

Sevadal Shikshan Sanstha, Nagpur

## SEVADAL MAHILA MAHAVIDYALAYA

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## Respected Sir

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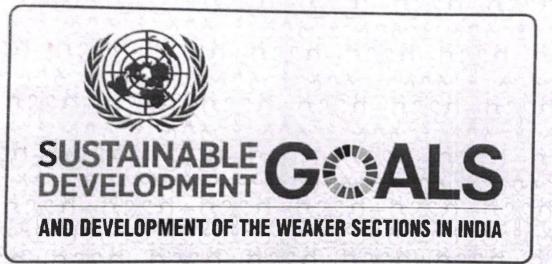
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United Nations Sustainable Development Goals 2030 and Development of the Weaker Sections in India

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## QUALITY FOOD - THE FUNDAMENTAL HUMAN RIGHT OF EVERY INDIVIDUAL

■ Dr. (Mrs.) Meghali Joharapurkar

## Introduction

India, with a population of over 1.3 billion, has seen tremendous growth in the past two decades. Gross Domestic Product has increased 4.5 times and per capita consumption has increased 3 times. Similarly, food grain production has increased almost 2 times. However, despite phenomenal industrial and economic growth, while India produces sufficient food to feed its population, it is unable to provide acces to food to a large number of people, especially women and children.

## Status of Hunger in India

"About 900 million men, women and children around the world are malnourished. Nearly two billion suffer from iron deficiency and anemia particularly women, pregnant women." - M S Swaminathan.

Hunger in India is a complex issue. It is widespread and the causes are different across various regions. According to latest FAO estimates in 'The State of Food Insecurity in the World, 2015" report, 194.6 million people are undernourished in India. By this measure India is home to a quarter of the undernourished population in the world. Also 51% of women between 15 to 59 years of age are anaemic and 44% of children under 5 are underweight. Malnourished children have a higher risk of death from common childhood illnesses such as diarrhea, pneumonia, and malaria. The Global Hunger Index 2014 ranks India at 55 out of 76 countries on the basis of three leading indicators -- prevalence of underweight children under 5 years, under 5 child mortality rate, and the proportion of undernourished in the population.

On the other hand, it is estimated that nearly 40 percent of the fruits and vegetables, and 20 percent of the food grains that are produced are lost due to inefficient supply chain management and do not reach the consumer markets.

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## STATUS OF WORKING WOMEN STRESS, TYPES AND PREVENTIVE MEASURES

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### Introduction

The Industrial Revolution in part was fuelled by the economic necessity of many women, single and married, to find waged work outside their home. Women mostly found jobs in domestic service, textile factories, and piece workshops. They also worked in the coal mines. For some, the Industrial Revolution provided independent wages, mobility and a better standard of living. For the majority, however, factory work in the early years of the 19th century resulted in a life of hardship and this hardship continues till today.

Women in India have come a long way after independence. From just a skilled homemaker, women today have acquired skills and capabilities of not just being a homemaker but being at par with their male counterparts. This is the new generation of women, who wants to pursue their dream career. But this life is not a bed of roses for all. More conflict arises with the working mother. One has to fulfil the demand at work followed by various demands at home. In today's scenario the husband and wife both work towards creating a balance with their work life as well as at home with their children. But it is still difficult for women as she has to play multiple roles of a cook, a family maid, a tutor, a nurse as well as cater to the demands of office work.

## Stress

We live in stressful times. We are holding down two or more jobs. We are putting up with heavy job loads and unreasonable demands. We are swallowing outrage and frustration with unfair situations and irrational superiors because we cannot afford to be laid off or fired. Or we have already been laid off and we are struggling to find another job. Or we have given up and are coping with unemployment. Outside strains like these are called stressors. Stressors are the barely-tolerable pressures that bring us unhappiness and, eventually, disease. Some people hardly seem to be affected by stressors. They maintain a sense of perspective and a sense of humour. They remain calm in the midst of adversity and catastrophe. Other people are overwhelmed by a lesser number and intensity of stressors and slide downhill, losing relationships, jobs, and eventually their mental and physical health. The physiological and psychological responses to situations or events that disturb the equilibrium of an organism constitute stress.

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## Women Employment In India

India's economy has undergone a substantial transformation since the country's independence in 1947. Agriculture now accounts for only one-third of the gross domestic product (GDP), down from 59 percent in 1950, and a wide range of modern industries and support services now exist. In spite of these changes, agriculture continues to dominate employment, employing two-thirds of all workers. India faced economic problems in the late 1980s and early 1990s that were exacerbated by the Persian Gulf Crisis. Starting in 1992, India began to implement trade liberalization measures. The economy has grown-the GDP growth rate ranged between 5 and 7 percent annually over the period and considerable progress has been made in loosening government regulations, particularly restrictions on private businesses. Different sectors of economy have different experiences about the impact of the reforms. In a country like India, productive employment is central to poverty reduction strategy and to bring about economic equality in the society. But the results of unfettered operation of market forces are not always equitable, especially in India, where some groups are likely to be subjected to disadvantage as a result of globalization. Women constitute one such vulnerable group.

Since the times immemorial, worth of the work done or services rendered by women has not been recognized. India is a multifaceted society where no generalization could apply to the entire nation's various regional, religious, social, and economic groups. Nevertheless, certain broad circumstances in which Indian women live affect the ways they participate in the economy. Indian society is extremely hierarchical with virtually everyone ranked relative to others according to their caste (or caste-like group), class, wealth, and power. This ranking even exists in areas where it is not openly acknowledged, such as certain business settings. Though specific customs vary from region to region within the country, there are different standards of behavior for men and women that carry over into the work environment.

Women are expected to be chaste and especially modest in all actions that may constrain their ability to perform in the workplace on an equal basis with men. Another related aspect of life in India is that women are generally confined to home thus restricting their mobility and face seclusion. The women face constraints beyond those already placed on them by other hierarchical practices. These cultural rules place some Indian women, particularly those of lower caste, in a paradoxical situation: when a family suffers economically, people often think that a woman should go out and work, yet at the same time the woman's participation in employment outside the home is viewed as "slightly inappropriate, subtly wrong, and definitely dangerous to their chastity and womanly virtue". When a family recovers from an economic crisis or attempts to improve its status, women may be kept at home as a demonstration of the family's morality and as a symbol of its financial security. As in many other countries, working women of all segments of Indian society faces various forms of discrimination including sexual harassment. Even professional women find discrimination to be prevalent: two-thirds of the women in one study felt that they had to work harder to receive the same benefits as comparably employed men.

## Problems Faced By Working Women In India

## 1. Mental harassment:

It is an age old convention that women are less capable and inefficient in working as compared to men. The attitude which considers women unfit for certain jobs holds back women. In spite of the constitutional provisions, gender bias creates obstacles in their recruitment. In addition to this, the same attitude governs injustice of unequal salaries for the same job. The true equality

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has not been achieved even after 61 years of independence. In order to achieve success in corporate sector, women feel that they must do better than their male colleagues.

## 2. Sexual harassment:

Today, almost all working women are prone to sexual harassment irrespective of their status, personal characteristics and the types of their employment. They face sexual harassment on way on transports, at working places, educational institutions, hospitals, at home and even in police stations when they go to file complaints. It is shocking that the law protectors are violating and outraging modesty of women. Public transport system is overcrowded and women become easy targets for physical harassment. Most of the women tend to be concentrated in the poor service jobs whereas men are in an immediate supervisory position, which gives them an opportunity to exploit their subordinate women. It is a difficult situation for woman if the higher officer demands sexual favours. If refused the boss takes out other means to make her life miserable. There have been several cases of sexual harassment recently involving even the senior women officials. If a woman is praised for her work or promoted on merit, her colleagues do not hesitate to attribute it to sexual favours. This psychological pressure can easily lead to a woman resigning from her job.

## 3. Discrimination at Workplace

However, Indian women still face blatant discrimination at their workplaces. A major problem faced by the working women is sexual harassment at the work place. Further, women employees working in night shift are more vulnerable to such incidents. Nurses, for example, face this problem nearly every day. There is nothing that is done in hospitals to tackle and address the danger they face. Such blatant disregard of current Indian laws is one reason why sexual harassment at the workplace continues to increase.

## 4. Safety of Working Women While Travelling:

Typically, the orthodox mindset in the Indian society makes it difficult for a working woman to balance her domestic environment with the professional life. In some families, it may not be acceptable to work after six o'clock. Those families that do accept these working hours may experience considerable anxiety every day about a woman's safety while travelling. So many issues affect a working woman because she is closely protected or watched by her family and the society. According to survey conducted by ASSOCHAM, on 1000 women professionals, around 80 per cent of the households expect their daughters-in-law to prioritize household requirements over the official work. Further, many of them are physically and psychologically abused, by their in-laws and husband but they do not complain or let others know about it, particularly if they have children.

## Literature Reviews

Various research papers have been reviewed to identify the problems being actually faced by women while going out for job. The issues related to family and society along with workplace has been reviewed. Following are some of the reviews:

 Dr. Kamini B. Dashora in their paper "PROBLEMS FACED BY WORKING WOMEN IN INDIA" published in International Journal of Advanced Research in Management and Social Sciences (2013) states that a gender bias creates lot of hurdles while remunerating the women at the workplace. There is an old belief that women are less capable and less efficient than men and hence deserve unequal salaries and wages for the same job.

