

CUET · HOME SCIENCE · CLASS XII · CODE 315

# Management of Support Services, Institutions and Programmes for Children, Youth and Elderly

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## Snapshot

- Identifies children, youth and elderly as "vulnerable" groups whose needs the family alone cannot always meet, justifying state/NGO intervention.
- Surveys India's flagship institutions and programmes — ICDS, Juvenile Justice Act 2000, SOS Children's Villages, CARA, NSS, Nehru Yuva Kendras, National Old Age Pension Scheme (NOAPS), among others.
- Defines key statutory categories: "juveniles in conflict with law" vs. "children in need of care and protection"; youth as 15–29 years (National Youth Policy 2014); senior citizens as 60+ in India.
- Outlines the people skills, administrative skills and vision needed for a career in managing such institutions/programmes.
- CUET frequently tests programme names, target age-groups, lead ministry/ agency, and statutory definitions from this chapter.

## Detailed Notes

### 2.1 Core concepts

- A family is the basic unit of society and looks after its members, but cannot always provide specialised services like formal education or healthcare, so communities create schools, hospitals, universities, recreation centres and training centres (NCERT §Significance, p. 116–117).
- Many Indian families cannot meet even basic needs of their members owing to poverty — about 29.5% of the population lived below the poverty line in 2011–12 (Planning Commission), under 30% have adequate sanitation, less than half of deliveries are by trained birth attendants, and less than half of households consume iodised salt (NCERT §Significance box, p. 117).
- For families in difficult circumstances the state/society must step in by setting up institutions and programmes and by supporting the private/NGO sector (NCERT p. 118).
- "Vulnerable" means persons/groups more likely to be affected by, and harmed by, adverse circumstances; children, youth and elderly are the focus because their unmet needs render them vulnerable (NCERT §Basic Concepts, p. 118).



- Children are vulnerable as childhood is a period of rapid all-domain development requiring food, shelter, health care, love, nurturance and stimulation in a holistic manner (NCERT §Why are Children Vulnerable?, p. 118–119).
- Data showing unmet child needs: about two-thirds of under-5s suffer moderate/severe malnutrition, ~3 million street children, only 1 in 3 pre-schoolers in early-learning programmes, less than half of 6–14 year-olds in school, only ~1/3 of Std I entrants reach Std VIII, and 17 million (official) to 44 million (World Bank) child workers (NCERT §box, p. 119).
- The Juvenile Justice (Care and Protection of Children) Act, 2000 is the first legal framework for juvenile justice in India, covering two categories: "in conflict with law" (juvenile delinquents) and "in need of care and protection"; it complies with the Child Rights Convention (NCERT p. 119–120).
- Children "in need of care and protection" include abandoned/street/runaway/missing children, those with unfit guardians, mentally/physically challenged or terminally ill children without support, victims of sexual abuse, those vulnerable to drug abuse or trafficking, victims of armed conflict/calamity, and orphaned/trafficked minors, child labourers rescued from factories, children of prisoners, etc. (NCERT p. 120).
- Key child-focused programmes: **ICDS** — world's largest early childhood programme for children below 6 years; provides health, nutrition, hygiene education to mothers, non-formal pre-school education (3–6 yrs), supplementary feeding for under-6 and pregnant/nursing mothers, growth monitoring, immunisation, vitamin A; delivered at "anganwadi"; covers over 41 million children (NCERT p. 120–121).
- **SOS Children's Villages** — independent NGO; family-based long-term care for orphaned/abandoned children; an "SOS mother" looks after 10–15 children; first Indian village set up in 1964, now ~6000 children in 40 villages; provided emergency relief in Bhopal 1984, cyclones, earthquakes, Tsunami (NCERT p. 121).
- **Children's Homes (Government)** for 3–18 years in state custody: (a) Observation Homes — temporary, till investigation completes; (b) Special Homes — for juveniles under 18 found guilty of violating law; (c) Juvenile/Children's Homes — for children whose families are untraceable/unfit/dead/unwilling (NCERT p. 121–122).
- **Adoption** — earlier limited to within family; now institutionalised and legalised; **Central Adoption Resource Authority (CARA)** constituted by Government of India on the advice of the Supreme Court to set adoption guidelines (NCERT p. 122).
- The **National Youth Policy 2014** defines youth as persons aged 15–29 years; those between 13–19 are called adolescents (NCERT §Why are Youth Vulnerable?, p. 122).
- Youth are vulnerable due to biological changes affecting well-being and identity, preparation for adult roles (livelihood, marriage, family), peer pressure, competition, substance abuse, and sexual/reproductive health risks (NCERT p. 122–123).
- Especially vulnerable youth sub-groups: rural and tribal youth, out-of-school youth, adolescents (particularly female), youth with disabilities, and youth in difficult

