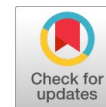


Functions of Family: Indispensable in Leading to Up-gradation of one's Living Conditions

Radhika Kapur



Abstract: *The individuals, belonging to all communities, categories and socio-economic backgrounds consider their family valuable. The family puts into operation number of tasks and activities, which are considered vital in leading to up-gradation of overall standards of living. The individuals need to ensure, they maintain cordial and amiable terms and relationships with family members. The family members need to put into operation effective communication processes with each other. These are considered vital in augmenting information in terms of different types of subjects and concepts. It is apparently understood that individuals are overwhelmed by different types of dilemmas and challenging situations, they obtain ideas and suggestions from family members. The individuals will render an important contribution in bringing about improvements in their overall quality of lives, when they obtain ideas and suggestions from family members. Hence, individuals need to realise that their family members carry out different types of functions, which are facilitating in promoting enhancement of overall standards of living. One needs to augmenting communication skills and treat each other with respect and courtesy in order to reinforce cordial relationships with family members. Furthermore, up-gradation of listening skills will be facilitating to a major extent. Therefore, functions of family are indispensable in leading to up-gradation of one's living conditions. The main concepts that are taken into account in this research paper are, functions of family and advantages of acknowledging the functions of family.*

Keywords: *Abilities, Communities, Family, Functions, Information, Job Duties, Living Conditions, Up-gradation*

I. INTRODUCTION

In India, more than 70 percent of the population resides in rural communities, whereas, 30 percent of the population resides within urban communities. In all communities, individuals, belonging to both genders and all age groups consider family to be of utmost significance. In other words, it is a vital institution within the lives of individuals, belonging to all age groups and communities. The family of procreation is the family into which the individuals are born (Heeks, 1999, [3][6][7]). It comprises of number of relationships, i.e. grandparents, parents, aunts, uncles, siblings and cousins. On the other hand, the family of orientation is the family, which is formed after marriage. It comprises of husband, children and in-laws.

The formation of cordial and pleasant terms and relationships with family members will contribute efficiently in bringing about improvements in one's overall quality of lives. Therefore, in all communities, one of the primary functions of family is, they are rendering an important contribution in bringing about improvements in overall living conditions of individuals.

An aimless life is regarded as the meaningless life. Hence, all individuals, belonging to all occupations, categories and socio-economic backgrounds are having different types of goals and objectives to achieve (Davies, 2004, [1][10]). These are formulated in personal and professional lives. The family members impart information among individuals in terms of ways that are facilitating in achievement of desired goals and objectives. Furthermore, family members need to communicate and understand each other's viewpoints and perspectives in an efficient manner. In addition, the honing of listening skills will be facilitating to the individuals in generating information adequately. As a consequence, they will be able to carry out their tasks and activities in a satisfactory manner. In addition, the family members contribute efficiently in leading to up-gradation of motivation levels towards putting into operation various tasks and activities. As a consequence, one will overcome the feelings of apprehensiveness and vulnerability that they have support available from family members. Therefore, it is well-understood, family is contributing efficiently in preparing individuals in terms of various methodologies, which are facilitating in promoting their well-being and goodwill.

A. Functions of Family

The family is regarded as the first and foremost institution from where learning, growth and development of the individuals takes place. The parents are regarded as the first teachers of their children. They make provision of information among their family members in terms of norms, values and principles. These are regarded as vital in promoting enrichment of overall personality traits and standards of living. The family members, belonging to all age groups and both genders have the right to guide and lead others in the right direction (Hart, & Waisman, 2005, [2][8][9]). The younger family members are also vested with the authority and responsibility of imparting accurate information to older family members, when they feel that they are unaware in terms of various subjects and concepts. The honing of communication skills and interactive abilities would be facilitating to all the family members in forming cordial and amiable terms and relationships with each other.

