training, rural sports, youth leadership programme etc. Nehru Yuva Yuva Kendra also enable non student youth of rural areas to contribute in the development of their area.
- **Objectives of Nehru Yuva Kendra** include secularism, socialism, democracy, national integration and development of scientific temper, social service camps development of sports and activities, non formal education, rational and cultural program, vocational training, leadership training camp are organised for purpose of helping upgrade their capabilities, acquire literacy and numerous skills for self-dependent and make them aware of the possibilities of the development as well as make socially useful.
- **Camp** are organised for purpose of helping to upgrade their capabilities, acquire literacy and numeracy skills for self-development and make them aware of the possibilities of the self development as well as being socially useful.
- Govt. also runs **youth clubs, voluntary organisations** to organise activities like mountaineering, tracking hiking, Exploration for Collection of data, study of flora and fauna in the mountain, and forest, desert, in sea, canoeings etc.
- **Scouts and guides, Commonwealth Youth Program** aim at making the youth participate in development process of their country.
- Promotion of **national integration** is also taken up to agency to organise visit living in one state to another cultural differences.

- **India** has the second largest number of senior citizens in the world after China. Elderly people are vulnerable due to their physical disabilities, economic dependency, lack of work, lack of health care, vision, etc.
- Many **elderly people** find themselves to be financially dependent on younger one, who did not behave properly.
- Fragmentation of **traditional family network**, value system, small family size, lack of free time, Limited space, privacy demands are causing problems for Elderly and forcing them to stay alone .
- Programme for Elderly include food, shelter and health care for them,
- **Program for providing situation** as well as **non institution** care or services to the person reach and advocacy and awareness building program in the field of agaging.
- All **Old Age Home** to provide food, care and shelter.
- Respite **Care Home** and Ontinuous Care Home for older person who are seriously ill, need care, will be taken care of.
- **Mobile Medicare** units to provide medical care to older person and to provide Mental Health Care Intervention Program.
- **Day Care Centre** for Alzheimer’s disease and dementia patients are provided special care.
- **Multi service centres** helpline and counselling Centre for old person, disability care and hearing a older person, physiotherapy clinic, awareness generation programme for older people and care givers like self care, preventive health care, diseases management preparation for old age.
- **Training of a care givers**, sensitizing, program for children particularly in school and colleges and
- **National Old Age Pension Scheme** meant for old persons who are not having regular source of income no support from family members and are 65 years old and above can receive this pension.
- A **career in management of program** for children, youth or elderly will require a lots of skills like a planner, Communicator, evaluator as well as an entrepreneur who can understand their needs and provide appropriate care with in legal framework.
- The **scope for career** can be as a **community programme** organiser, as a private sector helping institutions, as official of Government agencies m as well as need to interact with official procedures. Person working for these vulnerable groups also require administrative skills too as a project handler, planner, manager, recruiter or may be starting a new organisation. So there can numerous option to work in field.
- Diploma in youth development work, **certificate course in NGO management**, bachelor/master’s. Course in social work, B.Sc Home science, in community sciences can be done for working in various fields.

QUESTION BANK

MULTIPLE CHOICE QUESTIONS

- Vulnerable means :

(a) to face challenges	(b) easily affected by challenges
(c) full of emotions	(d) State of being happy and healthy
- Children are vulnerable due to

(a) challenging situations	(b) fast speed of development
(c) being dependent on others	(d) all of these
- State the percentage of children in total population as per Census 2011

(a) 40%	(b) 20%	(c) 39%	(d) 55%
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- According to the census 2011 what percentage of children of 6 to 23 months are able to get complete meals.

(a) 100%	(b) 85%	(c) 78%	(d) 96%
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- In which year Juvenile Justice Act came into force?