circumstances such as trafficking victims, orphans and street children (NCERT p. 123).

- **National Youth Policy** was adopted by the Ministry of Youth Affairs and Sports in 2003 (NCERT §Youth Programmes in India, p. 123).
- **National Service Scheme (NSS)** — involves college-level students in social service: road/building repair, environmental work (tree plantation, weed removal), hygiene-sanitation, family welfare, child-care, immunisation, vocational training in craft/tailoring/knitting, organising co-operatives, relief and rehabilitation (NCERT p. 123).
- **National Service Volunteer Scheme** — for students who have completed first degree; whole-time basis for 1–2 years through **Nehru Yuva Kendras**, which target non-student youth in rural areas via adult education, youth clubs, work camps, leadership training, vocational training, rural sports (NCERT p. 124).
- Other youth initiatives: **Promotion of Adventure** (mountaineering, trekking, sailing etc. for risk-taking and endurance); **Scouts and Guides** (character building, loyalty, patriotism, social service); **Commonwealth Youth Programme** — Asia-Pacific Regional Centre at Chandigarh; **Promotion of National Integration** through inter-state youth visits (NCERT p. 124–125).
- In India a Senior Citizen is a person aged 60 years and above (in many other countries, 65+); life expectancy rose from ~29 years (1947) to 69.3 (females)/65.8 (males) in 2009–13; India has the second largest elderly population after China; elderly will form ~9% of population in 2016 (Human Development Report) (NCERT §Why are the Elderly Vulnerable?, p. 125).
- Special features of India's elderly: 80% live in rural areas, feminisation of the elderly, rise in the older-old (above 80 years), and 30% of senior citizens are below the poverty line (NCERT p. 125).
- Elderly vulnerabilities: decreased physiological reserves making them prone to disease; ageing-related disabilities — low vision/blindness from cataract, deafness from nerve impairment, loss of mobility from arthritis; loneliness/isolation; financial dependence; urban nuclear-family fragmentation (NCERT p. 125–126).
- The **National Policy for Older Persons** was adopted by Government in 1999 (NCERT p. 126).
- Programmes for the elderly: basic needs (food/shelter/health to destitute elderly), intergenerational relationship strengthening, Active and Productive Ageing, institutional/non-institutional care, Research/Advocacy, **Old Age Homes, Respite Care/Continuous Care Homes, Multi-Service Centres, Mobile Medicare Units** for rural/isolated areas, **Day Care Centres for Alzheimer's/Dementia Patients**, helplines and counselling, mental-health care, disability care/hearing aids, physiotherapy clinics, awareness for older persons and care-givers, training of caregivers, school/college sensitisation, and the **National Old Age Pension Scheme (NOAPS)** for destitutes above 65 years with no regular subsistence (NCERT §Some Programmes for the Elderly, p. 127–128).