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- In an article "Working Women face Challenges in Zimbabwe" published in a journal named My Wage, a survey was conducted with the aim of understanding Zimbabwean working women's perceptions, challenges and experiences of their role in the workplace, sexual harassment topping the problems.
- Muhammad Atif NAWAZ1 Noreen AFZAL2 Kiran SHEHZADI3 in their paper "PROBLEMS OF FORMALLY EMPLOYED WOMEN: A CASE STUDY OF BAHAWALNAGAR, PAKISTAN" published in Asian Journal of Empirical Research (2013) highlight the problems of working women in formal sector in Bahawalnagar. It has highlighted the problems faced by working women in various departments such as academics; Nursing, Colleges, police stations.
- Dr. P. ASHOK KUMAR and DR. K. SUNDAR in their paper "PROBLEMS FACED BY WOMEN EXECUTIVES WORKING IN PUBLIC SECTOR BANKS IN PUDUCHERRY" (2012) states that the role of women was confined to household chores and limited to domestic issues. In the male-dominated Indian society, women suffered to extreme levels of exploitation. The paper seeks to identify the factors preventing women employees from aspiring for higher post and problems faced by women executives in public sector banks related to work performance. Further this aims also at finding out the organizational support for women employees to achieve higher post.
- Owais Shafique and Faiza Anwar, Sahaab Akbar, Uroosa Akhtar Khan in their paper "PROBLEMS ENCOUNTERED BY WOMEN IN EDUCATION SECTOR OF BAHAWALPUR" (2012) states that married women face greater challenges than unmarried women. Although their husbands are co-operative but there children are prominently neglected. Despite the supportive attitude of their parents, unmarried women still face challenges like transportation and managing time between personal and social life. It is believed that whether married or unmarried, women's salary and promotion system is not satisfactory for which they blame "Favoritism".
- According to survey done by National partnership organization, it has been observed that
  For many women, the path to finding and keeping a job with decent wages and advancement
  opportunities is strewn with obstacles from lack of adequate child care, to juggling work
  and family responsibilities, to dealing with on-the-job discrimination. These barriers to
  employment are especially challenging for women living on the economic margins,
  particularly welfare recipients, for whom the consequences of lacking or losing a job can be
  devastating.
- Damaske (2011) found that negative psychological experiences, like gender stereotyping and discrimination in male occupations, caused women's movement from male-dominated to female-dominated occupations. Feelings of bias and under-utilization amongst women in male-dominated occupations are common.
- MEENU GOYAL and JAI PARKASH (2011) in their paper "WOMEN ENTREPRENEURSHIP IN INDIA-PROBLEMS AND PROSPECTS" stated that the educated Indian women have to go a long way to achieve equal rights and position because traditions are deep rooted in Indian society where the sociological set up has been a male dominated one She has competed with man and successfully stood up with him in every walk of life and business is no exception for this. These women leaders are assertive, persuasive and willing to take risks. They managed to survive and succeed in this cut throat competition with their hard work, diligence and perseverance.

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- Pearl Jacobs and Linda Schain in their paper "Professional Women: The Continuing Struggle for Acceptance and Equality" (2008) states that the situation of professional women has changed dramatically. Integration of women from education and nursing, now have been enhanced to other professions like accounting, medicine, law, etc. however, which does not necessarily mean acceptance and equality nor does it mean that the stress created by work family conflict has been resolved. This paper examined some of the issues that continue to plague women as they attempt to progress in their professional fields.
- Dr. Souha R. Ezzedeen in their paper "Running Head: Work and Life Strategies of Executive Women" (2008) states that Women's pursuit of an executive career is fraught with obstacles and work-family challenges. This paper examined the work and life strategies of executive women in intimate relationships and inductively derived four career advancement and four life balance categories. The findings call for greater optimism in the study of the career-family dynamics of high achieving women.

## Stress in Women and Its Management By Positive Attitude.

Stress is a complex disorder. There are so many reasons responsible for this problem in women. This research paper lights on those women who are suffering from higher amount of stress. In the paper we discussed about the role of a women in family and outside, the symptoms and effect of stress in women and how a women can manage or cope with the demand of environment so that she can avoid or face the stress.

## **Symptoms**

Symptoms of stress are as-

- Insomnia
- · Headaches or migraine
- Sadness /Depression
- · Change in behavior.
- Anger / Irritability/ Anxiety/ Over-reacting.
- Disorder in digestion.
- lack of energy lack of concentration/ Eating too much or not at all
- weight gain or loss
- heart problems
- Problems of blood pressure Neck and / Back pain
- · Lack in sexual desire
- Irregular periods.
- Acting on impulse.
- · Using alcohol or drugs.
- Withdrawing from relationships.
- · Changing jobs often.
- Feeling agitated most of the time.

Some Techniques to Relax Ourselves in WorkplacE

- 1. Lie down or sit in a chair.
- 2. Rest your hands on your stomach. Lose the all body parts.

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- 3. Slowly inhale through your nose. Feel your stomach rise. Hold it for a second.
- 4. Slowly exhale through your nose. To control how fast you exhale. Your stomach will slowly
- 5. With each the breath practices feel that your body is being relaxed.
- 6. Concentration should be completely on your breath.
- 7. Repeat five to 10 times.
- 8. Stand up stretch your body and smile. Try it! You'll feel better.
- 9. Take a short walk. If you're at work, take a bathroom break or get a glass of water.
- 10. Do something that changes your focus or do the things which you like most. When you come back to the problem you will feel more energetic than before.

### Conclusions

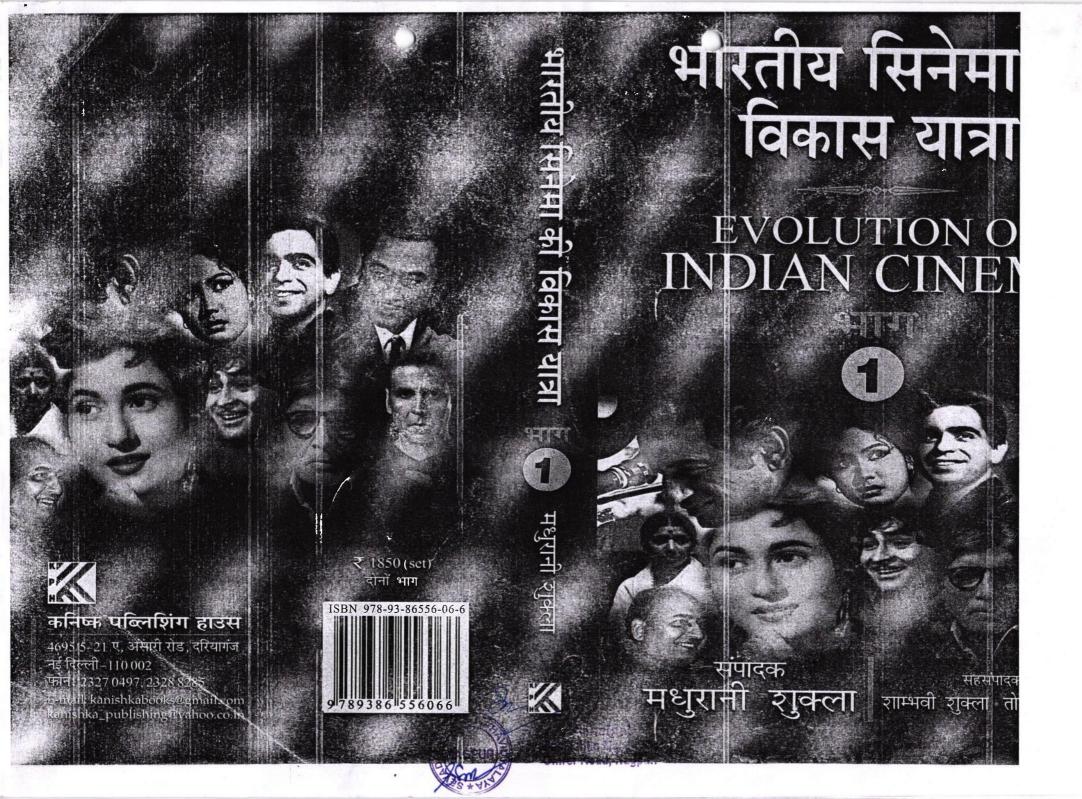
Women going to work are often subject to sexual harassment. Public transport system is overcrowded and men take advantage of the circumstances to physically harass women. Colleagues offer unwanted attention which can still be shaken off but a woman is placed in a difficult situation if the higher officer demands sexual favours. There have been several cases of sexual harassment recently involving even the senior women officials. On the other hand if a woman is praised for her work or promoted on merit, her colleagues do not hesitate to attribute it to sexual favours. The psychological pressure of all this can easily lead to a woman quitting her job. Most of the problems that beset working women are in reality rooted in the social perspective of the position of women. Traditionally men are seen as the bread winner and women as the house-keepers, child bearers and rearers. This typecast role model continues to put obstacles before the working women. A fundamental change is required in the attitudes of the employers, policy makers, family members and other relatives and the public at large.

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निर्म , आरबीय जिल्ला में मुखर होता संबंधित लोज कर करके करिए होता

रेक विकास क्षेत्र के

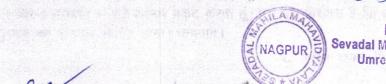
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गण्यीय विशेष्ट में हुए विशेषक **यात्री पर असमें प्रतिश्रम है।** यहारि संस्थान देशोग सम्प्रत समाम<mark>ण देशाच कार्यों से संस्था सम्म</mark>ाति है।

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## भूमिका

किया आहेत महिल प्रति है जी है जो है जो अपने हैं के स्वाप कर है जो है जिस है जो है जो है जो है जो है जो है जो है

विक्र मुख्या है के मानक उपन्य होंग पूर्वित है सामका आई है मान है

हमारे जीवन में जितने रंग हैं, फिल्मों में उससे कहीं ज्यादा रंग हैं। कारण यह है कि फिल्में सिर्फ हमारी कहानी नहीं कहती हैं बल्कि हम सबकी कहानियाँ कहती हैं।

फिल्मों को आमतौर पर व्यवसाय और उद्योग के रूप में देखा जाता है, जबिक मैं इसे एक कला मानता हूँ—ऐसी कला जिसमें कई तरह की कलाएं एक साथ देखी जा सकती हैं। इसमें अभिनय भी है, छायांकन भी है, दृश्यांकन भी है, कहानी है, किवता और गीत हैं, संगीत और नृत्य हैं, सम्पादन है और न जाने क्या क्या है। शायद इतनी ढेर सारी कलाओं से जुड़ जाने के कारण ही फिल्म जगत को व्यवसाय और उद्योग माना जाने लगा, क्योंकि इस घोर भौतिकतावादी युग में—"एक सच यह भी है कि जो कला अपने कलाकार को दो वक्त की रोटी न दे सके—एक सुविधा संपन्न जीवन न दे सके—उसे कोई क्यों अपनाए?"

