# NSS NOTES

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## UNIT – I: Youth Development Program in India and Role of Youth Leaders

1. National Youth Policy (NYP)

Introduction: The National Youth Policy (NYP) of India was first introduced in 1988, and it has been revised multiple times to keep up with the changing needs of the youth. The latest revision of the policy was in 2014, aiming to empower the youth of the country and provide them with the tools to lead in every sphere of life.

Objectives of the National Youth Policy:

- Empowerment of Youth: The policy aims to enable youth to participate in nation-building processes, helping them realize their full potential.

- Promote Youth Engagement in Society: It seeks to increase the involvement of youth in decision-making processes, policy discussions, and implementation of development programs.

- Holistic Development: It advocates for education, skill development, mental and physical health, employment opportunities, and social inclusion for young people.

- Inclusivity: Ensures that the benefits of youth development reach marginalized communities such as women, minorities, and rural youth.

Key Components:

- Education: Focus on quality education for the youth and enhancing learning outcomes through both formal and non-formal channels.

- Health and Well-being: Programs focusing on mental and physical health, with special attention to reproductive health, substance abuse prevention, and adolescent health.

- Employment and Entrepreneurship: Programs such as Skill India and Start-up India are aligned with this goal.

- Participation: Encouraging youth to become active participants in governance and social issues through schemes like the National Youth Parliament.

- Social Engagement: Volunteering, social causes, and the promotion of youth-led organizations are integral parts of the policy.

Youth Development Focus Areas under the National Youth Policy:

- Youth and Education: Addressing barriers to education and promoting skill development.

- Health and Well-being: Ensuring that youth have access to physical and mental health resources.

- Employment: Youth are given the opportunity to participate in various vocational and technical skill programs.

- Social Inclusion: Special focus on marginalized groups, including women, tribals, and youth from economically backward backgrounds.

2. Youth Development Programs at National, State, and Volunteer Levels

A. National Level Youth Development Programs:

1. National Service Scheme (NSS):

   o Aimed at developing the personality of youth through community service.

   o Volunteers engage in social service and contribute to rural development, health and hygiene awareness, environmental conservation, etc.

2. Nehru Yuva Kendra Sangathan (NYKS):

   o An organization under the Ministry of Youth Affairs and Sports, working with youth through a network of 623 Nehru Yuva Kendras across India.

   o It organizes leadership training, skill development workshops, and programs focusing on community development.

3. National Youth Parliament Scheme:

   o A platform for young people to voice their opinions on national issues.

   o Participants learn about parliamentary procedures, governance, and develop public speaking skills.

4. Youth Affairs and Sports Ministry Schemes:

   o Programs like Rashtriya Khel Mahakumbh (National Sports Fest) and the National Youth Awards promote sports, leadership, and community development.

B. State Level Youth Development Programs:

- Each state in India implements youth programs based on local needs and priorities.

- State Youth Welfare Programs: States like Uttar Pradesh, Tamil Nadu, Maharashtra, and others have tailored programs that cater to state-specific needs, including employment support, rural development, and social awareness.

- State-Specific Skill Development Initiatives: For instance, Gujarat's "Gujarat Skill Development Mission" and Kerala's "Kerala State Youth Welfare Board" are designed to provide youth with technical and vocational skills.

C. Volunteer Level Youth Development Programs:

1.  Youth-Led Volunteer Organizations:

    o   Many organizations led by youth focus on social causes, including environmental activism, education, health, and rural development.

    o   Examples: Youth for Seva, Bharatiya Yuva Shakti Trust (BYST), and AIESEC, a global platform for young people to explore and develop leadership potential.

2.  National and International Volunteer Programs:

    o   Volunteer programs like India Youth Hostels Association (IYHA) and United Nations Volunteers provide youth with opportunities to work on a global scale while contributing to national development.

3. Youth-Centric and Youth-Led Organizations

Youth-Centric Organizations:

*   These organizations focus on creating an environment for the growth and development of young people. They aim to provide resources, networks, and opportunities for youth to contribute to society and develop their leadership capabilities.

*   Examples include:

    o   UNICEF: Promotes youth participation in decision-making and development processes.

    o   National Youth Council of India (NYCI): Works with young people to increase their involvement in social, political, and educational sectors.

    o   Prisoners Assistance Committee: Works with youth in conflict with the law to reintegrate them into society.