- **Career skills** needed: People Skills (community, private sector, government officials, people within the organisation), Administrative Skills (finance, recruitment, equipment, records, stocks), and a clear vision of what one wants to achieve (NCERT §Preparing for a Career, p. 128–130).
- Suggested study paths: undergraduate degree in Home Science / Family and Community Sciences / Social Work; IGNOU's Certificate Programme in NGO Management; Diploma in Youth Development Work; State Open Universities (NCERT p. 130).
- Career avenues (Scope): set up own institution, become a manager in an established institution/programme, functionary at any level, or researcher/evaluator of existing programmes (NCERT §Scope + Career Avenues box, p. 130–131).

This is the lifespan-policy chapter of HEFS Class XII, tracing how India serves its three most vulnerable life-stage groups (children, youth, elderly) through institutions and programmes. It is dense with named acts, schemes, ministries and statistics, making it the highest-yield CUET chapter for direct factual recall.

The 'vulnerability' framing is conceptually crucial. Vulnerability is not synonymous with weakness; it is a structural condition arising when a group's needs exceed the family's capacity to meet them. Indian families, especially those in poverty, cannot fully meet specialised needs of their members in education, healthcare, recreation, financial security or care during incapacitation. The state and civil society therefore step in with institutions and programmes.

The poverty backdrop is critical: 29.5% BPL in 2011-12 (Tendulkar/Planning Commission), under 30% with adequate sanitation, less than half of deliveries by trained birth attendants, less than half of households consuming iodised salt. These figures contextualise why Anganwadi, MDM, NRHM, PMJAY (Ayushman Bharat), Swachh Bharat and other schemes exist.

Children — the Juvenile Justice (Care and Protection of Children) Act 2000 is the anchor here. This Act (later replaced by the JJ Act 2015, but NCERT cites 2000) split juveniles into two categories: 'in conflict with law' (juveniles caught violating IPC; placed in observation/special homes, not adult prisons) and 'in need of care and protection' (abandoned, abused, trafficked, missing, disabled-without-support, child labourers, etc.). The Act complies with India's obligations under the UN Convention on the Rights of the Child (1989, ratified by India 1992).

Government child-care institutions: Observation Homes (temporary, for children awaiting investigation), Special Homes (for under-18 found guilty), Juvenile/Children's Homes (for those whose families are untraceable, unfit, dead or unwilling). Adoption is institutionalised through CARA — Central Adoption Resource Authority — set up by the Government of India on Supreme Court's advice. CARA operates the Child Adoption Resource Information and Guidance System (CARINGS), an online platform matching prospective adoptive parents with children. ICDS, since 1975, is the world's largest community-based child development programme, covering over 41 million under-6

children at Anganwadi centres. SOS Children's Villages — an NGO providing family-based long-term care; an 'SOS mother' looks after 10-15 children in a home; the first Indian village opened in 1964; now ~6000 children across 40 villages; provided emergency relief in Bhopal (1984), cyclones, earthquakes, and the 2004 Tsunami.

Youth — defined by the National Youth Policy 2014 as 15-29 years; adolescents are 13-19 years. India has the world's largest youth population — approximately 28% of the total. Youth vulnerabilities include biological transitions, identity formation, livelihood preparation, peer pressure, substance abuse, and sexual/reproductive health risks. Especially vulnerable sub-groups are rural and tribal youth, out-of-school youth, female adolescents, youth with disabilities, and youth in difficult circumstances (trafficked, orphans, street children).

Youth programmes: NSS (National Service Scheme — since 1969, college-level students, motto 'Not Me But You'); NSV Scheme through Nehru Yuva Kendra Sangathan (NYKS — set up 1972, autonomous body under Ministry of Youth Affairs and Sports, targets non-student rural youth in age 15-29 via 623+ district NYKs); Promotion of Adventure (Indian Institute of Mountaineering, Manali; Atal Bihari Vajpayee Institute of Mountaineering); Scouts and Guides (Bharat Scouts and Guides — character building, social service); Commonwealth Youth Programme Asia-Pacific Centre at Chandigarh; National Integration Camps; Rashtriya Yuva Sashaktikaran Karyakram (RYSK).