(a) 1998	(b) 2000	(c) 2003	(d) 1995
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6. The Juvenile Justice Act 2015 applies to which category of children?
 (a) Who are legally convicted and need care and protection
 (b) Orphan
 (c) Victims of human trafficking
 (d) All of the above
7. Select the major amendment in Juvenile Justice Act 2015:
 (a) treat as an adult to the children of 16 to 18 years who are engaged in heinous crime and to treat as an adult only after attaining age of 21 if he/she has done lesser heinous crime.
 (b) Victims of public rebellion or insurgency
 (c) All of the above
 (d) Only (b) and (c)
8. Select the institutional program run for children:
 1. ICDS 2. Anganwadi centres 3. SOS village 4. children home
 5. adoption 6. Vaccination camp
- Choose the correct option.
 (a) 1, 2, 3, 5 (b) 1, 4, 5 (c) 1, 6, 5, 2 (d) 1, 3, 4
9. Choose the name of program or institution which manages the health, nutrition and informal education of children up to the age of 6 years:
 (a) SOS (b) Children home (c) Anganwadi Kendra (d) ICDS
10. This agency provide services and information about vaccination, health and nutrition to pregnant women, mothers:
 (a) Primary Health Centre (b) Hospital
 (c) ICDS (d) Indian Youth Nehru Centres
11. Which agency implements policies and co-ordinate between different departments related to child development for effective implementation?
 (a) ICDS (b) SOS (c) Observation Home (d) NGOs
12. Basic features of SOS children home are:
 (a) home like environment (b) in formal education
 (c) Supplementary nutrition (d) counselling and observation
13. Select types of children home:
 1. Juvenile/children home 2. infant homes 3. observation homes 4. Special homes
- Choose the correct option.
 (a) 1, 2, 3 (b) 2, 3, 4 (c) 1, 3, 4 (d) 1, 2, 4
14. Government agencies for adoption is:
 (a) CAAR (b) CRAA (c) CARA (d) CARE
15. Which National Youth Policy gives importance to education, capacity building, employment, entrepreneurship and sports?
 (a) 2013 (b) 2004 (c) 009 (d) 2014
16. Which of the following is not related to youth program?
 (a) National Service Scheme (b) ICDS
 (c) NSVS (National Service Volunteers Scheme) (d) Bharat Scouts and Guide
17. "Rangers and Rovers" term is related to which group?
 (a) Grant Assistance Scheme (b) Bharat Scouts and Guide
 (c) National Service Scheme
 (d) National program for Use and Adolescent Development (NPYAD)
18. Law related to maintenance and welfare of parents and senior citizens came into force in _____.
 (a) 1997 (b) 2006 (c) 2009 (d) 2007
19. National policies on veterans came into _____ year.
 (a) 1997 (b) 1999 (c) 2005 (d) 2009

20. Name the Pension Scheme proposed for below poverty line people .
- (a) National Old Age Pension Scheme (b) Indira Gandhi National Old Age Pension Scheme
(c) Grant Assistance scheme (d) National Health Insurance Scheme
21. Which department runs the scheme “National Older Health Care Programme”?
- (a) Ministry of Health and Family Welfare (b) Ministry of Women and Child Development
(c) Department of Women and Child Care (d) Ministry of Child and Women Welfare
22. What are the conditions to become beneficiary for old age pension?
- (a) 60 years, certificate of destitution, age certificate
(b) 65 years and above age certificate, destitution certificate
(c) Below poverty line family certificate, above 65 years certificate, destitution certificate
(d) BPL family certificate and above 60 years of age Certificate
23. Which department runs the National Health Insurance Scheme?
- (a) Ministry of Law and Justice (b) Ministry of Labour and Employment
(c) Ministry of Health and Family Welfare (d) None of these
24. What is the full form of CARA?
- (a) Central Adoption Resource Authority (b) Children Adoption and Rearing Agency
(c) Children Adoption Resource Agency (d) Central Adoption Regulations Authority
25. First SOS child village in India was started in which city?
- (a) Delhi (b) Faridabad (c) Lucknow (d) Chennai
26. Motto of National Service Scheme is
- (a) Not me but You (b) For You, for me (c) For me for my Nation (d) Nation first
27. Who among the following may need Care and Protection as a child?
- (a) Abandoned, deserted children, Children of convicts, involved in labour,
(b) Children of families which are unable to take care of them
(c) Disabled Children, involved in illegal and immoral activities, children of convicts, involved in labour
(d) All of these
28. Select the vision of SOS village.
- (a) Every child growth with security and with respect.
(b) Every child belongs a family, every child grows with love
(c) Every child get a long team support (d) Both (a) and (b)
29. Following is a true in case of Special home?
- (a) For children below 18 years of age with corrective needs,
(b) To provide children skill based training and integration with family and society
(c) Children can't be kept here beyond 3 years.
(d) All of these
30. CARA is a legalised and institutionalised authority which provides _____
- (a) Guidelines (b) Regulations
(c) Adoption Law related information (d) only (a) and (c)
31. Select needs of youth required for making them socially useful and economically productive:
- (a) Appropriate education and training, gainful employment,
(b) Opportunities for personal development and advancement, good health and services, clean environment, social defence and protection again exploitation,
(c) Type of expectation social economic matter access to physical education course admission decreasing opportunities
(d) All of these