Youth-Led Organizations:

*   These are organizations where youth take the lead in decision-making, management, and implementation of programs. They encourage self-reliance, creativity, and entrepreneurship among young people.

*   Examples include:

    o   AIESEC: A global platform for young people to explore and develop leadership potential.

- o Youth for Social Change: A youth-led NGO working to empower young people to create social change through community development projects.

- o Yuva India: Focuses on rural youth development through skill-building and awareness programs.

4. Role and Importance of Youth Leadership

Role of Youth Leadership:

- Change Makers: Youth leaders are at the forefront of societal change, driving movements in areas such as climate change, gender equality, and social justice.

- Social Change: Youth leaders bring fresh perspectives on issues such as education, employment, and public health, often leading campaigns that mobilize large groups of young people for collective action.

- Policy Influence: Young people, through organizations like the National Youth Parliament and Youth NGOs, influence public policy and governance.

- Community Engagement: Youth leaders engage with local communities to address challenges such as poverty, lack of education, and environmental degradation.

Importance of Youth Leadership:

- Catalyst for Innovation: Youth leaders bring innovation to traditional leadership models and find creative solutions to problems.

- Global Perspective: The youth of today are connected globally, giving them an understanding of international issues and a broader outlook.

- Empowerment: Youth leadership fosters self-confidence, resilience, and the development of crucial life skills.

- Responsibility: Youth leaders carry the responsibility of leading not only their peers but also influencing future generations.

5. Leadership Capability and Its Development

Leadership Capability:

- Definition: Leadership capability refers to the ability to influence others, drive change, and effectively manage teams, projects, or movements.

- Essential Leadership Qualities:

- o   Vision: Ability to look beyond the present and create a future that aligns with the values of the community or organization.

- o   Communication: Good communication is fundamental for building trust, persuading others, and managing teams effectively.

- o   Empathy: Understanding and relating to the emotions of others helps in creating strong, supportive relationships.

- o   Decisiveness: A good leader is capable of making tough decisions, often under pressure, and can take responsibility for the outcomes.

- o   Integrity: A leader must lead by example, displaying honesty, fairness, and ethical behavior.

Development of Leadership Capability:

- Leadership Training Programs: These can be formal programs (like leadership camps or school-based leadership development) or informal mentorship and coaching.

- Experience-Based Learning: Hands-on involvement in leadership roles, such as organizing events, leading volunteer projects, or running campaigns, enhances practical leadership skills.

- Mentoring and Coaching: Young leaders can gain insights and practical advice from experienced mentors who provide guidance in developing leadership qualities.

- Skills Development: Training in communication, decision-making, time management, and conflict resolution is crucial for developing strong leadership capabilities.

Building Youth Leadership:

- Youth leadership programs like National Youth Leadership Training (NYLT) or Leadership Development Camps allow young people to hone skills in real-life situations, improving their confidence, decision-making, and organizational abilities.

- Exposure to diverse cultures, communities, and issues further enhances leadership qualities in youth by broadening their perspectives.

## Unit 2: Leadership, Youth Development, and Life Skills

### 1. Meaning and Types of Leadership

**Meaning of Leadership:**

Leadership is the process of influencing, guiding, and inspiring others to achieve a common goal. It involves directing a group toward achieving objectives, making decisions, motivating others, and setting a good example. A leader has the ability to inspire trust and confidence in others, helping them grow both personally and professionally.

**Types of Leadership:**

1.  **Autocratic Leadership:**

    o   **Definition**: A leader makes decisions unilaterally without consulting others.

    o   **Characteristics**: Centralized decision-making, clear expectations, little or no input from team members.

    o   **Advantages**: Quick decisions, clear authority and direction.

    o   **Disadvantages**: Can lead to low morale, lack of creativity, and resentment from team members.

2.  **Democratic Leadership:**

    o   **Definition**: A leader encourages participation and collaboration in decision-making.

    o   **Characteristics**: Open communication, shared decision-making, team-oriented.

    o   **Advantages**: Increased team involvement, better morale, creativity.

    o   **Disadvantages**: Slower decision-making, possible conflicts over differing opinions.