Elderly — Senior Citizen defined in India as 60+; 80% live in rural areas; feminisation of the elderly (women outlive men); rise of the 'older-old' (80+); 30% of senior citizens below the poverty line; India has the second-largest elderly population after China. Life expectancy rose from ~29 years (1947) to ~69 years (women) / 66 years (men) in 2009-13, and ~70-72 years currently per Sample Registration System (SRS).

Elderly programmes: National Policy for Older Persons 1999 (revised draft 2011); Maintenance and Welfare of Parents and Senior Citizens Act 2007 (legal obligation on children to maintain parents); NOAPS (National Old Age Pension Scheme — for destitutes above 65; part of National Social Assistance Programme since 1995); IGNOAPS (Indira Gandhi National Old Age Pension Scheme — universal coverage of BPL elderly 60+ at ₹200/month till 79, ₹500 80+); Old Age Homes; Day Care Centres for dementia/Alzheimer's; Mobile Medicare Units; Senior Citizen Helplines (Elderline 14567); Vayoshreshtha Samman annual awards; Rashtriya Vayoshri Yojana (free assistive devices); Pradhan Mantri Vaya Vandana Yojana (LIC-administered pension scheme).

Career skills: People skills (work with community, government, organisations); Administrative skills (finance, recruitment, equipment, records); Vision (clear goals and theory of change). Training paths: UG in Home Science/Family & Community Sciences/Social Work; IGNOU NGO Management certificate; Diploma in Youth Development Work; State Open University programmes. Career destinations: own NGO, manager in established institution, functionary at any level, researcher/evaluator.



## 2.2 Definitions to memorise

Term	Definition	Page
Vulnerable	Persons/groups more likely to be affected by adverse circumstances and on whom such circumstances have a more harmful impact.	118
Children in conflict with law	Juveniles (also called juvenile delinquents) caught by the police for violating the Indian Penal Code.	119
Children in need of care and protection	Children without home/sustenance, with unfit guardians, abused, trafficked, victims of conflict/calamity, etc. (as listed in JJ Act 2000).	120
ICDS	Integrated Child Development Services — Government of India's world's-largest early-childhood programme for children below six, delivered at the anganwadi.	120–121
Anganwadi	The childcare centre at which ICDS services are delivered in an integrated manner.	121
SOS Children's Village	NGO providing family-based long-term care to orphaned/abandoned children, with an SOS "mother" caring for 10–15 children.	121
Observation Home	Children's home where children stay temporarily till investigation to track parents is completed.	121
Special Home	Children's home for juveniles under 18 found guilty of violating the law, placed in custodial care.	121
Juvenile/Children's Home	Home for children whose families are untraceable/unfit/dead/unwilling; provides board, education and vocational training.	122
CARA	Central Adoption Resource Authority — central agency set up by Govt on Supreme Court's advice to issue adoption guidelines.	122
Youth (National Youth Policy 2014)	Persons in the age group 15–29 years.	122
Adolescents	Persons between 13 and 19 years.	122
NSS	National Service Scheme — engages college students in social service and national-development activities.	123
Nehru Yuva Kendras	Centres run under the National Service Volunteer Scheme to involve non-student rural youth in development.	124
Senior Citizen (India)	A person aged 60 years and above (65+ in many other countries).	125
NOAPS	National Old Age Pension Scheme — for destitutes above 65 years with no regular means of subsistence.	128

## 2.3 Diagrams / processes to remember

- Box: "Poverty in India" stats — third of world's poor, 29.5% BPL in 2011–12, etc. (p. 117).
- Box: "Children's unmet needs" — 2/3 under-5 malnourished, 3 million street children, 17 million child workers (official) / 44 million (World Bank) (p. 119).
- Box: SOS milestones — first village in 1964, ~6000 children in 40 villages, emergency relief in Bhopal 1984/cyclones/Tsunami (p. 121).
- Photograph of elderly person being wheeled by a caregiver (p. 127).
- "Career Avenues" box — own institution / manager / functionary / researcher (p. 131).