32. Identify characteristics of Children Observation homes.
- Its a temporary arrangement for time being till all information is available and Children can't be kept more than 4 months.
 - Children are imparted skill training here.
 - Children are aimed to provide home like environment.
 - Both (b) and (c)
33. Identify most vulnerable group.
- Disable girls, rural and tribal youth, youth living under difficult circumstances, out of school youth
 - Girls students studying in private schools
 - Youth working as unskilled labourer.
 - Only (a) and (b)
34. National Youth Policy is adopted by?
- Ministry of Labour and Employment
 - Ministry of Youth Affairs
 - Ministry for Welfare of Youth and Sports
 - Ministry of Youth Affairs and Sports
35. Select schemes for development of Youth under National Youth Policy, 2003.
- National Service Scheme, National Service Volunteer Scheme, Promotion of Adventure,
 - Youth Skill Programme
 - Commonwealth programme, promotion of national integration, Bharat scout and guide,
 - Both (a) and (c)
36. Works which can be done under National Service Scheme.
- Vocational training, vaccination, cleanliness of environment and tree plantations
 - Volunteering in disaster management task, Activities related to health and hygiene.
 - Adult education through youth clubs.
 - Both (a) and (b)
37. Volunteers of Nehru Yuva Kendra Volunteer for following works
- Vocational training, Youth Leadership training Programme, Organization of work camps
 - Promotion of rural sports and Games, Adult education through Youth clubs, youth club establishment
 - Only (a) and (b)
 - Taking care of water bodies, taking care of drainage and maintenance
38. For development of feeling of adventure, sensitivity towards nature, physically active, independent thinking, National integration in youth, various programs have been introduced except
- Bharat Scouts and Guides, National Service Volunteers Schemes
 - Commonwealth Youth Programme, Yuva clubs for mountaineering
 - Establishing of NPYAD, National Integration Programme
 - None of these
39. Why are elderly are vulnerable?
- Due to health, socio-economic issues, biological problems
 - Due to family issue, generation gap, disability issues etc.
 - Having hold on property and resource
 - Both (a) and (b)
40. Law related to maintenance and welfare of parents and senior citizens came into year _____?
- 2009
 - 2007
 - 2011
 - 2005
41. Select the exemption and facilities unrelated to Elderly.
- In finance and taxation, free legal aid and court exemption
 - Health care services, national health insurance scheme for BPL senior Citizens
 - Transportation, banking and post office schemes
 - Free ration and kitchen supplies, LPG cylinders subsidy

42. Which courses are suitable for working in the field of these vulnerable groups?
 (a) BA general, BA political honours,
 (b) BSW, certificate course in NGO management, diploma in youth development work, MSW
 (c) B.Sc homescience, Bachelor in family and community sciences, behavioural sciences
 (d) All except (a)
43. What administrative skills are needed to run an organisation?
 (a) Communication, management skills (b) Leadership Skills
 (c) Knowledge of field (d) All of these
44. What preliminary requirements are to be fulfilled in setting up of a new organisation?
 (a) Location, target group, necessary permission, financial provisions, personnel
 (b) Target group, financial planning and profit calculation
 (c) Permissions, location, decision on targeted population, facility development for infrastructure, personnel
 (d) None of these
45. What are the personal skills needed for working with children, youth and Elderly?
 (a) Patience and evaluation (b) Excellent Communication skills.
 (c) Ability to establish a connect (d) All of these
46. How many children stay with one mother in SOS village?
 (a) 10-15 (b) 10-25 (c) 2-25 (d) Till 45
47. The head office of SOS children village is in
 (a) London (b) Delhi (c) Innsbruck (d) Washington
48. Meeta is pregnant and doesn't have much knowledge about her care, which Government service she can avail?
 (a) SOS village (b) ICDS through Anganwadi
 (c) PHC (d) None of these
49. To aware adolescents girls about iron deficiency and precautions and nutritional information which program is best suited?
 (a) Counselling and exhibition of iron rich foods (b) Play and discussion
 (c) Workshops and lecturers (d) (a) and (b)

Input Text Based MCQs

Read the passage and answer the questions that follow (50 to 54).