3.  **Transformational Leadership:**

    o   **Definition**: A leader motivates and inspires the team to work toward a common vision and goals, often leading to innovative change.

    o   **Characteristics**: Charismatic, visionary, focuses on individual and team growth.

    o   **Advantages**: High morale, innovation, personal development.

- o   **Disadvantages**: Risk of burnout, over-enthusiasm can lead to unrealistic goals.

4. **Transactional Leadership:**

   - o   **Definition**: A leader focuses on clear tasks, structures, and rewards/punishments based on performance.

   - o   **Characteristics**: Goal-oriented, maintains order, sets expectations and rewards.

   - o   **Advantages**: Clear structure, consistency, easy to measure results.

   - o   **Disadvantages**: Little room for creativity, can be rigid, lacks long-term vision.

5. **Laissez-Faire Leadership:**

   - o   **Definition**: A hands-off approach where leaders give employees a lot of freedom and autonomy.

   - o   **Characteristics**: Minimal supervision, trust in team members to make decisions.

   - o   **Advantages**: Encourages independence, fosters creativity.

   - o   **Disadvantages**: Can result in confusion, lack of direction, ineffective team coordination.

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**2. Qualities, Traits, Roles, and Importance of a Good Leader**

**Qualities of a Good Leader:**

1. **Integrity**: A good leader is honest, transparent, and ethical in their actions and decisions.

2. **Empathy**: Understanding and sharing the feelings of others. An empathetic leader builds trust and creates a supportive atmosphere.

3. **Confidence**: Self-assuredness in decision-making and actions, inspiring confidence in others.

4. **Adaptability**: Flexibility to adjust to changing circumstances, demonstrating resilience in the face of challenges.

5. **Visionary Thinking**: A good leader has a clear vision and can articulate this vision to inspire and guide others toward achieving long-term goals.

6. **Emotional Intelligence (EQ)**: The ability to manage one's emotions and understand the emotions of others.

7. **Communication Skills**: Effective verbal and non-verbal communication is essential in leading a team.

8. **Decisiveness**: A leader must make decisions quickly and effectively, especially under pressure.

**Traits of a Good Leader:**

1. **Accountability**: Taking responsibility for one's actions and the outcomes of team efforts.

2. **Courage**: The strength to make difficult decisions, stand firm in beliefs, and face challenges head-on.

3. **Humility**: A leader who is open to feedback and willing to learn from others.

4. **Optimism**: Maintaining a positive outlook even in challenging situations to keep the team motivated.

**Roles of a Good Leader:**

1. **Visionary**: Sets the direction for the team, provides clarity on goals, and inspires others to follow.

2. **Decision-Maker**: Makes critical choices regarding resources, priorities, and strategies.

3. **Motivator**: Encourages and inspires team members to perform at their best.

4. **Mentor**: Provides guidance and coaching to help team members grow and improve.

5. **Conflict Resolver**: Addresses conflicts within the team, ensuring effective communication and resolution.

6. **Example-Setter**: Leads by example, demonstrating the behavior, attitude, and work ethic expected from the team.

**Importance of a Good Leader:**

- **Inspires and Motivates**: A good leader encourages team members to work hard, leading by example and boosting morale.

- **Fosters Growth**: Supports team members in their professional and personal growth, providing opportunities for development.

- **Guides Decision-Making**: A strong leader helps navigate complex decisions, ensuring the team remains focused and aligned with goals.

- **Shapes Organizational Culture**: Leaders influence the overall culture, creating an environment of trust, respect, and collaboration.

- **Drives Success**: By making effective decisions, promoting teamwork, and setting clear goals, a good leader helps drive organizational success.

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### 3. Social and Psychological Factors Affecting the Youth

**Social Factors:**

1. **Family Environment**: Family is the primary source of influence in a young person's life. The dynamics of family life—support, love, and structure—play a crucial role in a youth's emotional and psychological development.

2. **Peer Pressure**: Adolescents are heavily influenced by their peers. Peer pressure can lead to both positive and negative behaviors such as adopting new interests, styles, or indulging in risky behaviors.

3. **Social Media**: Digital platforms impact youth in terms of self-esteem, body image, and social interaction. The constant exposure to idealized images and lifestyles can lead to insecurity.