मैं एक अति साधारण, आम फिल्मी दर्शक हूँ। फिल्मों के विषय में मुझे कोई भी जानकारी नहीं है... मेरा ज्ञान शून्य है। लेकिन, किसी डायलॉग को बोलते समय अभिनेता के आवाज की उतार चढ़ाव और चेहरे की भाव भंगिमा को देखकर यह अक्सर कह देता हूं कि वाह! क्या गजब का अभिनय है! यह अलग बात है कि हिंदी फिल्मों के भीष्म पितामह दादा साहेब फाल्के से लेकर दिलीप कुमार, राजकपूर, गुरुदत्त, प्राण, बलराज साहनी, राजेश खन्ना, अमिताभ बच्चन, परेश रावल, अनिल कपूर, नसीरुद्दीन शाह, ओम पुरी, अमरीश पुरी, शाहरुख खान, आमिर खान सलमान खान, अनुपम खेर और इन जैसे अनेक अभिनेताओं ने—मुझे मालूम है कि इनमें कई महत्वपूर्ण नाम छूट गए हैं—ने अभिनय को अलग—अलग आयाम दिया है।

इसी तरह सुरैया, नरगिस, वैजयंती माला, मीना कुमारी, नूतन, वहीदा रहमान, पिद्मनी, हेमा मालिनी, रेखा, शबाना आजमी, स्मिता पाटिल, मीनाक्षी शेषाद्रि, माधुरी दीक्षित, और काजोल आदि अभिनेत्रियों में भी अभिनय की विविधता वेखी जा रही है।

संगीत की बात करें तो उस्ताद झंडे खाँ, नौशाद, मदन मोहन, गुलाम हैदर, खैय्याम, शंकर जयकिशन, अनिल विश्वास, सचिन देव बर्मन, सलिल चौधरी,

ओर अग्रसर होने लगा है। आधुनिक जीवनशैली की गतिशीलता के कारण शास्त्रीय संगीत भी सुगमता की नहीं दिया जाता। संगीत के इस विकास प्रवाह के परिणाम स्वरूप तथा सुनिश्चित ढांचे को, स्वरों की रचना को, रागों की शुद्धता को इतना प्राधान्य तपस्या का क्षेत्र है। फिल्म-संगीत अथवा सुगम संगीत में शास्त्रीय संगीत के ध्यान देने वाली बात यह है कि शास्त्रीय संगीत अभ्यास रियाज-साधना-

को तृप्त करने के साथ-साथ इसका परिष्करण भी कर सके। भी फिल्मी संगीत में अधिकाधिक उपयोग किया जाए, ताकि संगीत लोक रूचि की जा रही है, उसी प्रकार शास्त्रीय रागों, वाद्यों व रसमूलक गायकों आदि का प्रकार पाश्चात्य संगीत का उपयोग करके नवीन-नवीन स्वर-रचनाएँ निर्मित सतर्क है और संघर्ष कर रहे है। आवश्यकता तो इस बात की है कि जिस की ओर ध्यान ही नहीं दे सकते। फिर भी कुछ संगीतकार ऐसे हैं, जो इस ओर ने संगीतकारों को इतना अधिक व्यावसायिक बना दिया है कि वे रूचि परिष्करण उत्तरदायित्व आज के सामाजिक ढाँचे का ही है। व्यक्तिगत संपत्ति के सिद्धांत धुनें बनाई जा रही है, वे जनता की किच को निरंतर विकृत कर रही है। इसका इसमें संदेह नहीं कि आज फिल्मों में नब्बे प्रतिशत जिस प्रकार की सतही

## संदर्भ सूची

- निबंध संगीत डॉ. मुकेश गर्ग
- आधुनिक अन्तर्राष्ट्रीयकरण में भारतीय संगीत की भूमिका नीलमबाला महेन्द्र
- संगीत निबंधसागर डॉ. लक्ष्मी नारायण गर्ग



Sevadal Mahila

मराठी रंगभूमि की पौराणिक तथा

ऐतिहासिक परपरा

डॉ. शुभदा मांडवगडे

और वह मनुष्य या जीव रुपी अभिनेता को संसार के रंगमंच पर जीवन के में स्पष्ट देखने को मिलती है। नाटय में संचालित करता है। सुत्रधार की यह नियामक भूमिका हमारी परंपरा माना जाता है कि ईश्वर ही वह सुत्रधार है, जिसके हाथ में सारे सुत्र होते है नाटय, मनुष्य या जीव को अभिनेता और ईश्वर को सुत्रधार कहा जाता है। यह को सर्वश्रेष्ठ माना गया है। भारतीय समाज में संसार को रंगमंच, जीवन को है कि उससे शारीरिक प्रतिक्रियाएँ उत्पन्न होती है। ललित कलाओं में संगीत संगीत, नृत्य आदि, वह अपने सौंदर्य से हमारे अंतर्मन पर ऐसा प्रभाव डालता के ऊपर उठता है। कोई भी कलाकृति चाहे वह चित्र हो या काव्य अभिनय आवश्यक हैं, यह मनुष्य की मानसिक शक्तियों का विकास करके उसे पशुत्व कला ही जीवन है। कला का ज्ञान, मानव के सर्वांगीण विकास के लिए

## मराठी संस्कृति

Umrer Roal, Nagpus व तुकाराम जैसे संत कवियों की शिक्षाओं और छत्रपति शिवाजी व अन्य क्षावर्णतेपुर्ध्यक्ष्मान की अभिव्यक्ति है स्थानीय व क्षेत्रीय देवताओं के प्रति भक्ति, ज्ञानेश्वर राजनीतिक तथा सामाजिक नेताओं के प्रति आदरभाव महाराष्ट्र की संस्कृति की मिश्रण है। मराठी भाषा और मराठी साहित्य का विकास, मराठी संस्कृति के प्राचीन भारतीय संस्कृति, सम्यता और ऐतिहासिक घटनाओं के प्रभावों का

संगीत से हुआ। संगीत की भी प्राचीन परम्परा है। लगभग 14वीं शताब्दी में इसका मेल भारतीय सामाजिक एकता को बढ़ावा देते हैं मराठी साहित्य की ही तरह महाराष्ट्र में है इनके द्वारा लोगों का स्थानीय तथा क्षेत्रीय मेल-मिलाप होता है और ये पहचान है। महाराष्ट्र के सांस्कृतिक जीवन में त्योहारों का भी महत्त्व कम नहीं

## मराठी संगीत रंगभूमि का मूल स्वरुप

इत्यादी कला महाराष्ट्र में दीर्घकाल तक थी तथा अभी भी है। वासुदेव ऐसे अनेक कलाओं की बराबरी से रंगभूमि की गंगोत्री माने गाए कीर्तन सौंगीभजन खेल, ललित भारुड, दशावतार, नमन, तमाशा, गोंधल, पोवाडा प्रवाह लोकरंगभूमि का तथा दूसरा तन्जावार नाटकों का कठपुतली का खेल, रंगभूमि का जन्म एक दिन में संभव नहीं है। मराठी रंगभूमि के संदर्भ में मराठी रंगमूनि का आरंभ काल तथा उसकी लोकप्रियता के प्रचलन के बारे में विष्णूदास भावे के प्रयत्नों के पहले दो प्रवाहों को ध्यान में रखना होगा पहला रंगमंच तथा मराठी नाटक की उत्पत्ति का श्रेय दिया जाता है। किसी भी विद्वानों में कई मतभेद है। सांगली, एलिचपूर, गोवा आदि गाँवों को मराठी

## मराठी रंगभूमि का इतिहास

और प्रथम काल के चालीस पचास वर्षों में कई महत्त्वपूर्ण कार्य संगीत नाटकों तथा ऐतिहासिक विषयों के नाटकों में विहित था। इसके पश्चात के काल मे के लिए किये गये। उन्होंने सामाजिक विषयों पर समाज वास्तविकता की ओर अपनी नजर डाली मराठी रंगभूमि का पहला अर्थशतक (1843 से 1900) प्रमुख रूप से पौराणिक थे इन कलाकारों ने 1950 तक मराठी रंगभूमि में अपना विशेष योगदान दिया बलवंत देवल, कृष्णाजी खाडीलकर, राम गणेश गडकरी, केशव अत्रे ऐसे नाटककार तथा विकास किया, उनमें बलवंत पांडूरंग अर्थात् अण्णासाहेब किलोंस्कर, गोविंद अनेक प्रसिद्ध नाटककारों ने अपने रंगकर्तव्यों द्वारा मराठी रंगभूमि का विस्तार मराठी रंगभूमि की परंपरा दीर्घ कालिन है। यह परंपरा अब 150 वर्ष पुरानी है

## नाटय कला की उत्पत्ति और विकास

मंचन के लिए कठिन हो गये हैं। भरत अपने 'नाटयशास्त्र' में नाटक को प्रयोग का महत्त्व रस को शास्त्रकार बहुत महत्त्व देता है। भरत का कथन है कि रस कहता है नाटयशास्त्र में 'नाटा' अभिनय का एक अंग मात्र है। नाटकों में रस आज प्रायः नाटक के प्रदर्शन को नाटक कहा जाता है नाटय या नाटक शब्द

मराठी रंगभूमि की पौराणिक तथा ऐतिहासिक परंपरा

अपितु मनोरंजन का भी स्त्रोत है। सामवेद से संगीत की उत्पत्ति बताई गई है उसी प्रकार भारतीय शास्त्रीय संगीत का उद्गम भी वेदों के द्वारा हुआ है। नाटय में गीत, कलाओं, काव्य इत्यादी को व्यक्त करने का एक माध्यम ही नहीं के बिना किसी भी नाटयांग की अनुभूति नहीं होती। संगीत के द्वारा संगीत को भारतीय आचार्यों तथा विद्वानों ने पंचम वेद या गन्धर्व वेद की संज्ञा दी है। शास्त्रीय संगीत आध्यात्मिकता से प्रभावित रहा है। इसलिए संगीत की महत्ता शास्त्रीय संगीत का उल्लेख करना महत्त्वपूर्ण है। मराठी नाटय संगीत का स्वरुप को विस्तृत रुप प्रदान करने से पहले भारतीय

## मराठी नाटय संगीत का इतिहास

लोककलाओं और यक्षगान के मिलन से एक नवीन रसायन का निर्माण हुआ जो महाराष्ट्र के इतिहास में एक अध्याय ऐसा लिखा गया जिसके माध्यम से आगे चलकर मराठी नाटय संगीत एक अविस्मरणीय विषय बना और इतिहास और सांप्रदायिक परिवर्तन की शुरुआत कहा जा सकता है। मराठी रंगमंच और बारे में विद्वानों में कई मतमेद है। मराठी रंगभूमि की शुरुवातं यह एक सामाजिक संगीत मराठी रंगभूमि का आरंभ काल तथा उसकी लोकप्रियता के प्रचलन के के पनों में स्वर्ण अक्षरों से सुशोभित हुआ इतिहास के पनों में मराठी नाटय ने किया है। नाटक को इतिहास के पन्नों पर जोड़ने का कार्य महान संगीतकार, नाटककारों