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Functions of Family: Indispensable in Leading to Up-gradation of one's Living Conditions

Furthermore, they will promote a normal mind-set and create an amiable environment within homes. In all households, in all communities, family members are required to be well-versed in terms of functions. These are required to be put into practice in a well-ordered and satisfactory manner. These are stated as follows:

B. Communicating in an Effective Manner

The family members are required to implement communication processes in an effective manner. When communication takes place verbally, one should maintain eye contact and nod periodically. On the other hand, when family members are located at a distance, they communicate over the phone or through video-calling. In some cases, communication takes place in a written form as well, through exchanging messages and emails. One needs to be well-versed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; maintaining eye contact and possessing an approachable nature and an amiable attitude. In some cases, it is a possibility that family members are not willing to communicate with each other. Hence, they need to speak to each other in a polite manner. If they want to be alone and do not want to share any problems, they need to convey the viewpoint in a polite manner. Furthermore, one needs to exercise control on the negative feelings of anger and frustration. As a consequence, communication processes will be facilitated in an effective manner. Therefore, communicating in an effective manner is regarded as one of the indispensable functions of family.

II. DEVELOPING MUTUAL UNDERSTANDING

The family members are required to develop mutual understanding with each other. This is the key in reinforcing cordiality and pleasantness in terms and relationships. The family members impart information among individuals in terms of strategies that are facilitating in achievement of desired goals and objectives. Furthermore, family members need to communicate and understand each other's viewpoints and perspectives in an efficient manner. In addition, the honing of listening skills will be facilitating to the individuals in generating information in an adequate manner. As a consequence, they will be able to carry out their tasks and activities in a satisfactory manner. Furthermore, family members will cope with different types of dilemmas and challenging situations in an appropriate manner. In addition, the family members contribute efficiently in leading to up-gradation of motivation levels towards putting into operation various types of tasks and activities. In other words, the mind-sets will be stimulated towards doing well in one's job duties and generating desired outcomes. As a consequence, one will overcome the feelings of apprehensiveness and vulnerability that they have support available from family members. Therefore, developing mutual understanding is one of the significant functions of family.

A. Implementing Household Responsibilities

Implementing household responsibilities is regarded as an important task in all households. These are, cleaning, washing, fetching water, preparation of meals, gardening,

electric work, repair work, painting, carpentry, plumbing and overall management of the households. Within rural communities, rearing of livestock is also considered important. Within urban communities, domestic helpers and service providers are hired to carry out various types of household responsibilities in a satisfactory manner. Within all households, in both urban and rural communities, family members are required to work in collaboration and integration with each other in carrying out various types of household responsibilities in a well-ordered and disciplined manner. The family members make provision of information in terms of all types of methodologies and procedures, which would be facilitating in generating desired outcomes. Furthermore, they will be able to obtain answers to all their questions and clarify their doubts. As a consequence, they will be able to carry out their tasks and activities in a satisfactory manner. In this manner, family members are rendering an important contributing in incurring the feelings of pleasure and contentment among others. Therefore, implementing household responsibilities is an eminent function of family.

B. Providing Good-Quality Education

The individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of education. They have formed the viewpoint that education is the instrument, which not only imparts information in terms of academic subjects and lesson plans, but also in terms of ways that are necessary in emerging into moral and ethical human beings and productive citizens of the country. The family members get their children enrolled in schools. Furthermore, when they are to pursue higher education, they migrate to other regions. Hence, family members are the ones, who spend financial resources. Furthermore, when individuals are to obtain certain technical, material and information resources, the family members are approached for help and assistance. These include, computers, lap-tops, I pads, smartphones, books, bags, stationary, tools, devices, apparatus, equipment and so forth. The implementation of effective communication processes with family members is facilitating in augmenting information in terms of various factors and exchanging different types of ideas and viewpoints. Hence, it is well-understood, family members are facilitating in coping with different types of stressful situations in a satisfactory manner. Therefore, providing good-quality education is an expedient function of family.

C. Encouraging Participation in Extra-Curricular and Creative Activities

The individuals, belonging to all communities develop interest and enthusiasm in participating in different types of extra-curricular and creative activities. These are, production of artworks, handicrafts, singing, dancing, playing of musical instruments, role playing, and so forth. The individuals augment their knowledge and training regarding these activities within homes or through getting enrolled in educational institutions and training centres.



