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NCERT CONDENSED / SUMMARISED CLASS 7

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Chapter 1 - On Equality

Equality is a condition in which adequate opportunities are given to all. It is the soul of Indian democracy.

Equal Right to Vote

In a democratic country like India, adults, irrespective of their religion, caste education, status or place of birth, are given the right to vote under Universal Adult Franchise.

Does Equality Exist

- In reality, a difference exists between rich and poor.
- The caste system is also rigid.
- Dalits in India and minorities are denied the right to dignity and equality.

Equality in Indian Democracy

- Indian Constitution recognizes every person as equal.
 However, it does not mean that inequality does not exist in India.
- Universal Adult Franchise gives political equality, not social and economic equality.
- Dignity is the thinking or state of being worthy of esteem or respect.
- Dignity of an individual is violated on the basis of their caste, religion or gender.
- Government has tried to implement equality first through laws and second through government programmes or schemes to help disadvantaged communities.
- Everyone is equal before the law. There is no discrimination on the basis of caste, colour, religion, race, gender; everyone has access to all public places and untouchability has been abolished.
- Programmes like the mid-day meal scheme have been launched to improve the attendance and enrolment ratio of children in schools.

Issues of Equality in other Democracies

 In the USA also the Civil Rights Movement of the 1960's restored the dignity of Afro-American based on colour.



- Equality is the soul of Indian democracy. It influences all aspects of its functioning.
- In a democratic country like India, all adults irrespective of what religion they belong to, how much education they have had, what caste they are, or whether they are rich or poor are given the right to vote, which is called Universal Adult Franchise.
- Universal Adult Franchise gives political equality to the people but it does not ensure social and economic equality.
- There are several kinds of inequalities that exist in our country. Just take the example of the caste system which has been in existence in India for centuries. This deeply-rooted evil has created divisions among people.
- Lower caste people and Dalits are the exploited lot. They have always been discriminated against.

Dalit means broken. Dalits belong to the unprivileged class.

- Indian constitution recognises every person as equal. While earlier no law existed to protect people from discrimination, now there are several that work to see that people are treated with dignity and as equals.
- Every person is equal before the law. What this means is that every person from the president of the country to a domestic help has to obey the same laws.
- No person can be discriminated against on the basis of their religion, race, caste, place of birth etc.
- Thus, there are several laws in India that protect every person's right to be treated equally.

In addition to laws, the government has also set up several schemes to improve the lives of communities and individuals who have been treated unequally for several centuries.

Midday meal scheme is one of the various steps of the government in this direction.

Under the midday meal scheme, all government elementary schools provide children with cooked food.

- This scheme has helped increase the enrolment and attendance of poor children in school.
- In spite of all these efforts to increase equality of opportunity, there continue to be big differences in our country between schools that the rich attend and those that the poor attend.

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- **Notes**
- India is not the only country where there is inequality. There
 are many democratic countries around the world where the
 issue of equality continues to be the key issue around which
 communities struggle.
- United States of America, the African-American were seriously discriminated against. They were considered to be social inferiors.
- In the late 1950s there took place a movement known as the Civil Rights Movement for equal rights for African-Americans. Rosa Parks became the leader of this movement.
- Civil Rights Act of 1964 prohibited discrimination on the basis of race, religion or national origin.
- Struggle for the recognition of all persons as equal and for their dignity should be maintained so that we may be hopeful for a society of equals.

Chapter 2 - Role of the Government in Health

What is Health?

Health means our ability to remain free of illness and injuries. There are certain factors which affect our health.

Healthcare in India

- India has the largest number of medical colleges in the world and is among the largest producer of doctors.
- India is the fourth largest producer of medicines in the world.
- Most doctors settle in urban areas, while people in rural areas have to travel long distance for medical facilities.
- About 5 lakh people die from tuberculosis every year, while 2 million cases of malaria are reported every year.
- In India, a paradoxical situation exists as health care resources are uneven.

Private and Public Healthcare

- Healthcare is divided into two categories: Public health services and private health services.
- Public health services is a chain of health centres and hospitals run by the government. One important aspect of public health is that it is meant to provide quality healthcare services either free or at a low cost so that even the poor can

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seek treatment. It is available in both the rural and urban areas.