मराठी नाटय संगीत के नाटककार, संगीतकार एवं अभिनेताओं का कालखंड-

- किर्लोस्कर देवल काल (1880-1910)
- खाडिलकर बालगंधर्व काल (1890–1930)
- अन्ने रांगणेकर काल (1930 1960)
- 4. गोखले कानेटकर काल (1950 1980)

संगीत समृद्ध हुआ इसमें से प्रत्येक संगीत रचनाकार स्वतः उत्तम गायक थे संपूर्ण हिंदुस्तान में भ्रमणकर संगीत का ज्ञान तथा संस्कारों को आगे बढ़ाया संगीत करने लगे। इन्हीं के बीच अभिज्ञात शास्त्रीय संगीत गायक बड़े कलाकार भी बैठक में नाटय जैसे दिग्गज संगीत रचनाकार (संगीतकार) की प्राप्ति से मराठी नाटय

ा भिलेहासिक परंपरा है। इसका प्रारंभ 1843 से हुआ। काव्यानंद और स्वरानंद का संगम अर्थात् 'नाटयसंगीत' मराठी नाटयसंगीत की संगीत नाटक मराठी रंगमंच की विश्व रंगमंच को एक महत्त्वपूर्ण देन है।

(NAGPUR) Sevada rer Road, Nagpuil Mahila Mahavidyalaya

किसी भी संस्कृति की विविधता नाटय आविष्कार के वैविध्य में प्रतिबिम्बित होती रस - इन चार घटकों से बना नाटक मानवी मन का सांस्कृतिक प्रतीक है। महाराष्ट्र की सांस्कृतिक परम्परा का अभिन्न अंग है। संवाद, अभिनय, गीत और नाटक, जिसे भरतमुनि ने पंचम वेद की संज्ञा से अभिहित किया था।

संगीत का सभी अर्थों से स्वर्ण काल था 1980 से 1930 तक का काल संगीत नाटक का और वैकल्पिक रूप नाटय मराठी संगीत नाटक, मराठी रंगभूमि ने वैश्विक रंगभूमि को दी हुई देन है से एकदम अलग नाटयविष्कार था। 1990 से मराठी रंगमंच ने स्वर्णकाल देखा संगीत नाटक किर्तन, ऑपेरा, शास्त्रीय संगीत, महफिल, तमाशा, कर्नाटक संगीत 1880 में अण्णासाहेब किर्लोस्कर लिखित 'संगीत शार्कुतल' का मंचन हुआ

पर लोकप्रिय करने का काम संगीतकारों ने किया। ऐसे अनेक शास्त्रीय गायकों के नाम आयें। नाटय संगीत को सभी स्तरों

## मराठी नेताओं का संक्षिप्त जीवन परिचय

दशकों का ध्यान केन्द्रित हुआ। कोल्हटकर ने जिस प्रकार नाटय लेखन तथा के संदर्भ में पहली बार ही हुआ था जिसके कारण उनके नाटकों की ओर स्वयं का नाटय लेखन किया। इस प्रकार का महत्त्वपूर्ण प्रयत्न मराठी रंगभूमि के प्रयत्न महत्त्वपूर्ण संस्कृत तथा अंग्रजी नाटकों के भाषांतर ना करके उन्होंने के पत्रकारिता क्षेत्र के लोगों ने भी नाटय लेखन किए है। उनमें से भी लोगों या पश्चात के काल में नाटय लेखन का चित्र ऐसा दिखता है कि साहित्य क्षेत्र उसकी प्रतिभा नाटककार, रंगकर्मी, इसी पद्धति की रही है। परंतु उनके समकालीन समझ और तब भी अपने तत्त्वों पर खरा उतरकर महत्त्वपूर्ण नाटय कार्य किया में एक मिसाल कायम की। रंगभूमि माध्यम का विचार करके उसकी जरुरत के संगीत नाटक और रंगमूमि को नाटक मंडली रुप से निर्माण कर एक आदर्श आज तक जीवित है और आगे भी रहेगा। इन प्रमुख नाटककारों के द्वारा मराठी पूरी भारतीय नाटक परपरा को हिला के रख दिया। रचना तंत्र में कुछ बदलाव लाकर वैसे ही उन्होंने संगीत नाटकों को ही नही रुप समाज के सामने रखा तथा महाराष्ट्र राज्य की प्रतिष्ठा बढ़ाई और दुनिया किया गया और उनके योगदान से मराठी रंगभूमि और मराठी नाटय संगीत नाटककारों के द्वारा रंगभूमि की नींव रखने और रंगभूमि को सवारने का कार्य विष्णूदास अमृतराव भावे (1819 से 1901) ये मराठी नाटककार थे कुछ प्रथम

मराठी रंगभूमि की पौराणिक तथा ऐतिहासिक परंपरा

# नाटककारों का संगीत नाटकों के विकास में योगदान

के रुप में आज के इस आधुनिक काल में अपने लेखन शैली से संगीत नाटक आदर्श रूप समाज के सामने रखा तथा महाराष्ट्र राज्य की प्रतिष्ठा बढ़ाई और मराठी संगीत नाटक और रंगभूमि को नाटक मंडली रूप में निर्माण कर एक संगीत आज तक जीवित है और आगे भी रहेगा इन प्रमुख नाटककारों के द्वारा का कार्य किया गया और उनके योगदान से मराठी रंगभूमि और मराठी नाटय को जीवित रखा है। फिल्म, व टीवी, पटकथा, लेखक, राजनैतिक पत्रकार और सामाजिक कार्यकर्ता दुनिया में एक मिसाल कायम की। प्रसिद्ध मराठी नाटककार, लेखक, निबंधकार, कुछ प्रमुख नाटककारों के द्वारा रंगभूमि की नींव रखने और रंगभूमि को संवारने

राजहंस 'बाल गन्धर्व' संगीत रंगमंच पर अनेक कलाकारों ने अपने गान कौशल्य माना जाता है। बालगंधर्व ने मराठी रंगभूमि का विकास तथा रंगभूमि के लिए तक रंगभूमि पर काम किया परन्तु उनका प्रमुख कालखंड 1905 से 1933 तक प्रभाव है उनमें सबसे पहले बाल गन्धर्व का नाम आता है बालगन्धर्व ने 50 वर्षों इसमें कोई शक नहीं परंतु 1920 तक के रंगभूमि पर जिन गायक कलाकारों का तथा अभिनय की प्रस्तुती दी है। उनके कलात्मक गुणों से रंगभूमि संपन्न हुई लेकर आगे बढ़ने का कार्य केशवराव भोंसले जी ने किया। नट और उत्तर गायक, अपने क्षेत्र के कलाकारों को प्रोत्साहित कर साथ में होकर रंग योगी भी थे बालगंधर्व जी के पश्चात मराठी नाटय रंगमूमि के गुणी उनके किए हुए कार्यों को देखकर ऐसा भी लगता है, कि वह केवल रंगकर्मी न महाराष्ट्र की मराठी रंगभूमि का जहाँ नाम आता है तो नारायण श्रीवाद

के विकास में योगदान उल्लेखनीय है। कहलाने लगे इस प्रकार अनेक नाटककारों तथा संगीतकारों का संगीत नाटको ने मास्टर यह उपाधि दी थी, और तब से ये मास्टर दीनानाथ मंगेशकर, इसके पश्चात इस गायक, नाटय अभिनेता, संगीतकार को श्रीकृष्ण कोल्हटकर

## उपसहार

inc नहीं हुआ अपितु संख्यात्मक तथा गुणात्मक दोनों स्तरों पर यह अत्याधिक तथा लिखे गए उसकी तुलना में स्वतंत्रता के पश्चात अधिक संख्या में नाटकों सन 1943 से 2000 तक के काल में नाटक रंगभूमि का शोधकार्य तथा महाराष्ट्र का लेखन काये हुआ है। मुख्यतः यह लेखन कार्य एक प्रवाह या प्रवृत्ति में ही का नाट्य संगीत की ऐतिहासिक तथा पौराणिक परंपरा को नजर अंदाज नही किया जा सकता मराठी नाटक पहले दशक में जिस विपुलता से निर्माण हुए



प्रमाण में होते रहा है। इसी बात को ध्यान में रखकर विभिन्न नाटकों की श्रृंखला जैसे दलित नाटक, पथनाटक, ऐतिहासिक नाटक, सामाजिक नाटक, हास्य नाटक, कर्मचारी नाटक इत्यादि, नाटयलेखन, लेखन का कार्य हुआ 150 वर्ष पहले जब मराठी नाट्य रंगमूमि का आरंभ हुआ तब रंगमूमि का लोककला से तथा लोकरंगभूमि से गहरा तथा अटूट संबंध था।

प्रस्तुत काल में और एक घटना घटित हुई वह यह की मराठी तथा अन्य, प्रादेशिक भाषाओं के नाटक विश्व स्तर पर परिचित हुए। अनेक मराठी नाटकों के भाषांतर तथा रूपान्तर अन्य भारतीय भाषाओं में हुए। यह नाट्य रूपांतरण रंगभूमि के विकास में उपयुक्त साबित होने लगे।

इसी प्रायोगिक तथा व्यावसायिक नाटकों का और नाट्य लेखन का परिणाम हमें आज चित्रपट, दूरदर्शन, इंटरनेट इत्यादि के माध्यमों से देखने को मिलता है परिणामस्वरूप इस आधुनिकता से हमें उच्चकोटि के नाटककार तथा अभिनेता मिले है जिसका उदाहरण बालगंधर्व, कटयार, कालजात, घुसली, नटसम्राट, नटरंग, इत्यादि विषयों पर सिनेमा के माध्यम से प्रस्तुत हो रहे हैं और जिसकों दर्शकों द्वारा प्रोत्साहित किया जा रहा है।

मराठी संस्कृति महाराष्ट्र भारत देश का तीसरा सबसे बड़ा राज्य है। वह संतों, शिक्षाविदों और क्रांतिकारियों की भूमि मानी जाती है, जिसमें महादेव गोविंद रानडे, विनायक दामोदर सावरकर, सावित्रीबाई फूले, बालगंगाघर तिलक, आदि प्रसिद्ध है। वारकरी धार्मिक आन्दोलन के मराठी संतों का लम्बा इतिहास है, जिनमें ज्ञानेश्वर, नामदेव, एकनाथ और तुकाराम जैसे संत शामिल हुए है। जो महाराष्ट्र या मराठी संस्कृति की संस्कृति के आधार को एक बनाता है।