Within schools and colleges, students are encouraged to participate in different types of extra-curricular and creative activities, which are facilitating in leading to up-gradation of competencies and abilities. Furthermore, family members make provision of financial, technical, material and information resources, which are facilitating in carrying out different types of tasks and activities in a satisfactory and well-ordered manner. The implementation of effective communication processes with family members is facilitating in augmenting information in terms of various types of extra-curricular and creative activities, which would be suitable. In addition, family members contribute efficiently in leading to up-gradation of motivation levels towards putting into operation various types of tasks and activities. In other words, the mind-sets will be stimulated towards honing of expertise and professionalism. Therefore, encouraging participation in extra-curricular and creative activities is a vital function of family.

D. Focusing on Augmenting Skills and Abilities

From the stage of early childhood, throughout the lives of the individuals, they need to put emphasis on augmenting different types of skills and abilities. The skills are, communication skills, decision-making skills, analytical skills, critical-thinking skills, problem-solving skills, time-management skills, technical skills, creative skills, personal skills, professional skills, presentation skills, artistic skills, leadership skills, negotiation skills and public-speaking skills. On the other hand, abilities, which need to be honed are, convincing, persuasion, management, administration, emotional intelligence, systems thinking, putting in efforts to one's best abilities, possessing the abilities to work under stress, coping with different types of problems and challenging situations in an effective manner and carrying out job duties in a well-ordered manner. The family members play an important part in leading to up-gradation of different types of skills and abilities among individuals. The implementation of effective communication processes with family members is facilitating in augmenting information in terms of various concepts. In addition, honing skills and abilities is facilitating in carrying out all types of job duties satisfactorily. Furthermore, up-gradation takes place of one's living conditions. Therefore, focusing on augmenting skills and abilities is a crucial function of family.

E. Putting Emphasis on Enhancing Career Prospects

Enhancing career prospects is regarded as one of the vital goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The family members play an important part in preparing individuals in terms of ways that would be facilitating in promoting enrichment of their career prospects. The family members get their children enrolled in schools. Furthermore, they make provision of resources to them, which would be facilitating in carrying out all types of tasks and activities in a well-ordered and satisfactory manner. After acquisition of education, the individuals get engaged in various types of employment opportunities, suitable to them. The support and assistance from family members are facilitating in leading to up-gradation of concentration and motivation

levels towards putting into operation various job duties. In addition, the mind-sets of the individuals get stimulated towards putting into practice different types of job duties and responsibilities within their employment settings. In addition, information is augmented in terms of various types of modern, scientific and innovative methods and materials. Hence, contribution of family members is essential in generating awareness among individuals regarding various types of subjects and concepts. Therefore, putting emphasis on enhancing career prospects is a renowned function of family.

III. FOCUSING ON HEALTH AND WELL-BEING

All individuals, irrespective of their age groups are required to promote good health, physically as well as psychologically. The family members are vested with the authority and responsibility of imparting information in terms of all factors that are facilitating in promoting good health, physically and psychologically. These are, focusing on diet and nutrition; getting engaged in exercise and physical activities; practicing the techniques of yoga and meditation; maintaining cleanliness within the home environmental conditions; providing solutions to different types of problems and challenging situations; making provision of counselling and guidance services; treating different types of health problems and illnesses; taking one to the hospitals and health care centres; imparting information in terms of morals and ethics and reinforcing a constructive approach. The acknowledgment and implementation of all these factors will be facilitating to the individuals in promoting good health and well-being, physically and psychologically. The individuals need to make sure, they hone their listening skills and put into operation all these factors in an efficacious manner. As a consequence, they will lead to progression and achieve desired goals and objectives. Therefore, focusing on health and well-being is an important function of family.

A. Imparting Information Regarding Morals and Ethics

The family members impart information among individuals in terms of traits of morality and ethics. These are regarded as the key in emerging into principled and productive human beings. Furthermore, individuals will differentiate between appropriate and inappropriate factors. One of the important aspects is, in order to achieve desired goals and promote enhancement of overall standards of living, it is necessary to reinforce a constructive approach. Furthermore, individuals will form cordial and amiable terms and relationships with each other. In addition, they will augment their knowledge in terms of different types of ways that are facilitating in achievement of desired goals and objectives. Furthermore, family members need to communicate and understand each other's viewpoints and perspectives in an efficient manner. In addition, the honing of listening skills will be facilitating to the individuals in generating information in an appropriate manner.