• Private health services are not owned or controlled by the government. People have to pay a lot of money for every service that they use.

Healthcare and Equality

- In India, private health services are increasing but public health services are not. As the cost of these private services is high, many people cannot afford them.
- Private services sometimes encourage practice which is unethical. Barely 20% of the Indian population can afford medicines that they require during an illness.
- It is the responsibility of the government to provide quality healthcare services to all its citizens, especially the poor and the disadvantaged.
- In 1996, **Kerala decentralized its health budget at Panchayati** level to ensure effective health planning.
- The best example of healthcare comes from **Costa Rica** where the government provides for adequate healthcare to people.
- In a democratic country, it is the expectation of the people that government work for their welfare through the provision of education, health, employment, etc.
- Health is a vital aspect because only healthy people can prove themselves resourceful.
- Health means our ability to remain free of illness and injuries.
 In broader sense, health means something more than this.
 Apart from disease, we need to think of other factors such as clean drinking water, pollution-free surroundings etc. that affect our health. Adequate food is also essential for keeping ourselves in good health.
- A life with stress will lead us to illness. Hence we need to be without mental strain. Thus, good health includes both a sound mind and sound body.
- We need proper healthcare facilities to maintain good health.
- Healthcare facilities include health centres, hospitals, laboratories for test, ambulance services, blood banks, etc.
- In order to run such facilities, we need health workers, nurses, qualified doctors, etc.
- We also need medicines and equipment that are essential for treating patients.



- **Notes**
- India is the fourth largest producer of medicines in the world and is also a large exporter of medicines. Despite all this, the health situation in our country is very poor. The reason is that the government fails to make necessary healthcare available to all.
- Public health service is a chain of health centres and hospitals run by the government. It is found in both the rural and urban areas.
- At the village level, there are health centres where there is usually a nurse and a village health worker. They deal with common illnesses.
- At the district level is the District Hospital that supervises all the health centres.
- Big cities have many government hospitals.
- Under the public health system, quality health care services are provided either free or at a low cost, so that even the poor can seek treatment.
- Under this system, the action is also taken to prevent the spread of diseases like Tuberculosis, malaria, jaundice, cholera, diarrhoea, chikungunya, etc.
- In the rural areas, Registered Medical Practitioners (RMPs) are found whereas in the urban areas a large number of doctors can be seen.
- There are hospitals and nursing homes that are privately owned, and not run by the government.
- It has been found that 40% of people who are admitted to a hospital for some illness have to borrow money or sell some of their possessions to pay for the expenses.
- So far women's health is associated, it is easily ignored. Many tribal areas have few health centres.
- Kerala has made efforts to provide adequate healthcare to people of the state.
- Costa Rica is a country in North America. It is considered to be one of the healthiest countries in the continent.
- Costa Rican government curtailed the expenses on the army to spend it on health, education and other basic needs of the people. It provides them with safe drinking water, sanitation, nutrition and housing.



Chapter 3 - How the State Government Works

Government works at three levels-national, state and local.

- In states, it is the MLA (Member of Legislature Assembly) who represents the people. The MLAs enter the assembly and form the government.
- Every MLA is elected from one area. This area is known as his constituency.
- A political party whose MLA's win more than half the number of constituencies in the state get the majority. The political party is called the ruling party.
- All the other members are called opposition.

Working of the Government

- Organization of the state government includes the Governors, the state legislature and the state council of ministers.
- Every state in India has a Legislative Assembly and duration of the Legislative Assembly is five years.
- Head of the state is the Governor while the head of the government consists of the council of ministers headed by the Chief Minister.
- Leader of the ruling party who forms the government is the Chief Minister.
- Legislative Assembly is a place where leaders debate and discuss on important issues and make important bills.
- In addition to the Legislative Assembly, the press conference is also a mode of knowing what the government does for the people.
- Government works through various departments like public works department, agriculture, health and education.
- Government has the power to make new laws for the state regarding health and sanitation.
- Laws for the state are made by the state Legislative Assembly.
- Laws for the country are made by the Union Parliament.
- An MLA is a member of the Legislative Assembly. He is elected by the people. In this way, he represents people.