Integrated Child Development service was launched in 1975 by Government of India targeting to reduce the problems of nutrition, preschool education, health, vaccination ie to reduced the load of diseases which were related to malnutrition, ignorance and unavailability of health services. ICDS aims to provide nutritional meals, preschool education, primary healthcare, immunization, health check-up and referral services to children under 6 years of age and their mothers and Contraceptive counselling for adolescents. The programme currently covers 41 million children. This scheme runs in an integrated manner Anganwadi centre.

50. ICDS runs through _____
 (a) Primary health centre (b) Anganwadi (c) Balbhavan (d) Gramsabha
51. The focus of ICDS is on _____ age group of children .
 (a) Birth to 3 Years (b) Till 6 years of age (c) 6-11 years (d) 3-6 years
52. Pregnant women are beneficiaries of ICDS through _____
 (a) Referral services (b) Health Education with vaccination
 (c) Nutrition and nutrition education (d) All of these
53. Pre school education of children in Anganwadi is _____ way of education.
 (a) Formal (b) Non formal (c) Informal (d) Play way

54. Anganwadis play an important role in health care primarily through _____
 (a) Vaccination (b) Mid-day meal (c) Referral services (d) Health education

Read the passage and answer the questions that follow (55 to 59).

National Youth Policy, 2014 defines youth as persons in the age group of 15-29 years. The progress of a nation depends on how its youth is being nurtured to become a productive and pro social citizen. Youth is a vulnerable group due to various physical changes, hormonal changes and expectations of family and society. Peer pressure, pressure to excel, lack of family support may turn them towards anti social and self destructive ways. They may develop a habit of substance abuse, indulge in anti social behaviour. Health is a major factor of critical concern . They may face various risks related to sexual and reproductive health due to lack of knowledge. With in the broad category of 'youth', specially vulnerable groups include rural and tribal youth, out of school youth, adolescents particularly female, youth with disabilities and youth under specially difficult circumstances like trafficking, orphans and street children.

55. The age criteria for youth includes persons of _____ age group
 (a) 13-29 (b) 18-29 (c) 15-29 (d) 18-35
56. Youth is vulnerable due to _____
 (a) Career stress, family expectations (b) Biological changes, peer pressure
 (c) Societal attitudes, lack of motivation (d) Both (a) and (b)
57. Maladjustment occurs in youth due to
 (a) Societal pressures (b) Unjustified support of family
 (c) Competitive market (d) All of the above
58. Tribal youth is among most vulnerable group due to..
 (a) Lack of facilities from government (b) Lack of awareness and education
 (c) Unique cultural practices (d) Both (a) and (b)
59. What does youth need to be progressive, productive and healthy?
 (a) Education, support, economic opportunities
 (b) Societal support, health services, opportunities for advancement
 (c) Appropriate education, gainful employment, opportunities for personal development and good health services.
 (d) All of these

ANSWERS

Multiple Choice Questions

1. (b) 2. (d) 3. (c) 4. (d) 5. (b) 6. (d) 7. (a) 8. (d) 9. (d) 10. (c)
 11. (a) 12. (a) 13. (c) 14. (c) 15. (d) 16. (b) 17. (b) 18. (d) 19. (b) 20. (b)
 21. (a) 22. (b) 23. (b) 24. (a) 25. (b) 26. (a) 27. (d) 28. (d) 29. (d) 30. (b)
 31. (d) 32. (a) 33. (a) 34. (d) 35. (d) 36. (d) 37. (c) 38. (d) 39. (d) 40. (b)
 41. (d) 42. (d) 43. (d) 44. (c) 45. (d) 46. (a) 47. (c) 48. (b) 49. (d)

Input Text Based MCQs

50. (b) 51. (b) 52. (d) 53. (b) 54. (a) 55. (c) 56. (d) 57. (a) 58. (d) 59. (c)