## 2.5 Key data / institutions table (Indian context)

Item	Value / fact	Source
Indian BPL share (2011-12)	29.5%	NCERT p. 117
Children below 6 served by ICDS	>41 million	NCERT p. 121
Indian under-5 malnourished share	~2/3	NCERT p. 119
Indian street children	~3 million	NCERT p. 119
Indian child workers (official / WB)	17 million / 44 million	NCERT p. 119
JJ Act year (first legal framework)	2000	NCERT p. 119
JJ Act two categories	In conflict with law; In need of care and protection	NCERT pp. 119–120
ICDS year of launch	1975 (India context)	India context
SOS Children's Village first Indian site (year)	1964	NCERT p. 121
SOS mother child ratio	10–15 children	NCERT p. 121
Government children's homes types	Observation; Special; Juvenile/ Children's	NCERT pp. 121–122
CARA	Set up on Supreme Court's advice	NCERT p. 122
Youth age (NYP 2014)	15–29 years	NCERT p. 122
Adolescent age	13–19 years	NCERT p. 122
NSS target	College-level students	NCERT p. 123
Nehru Yuva Kendras target	Non-student rural youth	NCERT p. 124
Commonwealth Youth Programme Asia-Pacific Centre	Chandigarh	NCERT p. 124
Senior Citizen age (India)	60+ years	NCERT p. 125
	65+	NCERT p. 125

Item	Value / fact	Source
Senior Citizen age (many other countries)		
India's elderly population rank	2nd (after China)	NCERT p. 125
Elderly in rural India	80%	NCERT p. 125
Elderly BPL	30%	NCERT p. 125
Life expectancy 2009-13 (F/M)	69.3 / 65.8 years	NCERT p. 125
National Policy for Older Persons year	1999	NCERT p. 126
NOAPS age cut-off	Above 65 years (destitute)	NCERT p. 128
Maintenance & Welfare of Senior Citizens Act	2007 (India context)	India context
Indian Elderline helpline	14567 (India context)	India context

## 2.4 Common confusions / NTA trap points

- ICDS is a programme for children **below 6 years** (and pregnant/nursing mothers), not for school-going children — distractors often say 6–14 years.
- National Youth Policy: India defines **youth as 15–29** (2014 policy); adolescents are **13–19**. Do not confuse with the older 13–35 age band.
- Senior Citizen age — **60 years in India**, 65 years in many other countries. NTA loves swapping these.
- An "SOS mother" looks after **10–15** children — not 5–6 or 20–25.
- The Juvenile Justice Act in this chapter is of **2000** (the first legal framework), not 1986 or 2015. The categories are "in conflict with law" and "in need of care and protection".
- **CARA** is constituted on the advice of the **Supreme Court** — not the Law Commission. It sets adoption guidelines; it does not directly run adoptions.
- NSS targets **college students**; **Nehru Yuva Kendras** target **non-student rural youth**.
- **NOAPS** beneficiaries are destitutes aged **above 65 years**, even though senior citizen status begins at 60.
- India is **2nd** in elderly population — China is 1st. NTA may say 'largest'.
- JJ Act categories are **two**, not three.
- ICDS covers **under 6**, NOT pregnant adolescents specifically (though it includes pregnant/lactating mothers of any age).
- Senior citizen 60+ vs NOAPS 65+ — two different age cut-offs.



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## Practice MCQs

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## PYQ Alignment

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This chapter is a high-yield source for CUET Home Science Unit III, regularly contributing direct-recall MCQs on programme names (ICDS, NSS, NOAPS, CARA, SOS Children's Villages), statutory definitions (youth 15–29, senior citizens 60+, JJ Act 2000 categories), and match-the-following questions linking programmes to target groups or implementing ministries — typically 8–10 questions per CUET paper.



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