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Every state in India has a Legislative Assembly.



- Each state is divided into constituencies.
- A constituency is an area from which all the voters living there choose their representatives, who then become Members of the Legislative Assembly (MLAs).
- These MLAs belong to different political parties.
- A political party whose MLAs have won more than half the number of constituencies, a state can be said to be in a majority.
- Political party that has a majority becomes the ruling party and all other members become the opposition.
- After the elections, the MLAs belonging to the ruling party elect their leader who becomes the Chief Minister. The Chief Minister then selects other people as ministers.
- Governor of the state appoints the Chief Minister and other ministers. The ministers have separate offices.
- Some MLAs have dual responsibilities one as an MLA and the other as a minister.
- Debate is generally held in the Assembly to discuss current problems. During debate time MLAs can express their opinions and ask questions related to the issue or give suggestions about what should be done by the government. The minister then replies to the questions and assures the Assembly that adequate steps are being taken.
- Chief Minister and other ministers together are responsible to run the government.
- Word 'government', refers to government departments and various ministers who head them.
- All the MLAs who gather together in the legislative assembly are called the Legislature.
- Legislature Assembly is not the only place where opinions are expressed about the work of the government. There several newspapers, TV channels, and other organizations which also talk about the government.
- After the discussion in the assembly, a press conference is generally held by a particular minister who explains the steps taken by the government. Media persons then report these discussions in several newspapers.
- Government can also decide to make new laws for the state regarding sanitation and health facilities. The various government departments then implement these laws.



Chapter 4 - Growing up as Boys and Girls

Gender is a social construction through which the social and cultural roles of males and females are defined.

Most of the societies value men and women differently. The role women play and the work they do are usually valued less than the roles men play and the work they do. This clears the fact that men and women do not have the same status.

Gender justice is an important issue to be highlighted.

Samoan Islands

- Samoan islands are one of the large groups of small islands in the southern part of the Pacific Ocean. Till the 1920s, children in this island did not go to school. When the babies started walking on own, they were left under the care of their older brothers and sisters. Children as old as five years looked after their younger siblings.
- After attaining nine years of age, boys joined the older boys for outdoor activities like fishing and planting coconuts.
 However, girls continued looking after the younger ones.
- When girls became teenagers, i.e., 14 years of age, they were allowed more freedom as they could then go for fishing and plantation activities or help their mothers in cooking, etc.

Madhya Pradesh

• In Madhya Pradesh, India, boys and girls had a different outlook. The school for boys was open while the one for girls was closed.

Men and women do equal work, but it is not valued equally. Valuing Housework

- Many women work in offices and many do only household work.
- Valuing housework is an important element which needs to be propagated in society.
- If we look at the lives of domestic workers, they are involved in activities like sweeping, cleaning, cooking, washing clothes and dishes or looking after children. Most of these are women.

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• A number of housework actually involves many different tasks. The work requires strenuous and physically demanding situation.

Women'S Work and Equality

- Equality is an important principle of our constitution which says that being male or female should not become a reason for discrimination.
- While the constitution does not discriminate between male and female, in reality, discrimination still carries on.
- Government has introduced measures like Anganwadis or Child Care Centres to improve the status of women in society.
- The government has also started creche facilities to help women to take up employment outside the home.
- We find distinctions between boys and girls in our societies. This begins at a very young age.
- Boys are often taught to be tough and serious while girls are taught to be soft and mild.
- Boys are given toys like cars and guns to play with while girls are seen playing with dolls. These toys become a way of telling children what they will have different futures when they become men and women.
- Most societies value men and women differently. The roles women play and the work they do are usually valued less than the roles men play and the work they do. This clears the fact that men and women do not have the same status.

The term houseworks involves many different tasks which require heavy physical work.

- Work of women is time-consuming too. They do not have much time for leisure.
- Many women nowadays work both inside and outside the home. This is often referred to as the double burden. Women bear this double burden very skilfully and efficiently..
- Government has set up Anganwadis or Child-care Centres in several villages in the country.
- Government has also started creche facilities to help women to take up employment outside the home.