Functions of Family: Indispensable in Leading to Up-gradation of one's Living Conditions

As a consequence, they will be able to carry out their tasks and activities in a satisfactory manner. In addition, the family members contribute efficiently in bringing about improvements in their overall personality traits and standards of living. Therefore, imparting information regarding morals and ethics is a noteworthy function of family.

B. Providing Solutions to Various Problems

The occurrences of different types of problems are regarded as an integral part of the personal and professional lives of the individuals. The various factors in terms of which these take place are, job duties, responsibilities, methodologies, procedures, strategies, work pressure, unawareness in terms of various factors, lack of implementation of time-management skills, scarcity of financial, technical, material and information resources, lack of infrastructure, amenities and facilities and so forth. The problems are experienced in a major or minor form. The individuals are required to be well-versed in terms of ways of coping with different types of problems and dilemmas in an adequate manner. The family members are regarded as the first and foremost individuals, who are approached for help and assistance in order to cope with different types of problems in a satisfactory manner. The family members make provision of information in terms of various types of methodologies and procedures, which would be facilitating in carrying out different job duties successfully. Furthermore, individuals will be able to cope with different types of dilemmas in a satisfactory manner. Therefore, providing solutions to various problems is a notable function of family.

C. Assisting in Forming an Effective Social Circle

From the stage of early childhood, throughout the lives of the individuals, they need to reinforce their linkages. In other words, they are required to put emphasis on honing of communication skills and interactive abilities. One of the important aspects that needs to be taken into account is, individuals are required to treat each other with respect and courtesy. Furthermore, there should not be any discrimination on the basis of any factors. The family members make provision of information among individuals, which are facilitating in strengthening their contacts. As a consequence, individuals are augmenting their knowledge and understanding in terms of different types of methodologies and procedures, which are facilitating in generating information regarding meaning and significance of social circle. This is approving in augmenting information in terms of various factors; exchanging different types of ideas and viewpoints; obtaining answers to all types of questions and clarifying all types of doubts. Hence, it is well-understood, family members are facilitating in coping with different types of stressful situations in a satisfactory manner. Therefore, assisting in forming an effective social circle is a function of family, which is acknowledged by individuals, belonging to all communities, categories and socio-economic backgrounds.

D. Managing Resources

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to

manage different types of resources in an effective manner. These are referred to, financial, human, technical, material and information resources. The financial resources are the monetary resources. These are the key in making purchases of various items and fulfilling different types of needs and requirements within personal and professional lives. The human resources are the personnel. They are required to utilize competencies and abilities in carrying out job duties efficiently. The technical resources are various types of technologies, i.e. computers, lap-tops, I pads, scanners, printers, photo-copiers, smartphones, audio-visual devices and so forth. Material resources are, different types of tools, devices, machines, apparatus, and equipment. Information resources are, books, articles, reports, projects, newspapers, magazines, other reading materials and internet. These resources are considered important in personnel as well as in professional lives of the individuals. Hence, through communicating with family members, individuals augment their information regarding ways to manage these in an effective manner. Therefore, managing resources is a function of family, which is recognized by individuals, when they are wholeheartedly committed towards achievement of desired goals in personal and professional lives.

IV. UTILIZING TECHNOLOGIES

The technologies are utilized to put into operation different types of tasks and activities. These include, augmenting information in terms of various factors; putting into operation effective communication processes in a verbal and written form; carrying out different types of job duties in a well-ordered manner and leisure and recreation purposes. The family members are assisting each other in making use of different types of technologies. The elderly individuals are normally unaware of making use of technologies, hence, they are provided with help and support by their family members. The payment of various bills, i.e. water, electricity, television, gas, phone recharge, house tax, insurance, and so forth is an important task, which is normally done online. The family members in some cases are not well-versed in terms of technical skills. These are facilitating in carrying out different types of job duties in a well-ordered manner, hence, they take help and support from others in putting into operation tasks and activities successfully. Therefore, utilizing technologies is a function of family, which is acknowledged by individuals, when they are wholeheartedly committed towards putting into operation their job duties in a satisfactory manner.