4. **Economic Status**: The socioeconomic background of youth determines access to resources such as education, extracurricular activities, and healthcare, influencing their opportunities for growth.

5. **Cultural Influences**: Cultural traditions, societal values, and the collective expectations placed on youth play a significant role in shaping their identity, goals, and perceptions.

**Psychological Factors:**

1. **Self-Esteem**: A healthy sense of self-worth is critical during adolescence. Low self-esteem can result in negative behaviors and mental health challenges like depression and anxiety.

2. **Identity Formation**: Adolescents undergo the process of identity development, where they explore different roles and try to figure out who they are.

3. **Mental Health**: Youth are particularly vulnerable to mental health issues like depression, anxiety, and stress, often triggered by external pressures such as academic expectations, social isolation, and body image concerns.

4. **Emotional Regulation**: The ability to manage emotions such as anger, fear, and sadness effectively is critical for emotional well-being. Poor emotional regulation can result in aggressive behavior or internalized distress.

5.  **Cognitive Development**: Adolescents experience significant changes in cognitive abilities, such as improved reasoning, abstract thinking, and decision-making, which impacts their behavior and problem-solving skills.

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## 4. Life Skills

Life skills are essential abilities that help individuals navigate challenges, make informed decisions, and improve their well-being.

**Self-Awareness:**

- **Definition**: Understanding one's thoughts, feelings, strengths, weaknesses, and overall identity.

- **Importance**: Enhances emotional intelligence, enables personal growth, and improves interpersonal relationships.

- **Example**: Regular reflection or journaling to understand personal goals, motivations, and feelings.

**Empathy:**

- **Definition**: The ability to understand and share the feelings of another person.

- **Importance**: Empathy fosters strong relationships, reduces conflicts, and increases social cooperation.

- **Example**: Active listening, considering the perspective of others during disagreements.

**Effective Communication:**

- **Definition**: The ability to convey thoughts, ideas, and emotions clearly and listen attentively to others.

- **Importance**: Effective communication is the foundation for positive relationships, conflict resolution, and team collaboration.

- **Example**: Practicing active listening, giving feedback respectfully, and speaking assertively.

**Decision-Making:**

- **Definition**: The ability to evaluate information, consider possible outcomes, and make informed choices.

- **Importance**: Good decision-making enhances problem-solving skills, reduces anxiety, and ensures that actions are aligned with values and goals.

- **Example**: Weighing pros and cons before making a decision, consulting trusted individuals for advice.

## 5. Role of Music and Art in Youth Development

**Emotional Development:**

- Music and art allow youth to express emotions and process complex feelings. Engaging in creative expression helps young people develop emotional intelligence, self-awareness, and coping skills.

**Cognitive Development:**

- Exposure to music and art enhances cognitive abilities like memory, attention, and problem-solving. Learning an instrument or participating in an art project can stimulate brain activity and foster creativity.

**Social Development:**

- Art and music often involve group activities (e.g., band, drama club, or choir), which promote teamwork, cooperation, and interpersonal skills. This helps youth build stronger social bonds and a sense of community.

**Therapeutic Benefits:**

- Music and art are used as therapeutic tools to address mental health issues. They provide a non-verbal outlet for dealing with trauma, stress, and emotional difficulties, supporting overall mental health.

**Cultural Awareness:**

- Participation in music and art exposes youth to different cultures and traditions, fostering greater empathy and understanding. This helps youth appreciate diversity and develop a more inclusive worldview.

**Building Self-Esteem:**

- Achieving success in artistic endeavors—whether through a performance, exhibition, or mastery of a skill—boosts self-esteem and a sense of accomplishment. Creative activities provide youth with a sense of pride and purpose.

## UNIT III: Legal Protections and Social Issues

### 1. Basic Features of the Indian Constitution

The Indian Constitution is the supreme law of India, providing a framework for governance, rights, and duties of citizens, and powers of the government.

- **Length and Structure**: It is the longest written constitution in the world, consisting of **448 Articles**, divided into **25 parts** and **12 schedules**. It also has provisions for amendments.

- **Preamble**: The Preamble outlines the objectives of the Constitution: justice, liberty, equality, and fraternity. It describes India as a Sovereign, Socialist, Secular, Democratic Republic.