Chapter 5 - Women Change the World

Women have been facing inequalities at every step.

- By getting an education, women have got opportunities to rise in every field.
- Women's movement has risen to challenge discrimination in all parts of the world.
- Fewer Opportunities and Rigid Expectation
- In the nineteenth century, new ideas about learning and education appeared. But there was a lot of opposition to educating girls ever then.
- In the 1890s, Ramabai championed the cause of women's education.
- Rokeya Sakhawat Hossain learnt English from her elder brother and an elder sister in spite of family opposition and went on to become a famous writer.
- Rashsundari Devi of Bengal was the first Indian woman to write an autobiography called 'Amar Jiban'.

Schooling and Education Today

- Today both boys and girls attend school in large numbers, difference in their Education Still Remains
- Today education is the right of both boys and girls, despite that only 50 % of the girls receive an education.
- India has a census every 10 years which counts the population of the country. This information is used to measure things like literacy, sex-ratio, etc.
- A huge number of SC and ST children leave school at an early age. The 2014 census even shows that Muslim girls are less likely than Dalit girls to complete primary school.
- Many reasons like non-availability of teachers and schools, lack of transport, cost of education, indifferent attitude of teachers and parents are responsible for the negligence of education.

Women's Movement

- Women have individually and collectively struggled to bring about changes. This is called the Women's Movement.
- Different strategies have been used to spread awareness, fight discrimination and seek justice.



- These movements are related to campaigning, raising awareness, protesting and showing solidarity.
- Men and women in society are looked upon as playing specific gender roles.
- Women have been facing inequalities at every step since time immemorial. No doubt, their position and status have been improved with the change of time, still, they lag behind men in almost every field.
- It has also been seen that some occupations are considered to be more suitable for men than for women. It means women are good at only certain jobs.
- As per the most recent census of 2001, 76% of boys and men are literate but the figure is comparatively very low in case of girls. Only 54% of girls and women are literate in India. Thus, the percentage of the male group is higher than the female group.

Chapter 6 - Understanding Media

- Media refers to all means of communication, everything ranging from a phone call to the evening news on TV can be called media. TV, radio, and newspapers are forms of media. Since they reach millions of people across the world they are called mass media.
- Media is the plural form of the word 'medium' and it describes the various ways through which we communicate in society.

Media and Technology

- Both print media and electronic media have played an important role in social change.
- Changing technology or machines help media to reach more people.
- Television has enabled us to think of ourselves as members of the global people.
- It is the responsibility of the media to present a fair and balanced report.
- Media is far from being independent. This is because of the control of the government over media called censoring and because big business houses control the media.
- An independent media means that no one should control and influence its coverage and news.

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Media and Money

- Different technologies that mass media use are expensive.
- Media thus has come to be owned by big corporate.
- Media, therefore, uses advertising as a tool to raise revenue.
 Media and Democracy
- Media plays a very important role in providing news and discussing events taking place in the country and the world.
- New stories of media inform people about important events in the country.
- Some important ways by which people can take about important events in the country are organizing public protests, starting a signature campaign, etc.

Setting Agendas

- Media also plays an important role in deciding which stories to focus on.
- By focusing on particular issues, it influences and shapes our thoughts. It is said the media sets the agenda for people.
- Very recently, the media reported alarming levels of pesticides in cold drinks. This report led to safety standards being set for colas.
- Media is the plural form of the word 'Medium'. It describes the various ways through which we communicate in society.

Media plays a significant role in democracy. It provides news and discusses events that take place in the country and the world. It is on the basis of this information we come to know how the government works.

Information that the media provides should be balanced. A balanced report is one that discusses all points of view of a particular story and then leaves it to the readers to make up their minds.

Independent media can write a balanced report. Hence, it is necessary for the media to be independence.

But the reality is that media is far from independent.