A. Providing Infrastructure, Amenities and Facilities

The family members contribute efficiently in making provision of infrastructure, amenities and facilities. These are referred to power supplies, water supplies, communication networks, transportation facilities, clean drinking water, internet connection, furniture, heating and cooling equipment in accordance to the weather conditions and so forth.



These are regarded as vital in sustaining one's living conditions in a satisfactory manner. The availability of these would be facilitating to the individuals in carrying out all types of tasks and activities in a well-organized and disciplined manner. Furthermore, individuals will render an important contribution in implementing different types of job duties satisfactorily. In this manner, they will be able to contribute efficiently in meeting the expectations of their family members. Furthermore, one will feel comfortable and there will be an increase in concentration and motivation levels towards putting into operation different types of job duties and responsibilities. The management of financial resources is the key in making provision of infrastructure, amenities and facilities. These need to be utilized in a well-ordered and disciplined manner. Therefore, providing infrastructure, amenities and facilities is a function of family, which is considered vital for the individuals on a comprehensive basis.

B. Creating Amiable Home Environmental Conditions

Creating amiable home environmental conditions is regarded as one of the indispensable goals of individuals, belonging to all age groups, communities, categories and socio-economic backgrounds. Through communicating with family members, individuals are able to augment their knowledge and understanding in terms of ways that are facilitating in the achievement of this goal. These are, putting into operation effective communication processes; being well-versed in terms of job duties and responsibilities; being well-informed in terms of methodologies and procedures; augmenting skills and abilities; taking out sufficient amount of time for all types of tasks and activities; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; coping with different types of dilemmas and challenging situations in an efficient manner; putting in efforts to one's best abilities in generating desired outcomes; forming positive viewpoints in terms of various factors and forming cordial and amiable terms and relationships with family members. Through reinforcement of all these factors, amiable home environment will be created. Therefore, creating amiable home environmental conditions is a function of family, when family members are rendering an important contribution in imparting adequate information in terms of all factors.

C. Advantages of Acknowledging the Functions of Family

The individuals, belonging to all communities, categories and socio-economic backgrounds have recognized the meaning and significance of family. The institution of family is regarded to be of utmost significance. In other words, it is a vital institution within the lives of individuals, belonging to all age groups and communities (Hein, & Florentine, 2017, [4]). The individuals are required to be well-equipped in terms of different types of methodologies and procedures, which would be facilitating in promoting enhancement of overall standards of living. These need to be implemented in a positive and regimented manner. Hence, family members are rendering an important contribution in imparting information in terms of all the

essential factors. The acknowledgement of functions of family is advantageous on a comprehensive basis. The advantages are, emerging into principled and productive human beings; coping with psychological problems in a satisfactory manner; acquiring support in implementing job duties successfully; leading to up-gradation of one's personality traits and promoting enrichment of one's overall standards of living. These are stated as follows:

D. Emerging into Principled and Productive Human Beings

The family members impart information among individuals in terms of ways that would be facilitating in emerging into principled and productive human beings. Furthermore, individuals will understand that they need to differentiate between appropriate and inappropriate factors. One of the important aspects is, individuals will be able to achieve desired goals and promote enhancement of overall standards of living, when they develop mutual understanding with family members (Helpfulness, n.d., [5]). In addition, it is necessary to reinforce a constructive approach. Furthermore, individuals will form cordial and amiable terms and relationships with each other. In addition, they will augment their knowledge in terms of different types of methods and procedures that are facilitating in achievement of desired goals and objectives. Furthermore, family members need to communicate and understand each other's viewpoints and perspectives in an efficient manner. Therefore, emerging into principled and productive human beings is regarded as one of the indispensable advantages of acknowledging the functions of family.