महाराष्ट्र अपने पुरोगामी संस्कृति के लिए भी जाना जाता है। मराठी रंगभूमि और मराठी नाट्य संगीत आज तक जीवित है और आगे भी रहेगा इस मराठी संगीत नाटक और रंगभूमि की नाटकमंडली का निर्माण कर एक आदर्श रूप समाज के सामने रखा तथा महाराष्ट्र राज्य की प्रतिष्ठा बढ़ाई और दुनिया में एक मिसाल कायम की।

## संदर्भ सूची

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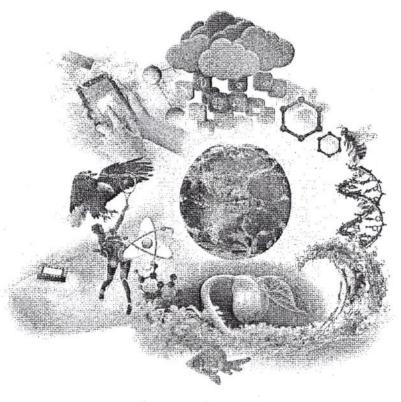


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## Aayushi International Interdisciplinary Research Journal (AIIRJ) ISSN 2349-638x Impact Factor 4.574 Special Issue No. 26 UGC Approved Sr.No.64259 Website :- www.aiirjournal.com Email id:- aiirjpramod@gmail.com

## INFRASTRUCTURE OF THE AMNION AND SCANNING ELECTRON MICROSCOPE APPEARANCES IN THE MEGACHIROPTERON BAT, ROUSETTUSLESCHENAULTI (DESMEREST) AT TERM PREGNANCY.

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## ABSTRACT

InRousettusleschenaulti at termpreganancy, on SEM at low magnification the single layered amniotic surface appeared to be thrown into folds and the polygonal cells gave a mosaic or "cobblestone" appearance. The spider cells were mostly single. The intercellular junctions appeared to be widely separated. Similarly bleb formation on the surface of the cells has been distinctly seen. At high magnification in Rousettus, at certain places, at the bottom of the prominent recesses or troughs between cells, circular openings or ostia were present and individual cells protrude with deep intercellular ditches. The microvilli (MV) have little adherent material and more electron dense material (M) and appear to be irregular, sometimes branched or pleomorphic. Some of them were shorter, plumper with bizarre shapes and with blebs and the blebbing appeared more frequently. Inter-cellular border (ICC) is tortuous and dilated. The podocyte-like structures seen form the basal side of the cell. Horny cells with thickened membrane and dense cytoplasmic matrix are intermingled with keratohyalin granules. A portion of amniotic epithelial cells and mesenchyme inRousettusleschenaulti at term shows a continuous layer of dilated micropinocytotic vesicles (PV) at the bases of microvilli and near the basal lamina. The fibrocytes in cellular layer of connective tissue shows abundant pinocytotic vacuoles.

Keywords: Infrastructure, amnion, scanning electron microscopy.

## INTRODUCTION

Bats had mastered flight econs before man's own lineage began. Their unique volitional mode was obviously advantageous, for adaptive radiation within the group has been little short but extraordinary. Today Chiroptera represent the second largest order of mammals in number of species and the largest in overall abundance, excluding man and possibly rodents, they are also the most widely distributed land based mammals. The order Chiroptera includes over 180 extant species incorporated in 17 families (Simmons, 2005)1. Bats are relatively inconspicuous only because they are active by night, hidden by day and wary of human contact. Possibly these are the reasons they are not studied as vigorously as other mammals before the turn of the century. Since then, however, because of the striking and sometimes bizarre specializations of bats a growing awareness of their importance to the economy and health problems of man have stimulated an increased scholarly interest in the group so that today our knowledge of Chiroptera has grown to sizeable proportions.

The amniotic sac is formed by the eleventh to twelfth day after conception and by the eleventh week of gestation it contains about 50ml of colorless fluid in human but the process of amniogenesis studied in all mammalian groups is

common either by fold formation or by cavitation, sometimes most mammals use both the methods. Iry being by cavitation. In advance stages of pregnancy significant exchange of water and solutes between the fetus and amniotic cavity are postulated to include fetal urination, reabsorption through the fetal swallowing, fetal respiration movements, and exchange across the chorionic plate. Usually the dynamic exchange between amniotic cavity, the fetus, the mother keeps the volume of amniotic fluid in physiological balance (Bautzmann and Schroeder, 1955)<sup>2</sup>, (Hebertson et al., 1986)3. The amniotic epithelium lines the periphery of the amniotic cavity around the fetus. The amniotic epithelium is one of several possible permeability barriers that could influence fluid exchange between the mother and fetus and ultimate composition of amniotic fluid. Amniotic fluid has been referred to as a "private aquarium" for embryos of air-living forms in which recapitulation of the water existence of ancestral forms occurs. To this fluid has been attributed the protection of the embryo, not only against mechanical injury, but also from adhesion and consequent malformations (Wirtschafter and Williams, 1957)<sup>4</sup>. The amniotic epitheliums have secretory potentialities and to this attributed in part to "fetal maturation" or transudate or dialysate or each element exchanges at its own rate and is in dynamic equilibrium with the maternal system

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(Hutchinson et al., 1955)<sup>5</sup>, (Wirtschafter and Williams, 1957)<sup>4</sup>. The amniotic fluid could be regarded as an ultra filtrate of maternal plasma (Makepeace et al., 1931)<sup>6</sup> and the contents corresponding with those of interstitial fluid elsewhere (Gillibrand, 1969)<sup>7</sup>.

The primary purposes of this study are to review the architectural features of the amnion, through the application of scanning electron microscopy.

## MATERIAL AND METHODS

Rousettusleschenaultihas a widespread distribution extending from Sri Lanka and Pakistan to Myanmar, Vietnam, Southern China, Java and Bali. In the Indian subcontinent, almost all states show localities of Rousettusleschengultti. In Maharashtra Rousettusleschenaultiare distributed in Ghatmatha; Chikalda; Elephanta; Jogeshwari; Kanheri; Khandala; Alibag; Mahabaleshwar; Aurangabad; Ratnagiri 1962)8; (Brosset, Marathwada, Satara, Pune, Mansar, Kandri, Ellora (Gopalakrishna and Madhavan, 1970)9. This old world Indian fruit bat Rousettusleschenaulti(Desmerest) is selected for the present study because of its easy availability in the vicinity of Nagpur City.

## Collection of Animal

The specimens of R. leschenaultiwere collected from Mansar / Kandri mines near Nagpur, either during March or in early July.

## Collection of amnion

After anaesthesizing the animats with ether, abdomen wall was cut open by a mid-incision. The gravid uteri of full term pregnant bats were slit-open without damaging the amnion.

## Scanning electron microscopy

Amnion from the species were cut into small pieces, were fixed for one to two hours in cold 3% gluteraldehyde in 0.1M phosphate or cacodylateHCl buffer (pH 7.2-7.4) and then rinsed overnight in the same buffer, then was dehydrated in acetone. After drying tissue was mounted on stubs, lightly coated with gold and was examined on Phillips 501 scanning electron microscope.

## RESULTS

## Scanning microscopic studies

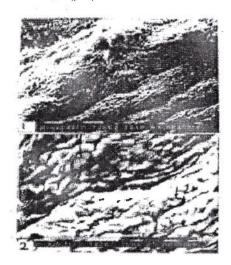
On SEM at low magnification the single layered amniotic surface appeared to be thrown into folds in *Rousettusleschenaulti* near term and the polygonal cells gave a mosaic or "cobblestone" appearance was due to the presence of deep recesses or troughs between adjacent cells. In the

intercellular gaps "openings" or "ostia" were common (figs. 1, 2, 3, 4).

The spider cells were mostly single. The intercellular junctions appeared to be widely separated. Similarly bleb formation on the surface of the cells has been noted (Fig. 1, 2, 3). In Rousettus, at certain places at the bottom of the prominent recesses or troughs between cells, circular openings or ostia were present (Fig. 4). Individual cells protrude with deep intercellular ditches.

The undulating cytoplasmic membrane shows presence of microvilli (MV) of variable length in Rousettums(Fig.5). The microvilli (MV) have little adherent material and more electron dense material (M) and appear to be irregular, sometimes branched or pleomorphic. Some of them were shorter, plumper with bizarre shapes and with blebs and the blebbing appeared more frequently. Inter-cellular border (ICC) is tortuous and dilated (Fig.5). These channels are complicated and run between the lateral sides of the cells. Desmosomes form closer areas of approximation. The podocytelike structures form the basal side of the cell. Horny cells with thickened membrane and dense cytoplasmic matrix are intermingled keratohyalin granules (Fig. 5).

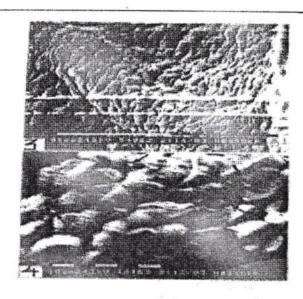
A portion of amniotic epithelial cells and mesenchyme in Rousettusleschenaulti at term shows a continuous layer of dilated micropinocytotic vesicles (PV) at the bases of microvilli and near the basal lamina (Fig.6). Fibrocytes in cellular layer of connective tissue shows abundant pinocytotic vacuoles (arrow), also contain moderately well-developed endoplasmic reticulum and a fairly large number of mitochondria (Fig. 6).