There are two reasons behind it. The first is the control that
the government has on the media. Where the government
prevents either a news item or scenes from a movie, or a lyric
of a song from being shared with the larger public, this is



- known as censorship. During the Emergency period (1975-77) the government censored the media.
- While the government does continue to censor films, it does not really censor the media's coverage of news.
- Despite the absence of censorship by the government, most newspapers do not provide a balanced report.
- It has been found out by the persons who research media that business houses control media. It means that the media is not independent.
- Media sets the agenda. It means media has to decide what stories to focus on and therefore, decides on what is newsworthy.
- Media should focus on issues that are significant in our lives.
 But very often it fails to do so. Cricket, fashion shows are very popular with the media.
- Local media deals with small issues that involve ordinary people and their daily lives. Khabar Lahriya, a fortnightly newspaper, is run by eight Dalit women in Chitrakoot district in Uttar Pradesh. It is written in the local language, Bundeli.

Chapter 7 - Understanding Advertising

Advertisements draw our attention to various products, describing them positively so that we become interested in buying them.

Advertisements are found in several forms: Print and electronic media as well as in hoarding or on taxis.

Building Brands and Brand Values

- Advertising is all about building brands. At a very basic level, branding means stamping a product with a particular name of the sign. Products have an associating brand value with which the consumer associates themselves.
- Through advertisements, the company uses visuals and images to create a brand value for their product such that the products may create an impression in the customer's mind.

Brand Values and Social Works

- Advertisements play an important role in social and cultural life.
- Branded products are costly but companies link them to style, design, etc. such that people tend to buy them.



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• Advertisements appeal to personal emotion of people which induce people to buy the products.

How Does An Advertisement Get Made

- Advertising plays an important role in making a brand name.
- Advertising is normally made by advertising agencies which help in devising a marketing strategy.
- Making an advertisement involves a high cost.
- Campaigning is done carefully by the companies to promote their products.

Advertising and Democracy

- Advertising a product costs a lot of money. Small manufacturers are not able to compete in the market.
- It makes us believe that things that are packaged and have a brand name are far better than things that do not come in packets.
- Democracy is based on equality. Sometimes advertisements confuse the customers and influence their thinking. As citizens of a democratic country, people should understand that they can take a better decision about whether they wish to buy a product or not.

Advertisements have become a part of our social and cultural life.

Advertisements influence our life to a great extent.

Branded products are costly because they include the costs of packaging and advertising. It is therefore, many people cannot afford them.

Advertisements often show us images of the lifestyles of rich people and seldom show us the real-life situation.

Advertisements aim to get people to buy a particular brand. This means that often we see an advertisement we should want to buy the brand.

Small business cannot afford the cost of advertisement and therefore they sell their products in weekly markets and neighborhood shops.



Chapter 8 - Markets Around Us

A market is where buyer and seller are involved in the sale and purchase of goods. It establishes a link between the producer and the consumer.

- There are different kinds of markets namely; weekly market, shops, shopping complex or mall.
- Profit earned by different market varies. It depends on the type of investment made by seller and buying capacity of the customer.
- In present times, goods are also sold by online marketing and home delivery.

Weekly Market

- A weekly market is so-called because it is held on a specific day of the week.
- Shops may be permanent or hawker type. They provide different goods and sometimes even on credit.
- There are thousands of such markets in India. People come here for their everyday requirements.
- Traders set up shops for the day and then close them up in the evening.
- Many things are available in a weekly market at cheaper rates.
- Weekly markets even have a large number of shops selling the same goods which means there is a competition among them.
- One advantage of weekly markets is that most of the things of need are available in one place.

Shopping Complexes

In many urban areas, we also have multi-storied air-conditioned buildings with shops on different floors as malls.

Chain of Markets

- The people in between the producer and the final consumer are traders.
- The person who produces goods in the producer. The person who buys goods from him is the wholesaler. The wholesaler gives it to the traders who gives it to the consumer.
- This trader is known as the retailer.



Markets Everywhere

- All markets work in a space in a particular manner and time.
- Buying and selling take place in different ways, not necessarily through shops in the market.
- There are even markets we may not be aware of. This is because a large number of goods that we don't use directly are also bought and sold.
- There are many kinds of markets—shops, hawker's stall in our neighborhood, a weekly market, shopping complex and mall.

Age of the Internet: One of the major benefits of the Internet is that we can buy things of our need without going to the market. We can place orders for a variety of things through the phone and the Internet and the goods are delivered at our home.