E. Coping with Psychological Problems in a Satisfactory Manner

The occurrences of different types of psychological problems are regarded as an integral part of the personal and professional lives of the individuals, i.e., anger, stress, anxiety, frustration and depression. The individuals are required to be well-versed in terms of different types of methods of coping with different types of problems and dilemmas in a well-ordered and satisfactory manner. The family members are regarded as the first and foremost individuals, who are approached for help and assistance in order to cope with different types of psychological problems in a satisfactory manner. The family members make provision of information in terms of various types of methodologies and procedures, which would be facilitating in carrying out different types of job duties successfully. Furthermore, individuals will be able to cope with different types of psychological problems in a satisfactory manner. These need to be prevented from assuming a major form. Therefore, coping with psychological problems in a satisfactory manner is one of the significant advantages of acknowledging the functions of family.

F. Acquiring Support in Implementing Job Duties Successfully

In the lives of the individuals, there are certain job duties, which they are required to perform.

Functions of Family: Indispensable in Leading to Up-gradation of one's Living Conditions

These are manageable, as well as complicated, these are implemented in less amount of time or can be more time-consuming and these are implemented on one's own as well as through obtaining help and assistance from others. The family members make provision of support and assistance in putting into operation job duties successfully. The family members are regarded as the first and foremost individuals, who are approached for help and assistance in order to cope with different types of dilemmas and challenging situations in a satisfactory manner. The family members make provision of information in terms of various types of methodologies and procedures, which would be facilitating in carrying out different job duties and activities successfully. Furthermore, individuals will be able to cope with different types of dilemmas in a satisfactory manner. Therefore, acquiring support in implementing job duties successfully is a worthwhile advantage of acknowledging the functions of family.

G. Leading to Up-gradation of one's Personality Traits

Family members make provision of support and assistance, which are facilitating in leading to up-gradation of personality traits. These are, focusing on diet and nutrition; getting engaged in exercises and physical activities; practicing the techniques of yoga and meditation; managing body weight; coping with psychological problems of anger, stress, anxiety, frustration and depression; being well-versed in terms of job duties and responsibilities; being well-informed in terms of methodologies and procedures; augmenting skills and abilities; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness and forming cordial and amiable terms and relationships with others. The acknowledgement of all these factors will be facilitating in leading to up-gradation of one's overall personality traits. As a consequence, individuals realise that their family members are playing an important role in leading to up-gradation of their overall personality traits. Therefore, leading to up-gradation of one's personality traits is a meaningful advantage of acknowledging the functions of family.

H. Promoting Enrichment of one's overall Standards of Living

Promoting enrichment of one's overall standards of living is one of the primary goals of individuals, belonging to all communities, categories and socio-economic backgrounds. The family members impart information in terms of all the factors that would be facilitating in the achievement of this goal. The family members make provision of support and assistance in putting into operation job duties successfully. The family members are regarded as the first and foremost individuals, who impart information in terms of all factors, which would be facilitating in preparing them adequately. As a consequence, they will contribute efficiently in promoting enrichment of one's overall standards of living. Furthermore, individuals realise that their family members are playing an important role in leading to up-gradation of their overall standards of living. One of the important aspects that needs to be taken into account is, all the family members, irrespective of genders

and age groups need to put emphasis on honing their listening skills. Therefore, promoting enrichment of one's overall standards of living is an essential advantage of acknowledging the functions of family.

V. CONCLUSION

In all communities, family is a vital institution. Functions of family are, communicating in an effective manner, developing mutual understanding, implementing household responsibilities, providing good-quality education, encouraging participation in extra-curricular and creative activities, focusing on augmenting skills and abilities, putting emphasis on enhancing career prospects, focusing on health and well-being, imparting information regarding morals and ethics, providing solutions to various problems, assisting in forming an effective social circle, managing resources, utilizing technologies, providing infrastructure, amenities and facilities and creating amiable home environmental conditions. Advantages of acknowledging the functions of family are, emerging into principled and productive human beings; coping with psychological problems in a satisfactory manner; acquiring support in implementing job duties successfully; leading to up-gradation of one's personality traits and promoting enrichment of one's overall standards of living. Finally, it can be stated, as a consequence of acknowledging functions of family, one will lead to progression.

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Authors Contributions	I am only the sole author in this article.

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