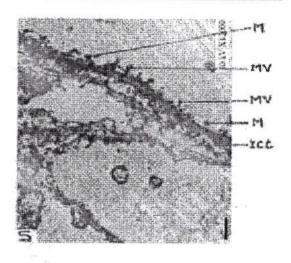


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\*M- Electron dense material, MV- Microvilli, ICC- Intercellular Channels, PV-Micropinocyctic vesicles

## DISCUSSION

In the present study, our scanning electron microscopic observations in Rousettusleschengulti are in accord with the various mammalian species such as human (Bergstrom, 1971) 12,(Ludwig et al., 1974) 13; (Pollard et al., 1976,1979) 14; (Van Herendael, 1978) 13;(King, 1980) 16;(Tyden et al., 1981) 17; mouse (Scott et al., 1982) 18; cat (Tiedemann, 1979)19; ovine (Tiedemann, 1982) 20; (Shandley et al., 1997)21; rat (Backeland et al., 1977)<sup>22</sup> and pig (Tiedemann, 1979)<sup>23</sup>. All the previous workers have described a basic pattern of a single layer of amnionic epithelium with apical microvillous surface either thrown into folds as noted in Rousettus (Backeland et al., 1977)22 in rat and (Shandley et al., 1997)<sup>21</sup> in ovine have described an increase in the number of microvilli with the advancement of gestation, however, in Rousettus microvilli were abundant but many of the cells were denuded only leaving a basement membrane. (Scott et al., 1982) <sup>24</sup> described loss of microvilli but appearance of microridges or microplicae at full term pregnancy in mouse but in our samples both the species failed to show such structures. Such structures are important for increasing the absorptive surface or area. Numerous microvilli at the sides of the cell protrude into these channels, increasing the contact area between the cells and the contacts of the intercellular channels. Apart from microvilli the apical surface of the amniotic cells has many

electron-dense material surrounded membrane, so called blebs suggesting apocrine secretion. Similarly in the single layer of amniotic epithelium there is prominent recess or trough in between the adjacent cells in Rousettusleschenaulti as described in human (Sonek et al., 1991) 25. The occurrence of ostia in the intercellular gap reflects the continuity between amniotic fluid and intercellular canals. Some bleb-like extracellular extrusions were distributed on the intercellular ditches correlating to its secretory function. To these extracellular extrusions are the counter parts presence of surface blebs on the ostia in Rousettus. A well definedsystem of cell shedding is observed in scanning studies as observed by surface only basement membranes indicating its primordial role in preserving the integrity of the amniotic cavity and possibly, an analogy to the kidney, may very well have an important filtering role (Ludwig et al., 1974) 13; (Pollard et al. 1976) 26; (Van Herendael et al., 1978) 15. Similar to this the attenuated and relatively inert amniotic epithelium sloughs off completely around the 54th day leaving fibrous connective tissue only in Cat (Tiedemann, 1979)19. The shedded cells become the 'plaques' as described in white-tailed deer and human (Sinha et al., 1970) 27; (Sinha, 1971)28 but such plaques have not been observed adhering to amnionic epithelium in Rousettus due to their fall in the amniotic fluid.

## CONCLUSION

The amnion serves as a covering epithelium, the role in rapid turnover of amniotic fluid, as a permeability barrier that could influence fluid exchange between the mother and the foetus. The ultimate composition of the amniotic fluid and its

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functions is to protect the developing embryo against the mechanical injuries, adhesions and consequent malformations. It is concluded from such scanning electron microscopy studies that at term the amniotic epithelium functions as a characteristic typical transport epithelia. It can also

be interpreted that they have basic structure as any other mammalian species including human. The anatomical structure of the amnion is complex, complicated and physiologically capable of taking an active part in some of the amniotic fluid exchange mechanism.

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Sevadal Mahila Mahavidyalaya
Umrer Road, Nagpur.

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पर्यावरण म्हणजे नक्की काय? तर पर्यावरण निर्मित हा सुंदर निसर्ग आणि हया निसर्गाच्या अभ्यासाचे शास्त्र म्हणजे पर्यावरण शास्त्र, पर्यावरण विज्ञान! हया पर्यावरण शास्त्राची निवड फार प्राचीन काळातील होती का? कारण आपण कथा पुराणांमध्ये एवढच काय पण आजपासून 25—30 वर्षापूर्वीच्या काळापर्यत जी निसर्ग वर्णने, प्रवास वर्णने ऐकलित किंवा वाचलीत त्यामध्ये निसर्गाविषयी आणि पर्यावरणाविषयी निर्मेळ आनंद व्यक्त केलेला आढळतो. परमेश्वर निर्मित हा निसर्ग सर्व निसर्गवासीयांना आनंद देण्यासाठी तर आहे आणि या निसर्गाचा पर्यावरणचा सर्वांगिण अभ्यास करुन पर्यावरणाशी अनुसंधान साधण्यासाठी पर्यावरण शास्त्र जन्माला आले.

पर्यावरणाच्या संवर्धनात सध्या असंतुलन दिसत असल्याने सर्वच शास्त्रज्ञांमध्ये आणि पर्यावरण विषयक अभ्यासकांमध्ये अस्वस्थता आणि भविष्याविषयी चिंता दिसून येते आहे. आज अनेक विषयात संशोधन पुढे येत आहे. संगीत हे चिकित्सा म्हणून फार मोठे काम करीत आहे. आज पर्यावरणाचा आणि संगीताचा फार जवळचा संबंध आहे हे देखील सिध्द करता येते.

आपल्याला सदैव खुणावणा—या निसर्गाची बदलती रुपे न्याहाळल्यास आपल्याला काय दिसेल. आपल्या भोवतालचा परिसर हाच संगीताचा मूलस्त्रोत असल्याचे आपल्या लक्षात येईल. निसर्गातील प्रत्येक हालचालीत संगीत भरलेले आहे. सुर आणि लय ही संगीतातील प्राणमूत तत्वे निसर्गातही आपल्या प्रत्ययाला येतात. ढगांची हालचाल, पानांची सळसळ, फुलांचे डोलणे, पावसाचे रिमझिमणे, ओढयाची झुळझुळ, नदीचा खळखळाट, समुद्राची घनगंभीर गाज या सर्वात लय आहे, ताल आहे. या सर्व गोष्टींचा लयबध्द आवाज मानवाला खूप काही सांगून जातो. त्याचप्रमाणे ढगांचा गडगडाट, विजांचा कडकडाट, पक्षांचा किलकिलाट, गाईम्हशींचे हंबरणे, यातूनही आपल्याला सप्तसुरांची अनुभूती येते. सोसाटयाचा वारा आपल्याबरोबर वाळलेला पालापाचोळा घेऊन जेव्हा गरगर गिरक्या घेऊ लागतो तेव्हा आपण 'वा—याचे नर्तन' असा शब्दप्रयोग सहजपणे करुन जातो. तसेच खळखळलेल्या समुद्राच्या लाटा अनावर झाल्या की, लाटांचे तांडव सुरु झाल्याचा आपल्याला भास होतो. थोडक्यात संगीतातील लय, सूर, ताल या सर्व गोष्टी मानवाने निसर्गाकडून घेतल्या आहेत असे म्हटल्यास ती अतिशयोक्ती होणार नाही.

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आज या विज्ञानयुगात देवदेवतांचही ही कल्पना पटण्यासारखी नसल्यामुळे संशोधकांना संगीतकलेचे मूळ शोधतांना काही तर्कसूसंगत कल्पना मांडल्या. त्यानुसार आदिमानवाने निसर्गाच्या सानिध्यात राहून निसर्गाकडून संगीतातील सूर, लय, व ताल यांचा स्विकार केलेला असावा असे काही जण मानतात. रानटी अवस्थेतील या मानवाला शिकारीसाठी जंगलांत हिंडतांना अनेक पशुपक्ष्यांचे आवाज एकू आले असावेत व त्यांचे अनुकरण करण्याच्या नादात मानवाच्या कंठातून त्यांचा उच्चार झाला असावा. पूर्वीच्या ग्रंथकारांनी संगीतातील सप्तसुरांचा संबंध पशुपक्षांच्या आवाजांशी जोडला होता. उदा. मोराचा आवाज म्हणजे षड्ज, चातकाचे ओरडणे म्हणजे ऋषभ, बक—याचे ओरडणे म्हणजे गंधार, क्रौंच पक्षाचा आवाज म्हणजे मध्यम, कोकीळेचे कृहुकुहु म्हणजे पंचम, घोडयाचे खिंकाळण म्हणजे धैवत आणि हत्तीचे ओरडणे निषाद, अर्थात ही कल्पनासुध्दा आजच्या काळात मान्य होणे कठीण आहे. पण या सर्व उत्पत्तींमधून आपण मुख्य आशय असा लक्षात घ्यायचा की, आदिमानवाने निसर्गापासून प्रेरणाघेवून आपला विकास साधला व तेथूनच प्राथमिक अवस्थेतील संगीतकलेचा जन्म झालेला असावा. आदिमानवाने जगतात शिकारीसाठी वापरण्यात येणा—या हत्यारांपासून मानवाला निरनिराळी वाद्ये निर्माण करण्याची प्रेरणा मिळाली असावी असे अनुमान काही संशोधक मांडतात. असे असून देखील या पर्यावरणापासून मिळणारा आनंद हळूहळू कुठेतरी लुप्त होत चालला आहे असे वाटते. पर्यावरणाविषयीचे धोके मोठमोठयाशास्त्रज्ञांकडून किंवा अभ्यासकांकडून सांगितले जात आहे. हया पृथ्वीला या सुदंर पर्यावरणाला वाचवणं हे तुम्हा आम्हा सर्वांचच कर्तव्य आहे. अशा या पर्यावरणाच्या संवर्धनाविषयी एका विदूषीचे असे मत आहे की, सर्वांनी तीन R चा वापर करा – Reduce, Reuse, and Recycle.

पर्यावरणाची ही समस्या लोकांपर्यंत पोहचून त्यामध्ये अपेक्षीत बदल हवा असेल तर संगीत एक यशस्वी माध्यम ठरु शकेल. कारण जेव्हा एक जागतिक स्तरावरील बाब सर्व सामान्य लोकांपर्यंत पोहचवून त्यासाठी प्रत्येक नागरीकांनी आपले कर्तव्य यथोचित पार पाडावे आणि पर्यावरण संवर्धनाचे कार्य यशस्वीतेच्या मार्गावर व्हावे यासाठी सर्व सामान्यांना उमजेल अशा भाषेत त्यांना ही माहिती मिळाली पाहिजे. त्यानंतर अनेक अभ्यासकांनी पाणी वाचवा, वीज वाचवा, उर्जा वाचवा असे सांगितले आहे. एका शास्त्रज्ञांनी तर पर्यावरण वाचवायचे कायदे देखील सांगितले.

पेडेलटीचे — 2012 प्रमाणे जेव्हा आपण पर्यावरणीय आरोग्य, स्थिरता, जैवविविधता आणि पर्यावरणीय न्यायाची रचना करु शकतो, त्या मार्गाबद्दल आपण विचार करतो तेव्हा संगीत हा विषय प्रथम लक्षात घेता येणार नाही. संवादाचे अभ्यास संशोधक प्रो. मार्क पेडेलटी म्हणतात "संगीतशास्त्र आणि पर्यावरणय अभ्यासातील फरक ओळखा."