- **Fundamental Rights (Part III)**: These rights guarantee personal freedoms and protect citizens against state power. They include the right to equality, freedom of speech and expression, freedom of religion, and protection from discrimination.

- **Directive Principles of State Policy (Part IV)**: While not legally enforceable, these guidelines suggest how the government should act in the interest of social welfare.

- **Federal System of Government**: India follows a quasi-federal system with a strong central government. Powers are divided between the **Union** and **State governments** through the **Union List**, **State List**, and **Concurrent List**.

- **Independent Judiciary**: The judiciary is independent and has the power of judicial review to ensure laws and actions are in accordance with the Constitution.

- **Secular State**: The Constitution mandates the state to be neutral in religious matters and ensures freedom of religion for its citizens.

- **Amendment Procedure**: The Constitution can be amended to address the changing needs of society. Amendments require a special procedure, involving both Parliament and State Legislatures.

### 2. Consumer Protection Act

The **Consumer Protection Act (CPA)**, 1986, was enacted to protect the rights of consumers and ensure justice against exploitative practices.

- **Rights of Consumers**:

  - **Right to Safety**: Protection from hazardous goods and services.

- o **Right to be Informed**: Consumers have the right to know about the goods and services they purchase.

- o **Right to Choose**: Ensuring availability of a variety of goods and services.

- o **Right to be Heard**: Consumers have the right to voice their grievances.

- o **Right to Redressal**: If a consumer's rights are violated, they have the right to seek compensation.

- o **Right to Consumer Education**: Consumers have the right to be educated about their rights and responsibilities.

- **Consumer Forums**: The Act provides a three-tier structure for the redressal of consumer grievances:

1. **District Forums**

2. **State Commission**

3. **National Commission**

- **Consumer Protection Councils**: The Act provides for the formation of consumer protection councils at national, state, and district levels to promote consumer awareness.

## 3. Right to Information Act (RTI)

The **Right to Information Act, 2005** empowers citizens to seek information from public authorities, aiming for transparency and accountability in governance.

- **Objective**: To promote transparency and accountability in government by allowing citizens to request information.

- **Information Covered**: Any information held by government bodies, including records, documents, emails, opinions, and decisions.

- **Public Authorities**: Government organizations and bodies, including the judiciary and legislature, are subject to RTI.

- **Exemptions**: Information affecting national security, trade secrets, or personal privacy may be exempt from disclosure.

- **Procedure for Request**: Citizens need to file an RTI request in writing. The response must be provided within 30 days, or 48 hours in case of life and liberty matters.

## 4. Child Protection Act

India has enacted various laws to safeguard children's rights and ensure their protection.

- **Juvenile Justice (Care and Protection of Children) Act, 2015**:

  - Provides for the care, protection, and rehabilitation of children who are in need of care and protection or in conflict with the law.

  - Establishes **Child Welfare Committees** (CWCs) and **Juvenile Justice Boards** (JJBs) to look into the welfare of children.

- **Protection of Children from Sexual Offences (POCSO) Act, 2012**:

  - Defines and punishes sexual offenses against children.

  - Emphasizes the importance of reporting offenses, recording statements, and providing a safe environment for the child.

- **Child Labour (Prohibition and Regulation) Act, 1986**:

  - Prohibits the employment of children below the age of 14 years in hazardous industries and regulates their work in non-hazardous industries.

- **National Policy for Children, 2013**:

  - Recognizes children as a valuable human resource and aims to protect and ensure the overall development of children.

## 5. Problems of Aging: Protection of Interests

The elderly population faces various challenges due to their age, social isolation, and economic instability.

- **Health Problems**: Chronic diseases, physical disabilities, mental health issues (e.g., dementia, Alzheimer's), and diminished physical capacity affect the elderly.

- **Economic Insecurity**: Lack of financial resources due to limited or no income post-retirement, insufficient pension schemes, and savings, lead to economic dependence on family members.

- **Social Isolation**: Many elderly individuals face loneliness and neglect due to the migration of younger generations to cities or abroad for work.