Medical representatives are also engaged in the selling of goods. Thus, buying and selling take place in different ways.

Chapter 9 - A Shirt in the Market

- Cultivation of cotton is very expensive and a difficult task.
- A small farmer grows cotton on his small piece of land. Once the harvesting is done, cotton balls are collected.
- These are taken to the local trader as the farmer had borrowed money from the trader to buy seeds, fertilisers, etc. for cultivation.
- Even though the market price is high, the trader buys it at a meagre price from the farmer.

Cloth Market of Erode

- Bi-weekly market of Erode in Tamil Nadu is one of the biggest cloth markets in the world.
- Cloth made by weavers from all over comes here for sale.
- Instructions about the type of cloth to be made are given in advance.
- weavers get yam from the merchants and supply them the cloth.

Arrangement between the merchant and the weaver is termed as a **putting-out system.**



It saves money of the weavers as they do not have to buy yam. Likewise, the problem of selling the cloth is also taken care of.

Since weavers do not know the price of the cloth, they are at a loss and get a very small amount.

The Garment Exporting Factory Near Delhi

- Erode merchants send the cloth to garments export centre in Delhi.
- The garments factory makes shirts to be sold to the chain of business from the US and Europe.
- They set a standard of quality and time.
- Faced with the pressure the garment centre tries to extract maximum work from their workers of the lowest cost.
- Most hired workers are temporary and get a low salary.

The Shirt in the US

- The shirts sent from garments export centres are sold in dollars in the US.
- The shirts sold at Rs 200 by the garment export centre sell at Rs 1,200 in the US.
- Thus, a chain of markets links the producers of cotton to the buyers at the supermarket.

Market and Equality

- Foreign businessmen make huge profits in the market.
- Garment manufacturers only make moderate profits.
- Weavers at Erode market and small farmers don't make a huge profit.
- Poor people have no option but to depend on the rich.
- Poor are exploited in the market.
- Laws should be made to protect the interest of weavers and small farmers.

Chapter 10 - Struggle for Equality

 The Indian Constitution recognizes all Indians are equal before the law and states that no person discriminated against because of their religion, sex, caste, or whether they are rich or poor.

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- **Notes**
- All adults in India have equal rights to vote during elections, and this 'power over the ballot box' has been used by people to elect or replace their representatives for many years.
- However the feeling of equality on the basis of 'one vote one person' in reality does not extend to Poor people face negligence and these people do not get justice in matters of health, education, etc.
- Domestic helpers, small farmers, and many others are forced to work in hardships due to poverty a shortage of resources.
- People also face inequality on grounds of religion, caste, and gender in India.

Struggles for Equality

- Poverty and discrimination have created inequalities in our society.
- Throughout the world, people are fighting for their rights and equality, trying to end the discriminator which they face.
- Women's struggle and movements for equality was one such group fighting for equality.
- Tawa Matsya Sangh in Madhya Pradesh is also an example of people coming together to fight an issue.
- There are many other struggles such as those of beedi workers, fishermen, agricultural laborers, si dwellers, etc. who have been fighting for equality and justice.

Tawa Matsya Sangh (TMS)

- It is a federation of fishermen's cooperatives that fights for the rights of forest dwellers who have h displaced from Satpura forest located in Madhya Pradesh.
- With the beginning of the construction of Tawa Dam in 1958 till its completion in 1978, large parts the forest and agricultural areas were submerged. Thus, the forest dwellers had to suffer a set bad they earned very little.
- To government gave rights for fishing in the Tawa reservoir but to only private contractors in 1994
- When the contractors started exploiting the poor villagers, they came together to form a union and up an organization to protect their rights, which was called Tawa Matsya Sangh.
- Rallies and Chakka jam were organized time and again. In response, the government granted fish; rights to the villagers in 1996.

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• With the TMS taking over the fishery workers were able to increase their earnings substantially.

Indian Constitution as a Living Document

Indian constitution is a living document recognizing greater equality on existing and other issues.

It guarantees dignity, self-respect, and equality, all of which are required in a democracy.



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