पेडेलटीच्या संशोधनादरम्यान त्यांनी पर्यावरणविषयक समस्यांविषयी आपल्या कल्पनांबद्दल माहिती देणारी कला आणि लोकप्रीय संस्कृती किती महत्वपूर्ण आहे हे समजून

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Sevadal Mahila Mer Umrer Road, Nagani. घेतले तसेच पर्यावरण विषयक समस्येचे निराकरण करणे, वैज्ञानिक, कलाकार आणि इतर प्रत्येकास या विषयावर बोलणे आणि शिकविणे हे एकेणे किती महत्वाचे आहे. हे मी शिकले आहे. ''नागरीक अधिकार मोहिमेसारखा सामाजिक हालचालींमध्ये संगीत किती महत्वपर्ण आहे समाजाची भावना आणि सामूहिक संकल्प व्यक्त करण्याचा मार्ग म्हणून पेडेलटीला आशा आहे की, शास्त्रज्ञ, कलाकार आणि इतर व्यावसायिकांद्वारे त्यांनी तपासलेली माहिती आणि कल्पना तरुण संगीतकारांना पर्यावरणाच्या समस्यांसह नविन मार्गाविषयी विचार करण्यास मदत करतील.

संशोधकम्हणून पेडेलटीचे यश उदार कलांचे अखंड लक्ष आणि व्यावहारीक सौंदर्याचे उत्कृष्ट प्रदर्शन आहे. "लिबरल आर्टस्" आम्हाला ज्ञान व संसाधनांच्या विस्तृत श्रेणीवर गंभीरपणे अभ्यास करण्यास शिकवतात. परंतु आपण सर्वांनाच विद्वान म्हणून खासियत आहेत, आणि एकत्रित कार्य करित आहोत आणि आजच्या विद्यार्थ्यांच्या गंभीर विचारांमुळे प्रेरीत आहोत. आम्ही वेगाने बदलणा-या जगाबद्दल विचार करण्याचे आणि गुंतवून ठेवण्याचे नविन मार्ग शिकलो आहेात. त्यांनी उदार कलांना मल्टीपल दृष्टीकोनातून "आम्हाला अधिक प्रभावीपणे, कलात्मकपणे, आणि जगाला सचाटीने व्यक्त कसे करावे हे ठरविण्यास मदत करते. कला, साहित्य, भाषा, नैतिकता, सिनेमा यांच्यातील घनिष्ठ संबंधाची तपासणी करण्यासाठी पेपर व पुस्तके, लोकप्रिय गाण्यांमध्ये मातीचे स्त्रोत कसे दर्शविले गेले याबाबत तपासणी करणा-या कागदाची कमतरता दिसून येते. ही एक विराधाभासी परिस्थिती आहे. कारण आपल्यापैकी बरेचजण आपल्या जीवनातील प्रत्येक गोष्टीकडे नव्हे तर आपल्या व्यावसायिक क्रियाकलपांच्या यांच्या दरम्यान केवळ संगीत महत्व घेऊन सिध्द होताना दिसतो. सगीताचे महत्व ओळखता येते.

बर्कले येथे पदवी प्रशिक्षण आणि लेखन या विषयातील विद्यार्थ्यांना संस्कृती आणि पर्यावरण विषय अभ्यासामध्ये होता. तरी पेडेलटीने मध्य अमेरीकेतील आणि मेक्सीकोमधील क्षेत्रफळ चालविताना वातावरणाशी संगीताचा संबंधीत संबंध शोधून काढणे सुरु केले. ज्यामुळे इकोसंगोलॉजी मध्ये सध्याचे संशोधन झाले. गेल्या 15 वर्षाच्या संशोधनाने मुख्यत्वे सिनेसोटा, वॉशिंग्टन आणि ब्रिटीश कोलंबिया येथे काम केले आहे. जरी भौगोलिक फोकस हलविले असले तरी पेडेलटीने मेक्लिकन सांगितले. काही काम केले आहे. नविन संशोधन डायरेक्शन इन ईकॉम्प्युलॉजीः म्युझिक कल्चर नेचर येथे प्रकाशित केले आहे. खरतर पर्यावरणाच्या क्षेत्रात आसपासच्या नैसर्गिक पर्यावरणाबददल अधिक शिकण्यासाठी संगीत आता एक महत्वाचे योगदान मानले जाते आहे, आणि पर्यावरणाची ही समस्या लोकांपर्यत पोहचून त्यामध्ये अपेक्षित बदल हवा असेल तर संगीत एक यशस्वी माध्यम ठरु शकेल असा त्यांचा दावा आहे.

हयाच संदर्भात अण्णामलैय्या विश्वविद्यालयाचे वनस्पतीशास्त्र विद्यालय गेल्या काही वर्षापासून प्रयोग करत असून असे सिध्द झाले आहे की, ध्वनी लहरींचा वनस्पतींमधील वाढ आणि त्यांच्या फळा-फ्लांच्या वाढीवर प्रभाव पडला. 'संगीत या सशक्त माध्यमाचा प्रभाव

ज्याप्रमाणे वनस्पतींच्या उत्पादनावर पडतो हा संगीताच्या भुमिकेचा एक पैलू झाला. दुसरा पैलू म्हणजे प्रत्येक मानवाच्या मनात पर्यावरण संवर्धनाची विचारसरणी जागृत करते. रुजवणं आणि त्याचा यशस्वी परीणाम साधंण हया दृष्टीने देखील संगीतच प्रभावी माध्यम ठरु शकेल. ज्याप्रमाणे वनस्पतीच्या संवर्धनासाठी शास्त्रीय संगीताचा आधार यशस्वी ठरतो. त्याचप्रमाणे मानवी मनाची पकड घेण्यासाठी लोकगीत, राष्ट्रगीत आणि भक्तीसंगीत यशस्वी ठरु शकते.

हया सांगितीक दैवी शक्तींचा विचार केल्यानंतर असे लक्षात येते की खरोखर संगीताची कास धरुन जर पर्यावरण संवर्धन झाले तर ते समाजातील लहानांपासून ते वृक्षापर्यत सर्वच व्यक्ती कडून केले जाईल. असा विश्वास वाटतो. असा हा संगीताचा महिमा हया सृष्टीतील अशी एक ही जागा नाही की जिथे संगीत नाही आणि हया पर्यावरण संवर्धनात जर संगीताचा वापर बहुप्रमाणावर आला तर नक्कीच हे कार्य यशस्वी होईल.

### संदर्भ सुची :--

- 1. संगीत निबंध .- लक्ष्मीनारायण गर्ग
- 2. घरंदाज गायकी -. ह. देशपांडे
- 3- संगीत आणि पर्यावरण लिबर https://cla.umm.edu -
- 4- द आर्ट ऑफ टरनिंग क्लायमेट http://www.outside online.com
- 5- संगीत आणि पर्यावरण अभ्यास www. Tandfoline.com

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### About the College

Taywade College, Mahadula, Koradi is well managed by Shri Sacchidanand Shikshan Sanstha which is a premier institution working in the field of Education. The College was founded by a sincere effort of founder Chairman of Shri Sachhidanand Shikshan Sanstha. Dr. B.B. Taywade in 1993. The College is affiliated to the Rashtrasant Tukadoji Maharaj Nagpur University and recognized by the State Government.

The college has all amenities and facilities for holistic development of students. College has focused on disciplined and methodical work culture amongst staff and students by implementation of well planned academic calendar, curriculum and implementation assessment norms that provide conductive academic and working atmosphere for faculties, staff and students for continual improvement.

The main aim of college is to develop a top class infrastructure with technological and socio-economic development with a mission of empowering them to be entrepreneurs and socially competent human being.

College also provides quality education at affordable cost for the upliftment of students from backward class and rural areas. The college has big library, effective canteen, bus facility, internet, play ground, gymnasium, and seminar hall and hostel facilities for students.

### About the Department of Humanities and Social Sciences

The Department of Humanities and Social Sciences is one of the important and basic departments of Taywade College which focus the education of sociology, economics, political science and history along with human values, communication skills, soft skills and overall personality development of the students. The Department conducts various social awareness programs to inculcate the social responsibility among the students.

Dr. Varsha Vaidya

Dr. Sanjay S. Dudhe

Dr. S.B. Taywade

Organizing Secretary

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Principal

Sankalp Publication, VidhyaNagar Nagpur M-8600848950

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# REMOVAL OF Cu(II) FROM SOLUTION USING ADSORPTION STUDIES OF ACTIVATED CHARCOAL AND NON ACTIVATED JACKFRUIT POWDER

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### **ABSTRACT**

In India heavy metal pollution is a serious problem today and its treatment is of special concern due to their recalcitrance and persistence in the environment. The method of adsorption is used for removal of Cu(II) by taking non activated jackfruit peel powder and it's activated charcoal.

Keywords: adsorption, jackfruit peel powder, activated charcoal, Colorimetry

### INTRODUCTION

Due to rapid industrialization and urbanization in developing countries like India heavy metal pollution is a serious problem today. Like organic pollutants, most of these heavy metals do not undergo biological degradation, resulting into harmless end products [1]. Many industries, like metal plating, mining operations, tanneries, radiator manufacturing, smelting, alloy industries and storage batteries industries, etc. release these severely toxic heavy metal ions in their wastewaters contaminating natural streams where in disposed, which is a major concern due to toxicity to many life forms [2]. Though there are many treatment methods for removal of heavy metals from wastewater like chemical precipitation, membrane filtration, ion exchange, floatation, coagulation and flocculation, electrochemical treatment, adsorption and coprecipitation followed by adsorption etc. yet various researchers have studied and revealed that physical adsorption is a highly effective and economic technique for the removal of heavy metal from waste stream and from ancient times activated carbon has extensively been used as an adsorbent [3] in the water and wastewater treatment plants, but it is found to be an expensive material. Recently, an idea of the production of safe and low cost alternatives to this expensive and commercially available activated carbon has attracted the researchers towards the low cost agro and horticultural wastes and by-products for the

removal of heavy metals from wastewater and it has been investigated successfully [4,5]

Heavy metals are member of a loosely-defined subset of elements that exhibit metallic properties, has high density, which mainly includes the transition metals, some metalloids, lanthanides, and actinides. Certain heavy metals such as iron, copper (Cu), zinc and manganese are required by humans for normal biological functioning. However, heavy metals such as mercury, lead, cadmium are toxic to organisms. Most of the health disorders are linked with specific tendency of heavy metals to bioaccumulate in living tissues and their disruptive integration into normal biochemical processes [6]. Increased use of metals and chemicals in industries has resulted in generation of large quantities of effluent that contains high level of toxic heavy metals and their presence poses environmental-disposal problems due to their non-degradable and persistence nature[7]. Several techniques such as chemical precipitation, oxidation, reduction, coagulation, solvent extraction, ion exchange, filtration, osmosis, electrochemical treatment, reverse membrane technologies, evaporation recovery, and adsorption have been commonly employed for the removal of metal ions [8].