- **Legal Protections**:

  - **Maintenance and Welfare of Parents and Senior Citizens Act, 2007**: This law ensures that children are legally bound to care for elderly parents. It provides for

the maintenance of parents and senior citizens by their children or relatives, and allows them to seek legal recourse in case of neglect.

- o **National Policy on Older Persons, 1999**: Aims to improve the quality of life of older persons through various provisions of care, support, and social security.

## UNIT IV: Health and Lifestyle Issues

**1. Side Effects of Modern Lifestyle and Their Countermeasures**

Modern lifestyles often lead to physical and mental health issues. Common side effects include:

- **Sedentary Lifestyle**: Lack of physical activity leads to obesity, cardiovascular diseases, and diabetes.

  - **Countermeasure**: Regular exercise, walking, cycling, and taking breaks from sitting.

- **Poor Diet**: Consumption of processed foods, high sugar, and fast food leads to obesity, digestive issues, and other health complications.

  - **Countermeasure**: A balanced diet rich in fruits, vegetables, whole grains, and proteins. Avoiding processed foods and sugary beverages.

- **Mental Health Issues**: Increased stress, anxiety, and depression due to work pressure, digital addiction, and social media comparisons.

  - **Countermeasure**: Meditation, yoga, mindfulness practices, regular sleep, and time management.

- **Lack of Sleep**: Poor sleep hygiene and overexposure to screens lead to insomnia and mental health issues.

  - **Countermeasure**: Regular sleep schedule, reduced screen time before bed, and sleep environment optimization.

**2. Diet, Exercise, and Sleep in Indian Lifestyle**

- **Diet**: Traditional Indian diets are generally healthy, emphasizing whole foods like lentils, vegetables, fruits, and grains. However, modern diets high in fats, sugar, and processed foods are becoming more common.

  - **Healthy Indian Diet**: A balanced intake of carbs, proteins, and fats with seasonal fruits, vegetables, and traditional spices.

- **Exercise**: Physical activity is important for maintaining health. Yoga and traditional forms of exercise like walking, cycling, and martial arts (e.g., **Kalaripayattu**) contribute to fitness.

  o **Recommendations**: Yoga (pranayama, asanas), morning walks, and physical activities should be integrated into daily life.

- **Sleep**: In India, there is often a cultural emphasis on a good night's sleep. However, with modern lifestyles, late-night work and digital exposure disrupt sleep patterns.

  o **Recommendations**: Following Ayurvedic sleep practices, such as sleeping early, keeping the room cool, and using herbal teas for better sleep.

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## 3. Collection, Utilization, and Camp Management of Raseo Camps

**Raseo camps** are community service camps or gatherings focusing on education, health, and social welfare. Their management involves:

- **Collection of Resources**: Financial support, volunteers, and resources for camps. This can involve fundraising, donations, and partnerships.

- **Utilization of Resources**: Ensuring that the resources collected are used efficiently and purposefully. Resources may include educational materials, medical supplies, and equipment for activities.

- **Camp Management**: Organizing logistics, such as accommodation, food, schedules, and activities for the participants. Effective management ensures the camp runs smoothly, providing maximum benefit to the community.

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## 4. Biography of Swami Vivekananda

Swami Vivekananda was a renowned philosopher, monk, and key figure in introducing Indian philosophies to the West. His life and teachings have influenced many individuals worldwide.

- **Birth and Early Life**: Born on **January 12, 1863**, in Kolkata (then Calcutta), Vivekananda was originally named **Narendranath Datta**. He was known for his intellectual brilliance and spiritual curiosity from a young age.

- **Spiritual Journey**: He was deeply influenced by **Ramakrishna Paramahamsa**, under whom he became a disciple and learned about the deeper aspects of spirituality.

- **World Parliament of Religions (1893)**: Swami Vivekananda's speech at the **Parliament of World Religions** in Chicago is legendary. His message of universal brotherhood, tolerance, and acceptance of all religions was well received worldwide.

- **Teachings**: Vivekananda promoted Vedanta and Yoga as tools for personal and social empowerment. His ideas on **self-realization, nationalism, and the importance of education** were transformative.

- **Legacy**: Vivekananda's legacy continues through the **Ramakrishna Mission**, which promotes social welfare, education, and healthcare. His teachings on **empowerment, spirituality, and self-confidence** continue to inspire millions globally.