Workers involved in spraying of Bordeaux mixture (an insecticide with Cu) on grapes, other crops develop acute irritation of respiratory tract and metal fume fever characterized by the development of interstitial pulmonary lesions and nodular fibro hyaline scars containing deposits if

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copper. Lung cancer may also develop in many cases. An injection of about 50-80 mg of copper causes gastro-intestinal disturbances, nausea, vomiting etc, larger quantities taken accidently or intentionally may cause hemolysis hepatotoxic and nephrotoxic of effects. A higher concentration of copper is injurious to blue green algae since this metal tend to suppress nitrogen fixation.

### COLORIMETRIC TECHNIQUE

Colorimetric is the oldest known technique for determining any colour. The intensity of a substance is in direct proportion to its concentration, which is in terms of transmittance (optical density). Concentration of various solution can be determined by colorimetric technique. The absorbance of different concentrated solution without and with prepared non activated and activated adsorbant was recorded. Concentration of unknown solution can be calculated as follows:-

Concentration of solution ----- x

initial concentration

Concentration of solution I For colour determination of different solution five bottles of different concentration was prepared. Colorimetric technique was used to study for removal of metals from contaminated waste water. The solutions of different concentration were prepared. In a conical flask 50ml solution +0.2 gm activated carbon was shaken for 15 min. the optical density at various wavelengths was recorded before and after adsorption. The pH of the solution was also recorded.

### Observation table 1:- Adsorption of Cu2+ on jackfruit peel powder

Initial con.	IM		0.5M		0.25M	0.125M		0.06M			
		after	before	after	before	A fter	before	after	before	after	
Wave length	before	anei	Delote						0.000	0.0((	
400	0.589	0.450	0.350	0.398	0.183	0.121	0.100	0.074	0.082	0.066	
420	0.428	0.323	0.250	0.210	0.139	0.102	0.086	0.069	0.072	0.059	
440	0.360	0.190	0.205	0.169	0.121	0.096	0.073	0.060	0.070	0.058	
460	0.211	0.108	0.167	0.125	0.098	0.069	0.065	0.048	0.062	0.043	
480	0.180	0.096	0.123	0.096	0.075	0.056	0.059	0.045	0.055	0.039	
500	0.171	0.092	0.111	0.088	0.063	0.050	0.057	0.043	0.050	0.038	
520	0.190	0.19	0.138	0.092	0.076	0.054	0.052	0.040	0.046	0.038	
540	0.198	0.102	0.157	0.125	0.085	0.060	0.049	0.040	0.046	0.038	
560	0.230	0.121	0.243	0.189	0.107	0.069	0.053	0.040	0.047	0.039	
580	0.319	0.199	0.289	0.251	0.142	0.103	0.078	0.061	0.067	0.045	
600	0.426	0.230	0.327	0.291	0.169	0.117	0.097	0.071	0,081	0.061	
рН	2.5	4.9	2.7	5.4	2.9	5.8	3.2	6.1	3.5	6.3	

Observation table 2 :-Determination of concentration of Cu2+ after adsorption by using

nonactivated jackfruit peels powder 0.0625M 0.125M 0.5M 0.25M Initial conc 1M Wave length 0.050305 0.0925 400 0.425714 0.165301 0.764007 0.051215 0.100291 420 0.183453 0.42 0.754673 0.051786 440 0.10274 0.527778 0.412195 0.198347 0.043347 0.092308 460 0.374251 0.17602 0.511848 0.044318 0.095339 480 0.186667 0.390244 0.533333 0.0475 500 0.094298 0.396396 0.198413 0.538012 520 0.096154 0.05163 0.177632 0.333333 0.52 0.05163 540 0.102041 0.515152 0.398089 0.176471 560 0.051862 0.161215 0.09434 0.526087 0.388889 580 0.097756 0.041978 0.434256 0.181338 0.623824 600 0.047068 0.091495 0.539906 0.444954 0.173077 6.3 5.8 61 5.4

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### Observation table 3:- Adsorption of Cu2+ on activated jackfruit charcoal

Initial con.	1M		0.5M		0.25M		0.125M		0.06M	
Wave length	before	after								
400	0.589	0.450	0.350	0.398	0.183	0.121	0.100	0.074	0.082	0.066
420	0.428	0.323	0.250	0.210	0.139	0.102	0.086	0.069	0.072	0.059
440	0.360	0.190	0.205	0.169	0.121	0.096	0.073	0.060	0.070	0.058
460	0.211	0.108	0.167	0.125	0.098	0.069	0.065	0.048	0.062	0.043
480	0.180	0.096	0.123	0.096	0.075	0.056	0.059	0.045	0.055	0.039
500	0.171	0.092	0.111	0.088	0.063	0.050	0.057	0.043	0.050	0.038
520	0.190	0.19	0.138	0.092	0.076	0.054	0.052	0.040	0.046	0.038
540	0.198	0.102	0.157	0.125	0.085	0.060	0.049	0.040	0.046	0.038
560	0.230	0.121	0.243	0.189	0.107	0.069	0.053	0040	0.047	0.039
	0.319	0.199	0.289	0.251	0.142	0.103	0.078	0.061	0.067	0.045
580	0.426	0.230	0.327	0.291	0.169	0.117	0.097	0.071	180.0	0.061
600 pH	2.5	4.9	2.7	5.4	2.9	5.8	3.2	6.1	3.5	6.3

### Observation table 4:-Determination of concentration of Cu2+ after adsorption by using activated jackfruit charcoal

Initial conc	IM	0.5M	0.25M	0.125M	0,0625M
wavelength					
400	0.764007	0.425714	0,165301	0.0925	0.050305
420	0.754673	0.42	0.183453	0.100291	0.051215
440	0,527778	0.412195	0.198347	0.10274	0.051786
460	0.511848	0.374251	0.17602	0.092308	0.043347
480	0.533333	0.390244	0.186667	0.095339	0.044318
500	0.538012	0.396396	0.198413	0.094298	0.0475
520	0,52	0.333333	0.177632	0.096154	0.05163
540	0.515152	0.398089	0.176471	0.102041	0.05163
560	0.526087	0.388889	0.161215	0.09434	0.051862
580	0.623824	0.434256	0.181338	0.097756	0.041978
600	0.539906	0.444954	0.173077	0.091495	0.047068
pH	4.9	5.4	5.8	61	6.3

### RESULT AND DISCUSSION

The adsorption study of non activated powder and activated charcoal of jackfruit peel shows that it can act as a good adsorbent for the removal of Cu

( $\Pi$ ) from the solution. The solution also reveals the change in pH also after adsorption .The adsorbent is more economic and can be prepared from waste material.

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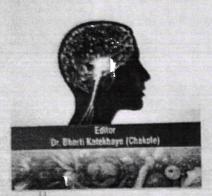
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# **Government Policies And Programmes Towards Nutrition**

Dr. Meghali Joharapurkar

Assistant Professor Sevadal Mahila Mahavidyalaya, Nagpur.

### Abstract

Food and nutrients are required to maintain good health and overall growth of the body both physically and mentally. The condition of malnutrition and under-nutrition, therefore, reduces work capacity and productivity among adults and enhances mortality and morbidity among children. Government intervention, through its various policies and programmes, ensure food security and nutrition. It can significantly change the scenario and pull out a large number of people from the grips of acute under-nutrition and malnutrition.

Bureaucratic hurdles like policy indecision and corruption have impeded achieving the goal nutrition for all. So a robust mechanism of checks and balance must be implemented to narrow down these leakages through these policies and programs implemented by the government.

This is an attempt to highlight the gross problem of under-nutrition and malnutrition in our country and the response of government machinery to address these core issues which directly concern a myriad population of our country.

Keywords: Nutrition, government policies and programmes.

### Introduction

India is a country rich in resources and is self-sufficient in the production of foods but it is facing a food paradox. Today, the country has become a net exporter of food grains. However; India is home to the world's largest population of hungry and underfed people. According to the Global Hunger Index (GHI) though in 2016, India ranked 97 among 118 developing countries, in 2019 it has dipped to 102 out of 117 countries with a score of 30.3, India suffers from a level of hunger that is "Serious". About 15% of under-5 children still suffers from 'wasting' and 39% from stunting. According to NHFS-4 data, though 58.4% of children remained anaemic in 2015-16, there has been a substantial improvement from 2005-06 levels by 11 percentage points. Incidence of anaemia among pregnant women went down by about 8 percentage points between 2005-06 and 2015-16: from 57.9% in 2005-06 to 50.3% in 2015-16. About 53% of the non-pregnant women (15-49 years) suffered from anaemia in 2016 as compared to 55.2% in 2005-06. On the other side of the pendulum, incidence of obesity almost doubled over the decade ending 2015-16: from 9.3% to 18.6% among men and from 12.6% to 20.7% among women. Thus, while the food security situation is progressively improving, access to balanced food with essential nutrients is still a big problem for a vulnerable section of society.

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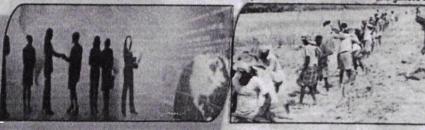
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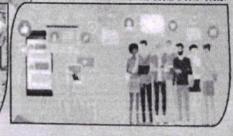
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# Impact of COVID-19 Pandemic on women's sanitation: A case study

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"Sanitation is a noble mission for the Nation"

-Dr.API Abdul Kalam

### Introduction:-

The entire world today is facing the challenges of COVID-19 Pandemic with full of determination and discipline. The COVID-19 is as an acronym for Corona virus infectious disease which was identified in the year 2019 in Wuhan province of China. As of today there is no vaccine available to curb this contagious disease, more than 45 lakhs of world population has been infected with this novel corona virus disease and more than 3 lakh died of Corona virus disease. To stop the spreading of this virus many countries have imposed lockdown as they believe only social distancing and sanitation plays a crucial role in this matter. When it comes to keeping the surrounding clean and free from infected disease, women have always been playing major role since time immemorial. Any sanitation program (work) without providing women a lead role can not achieve a holistic and lasting impact.

In such a time of becoming highly aware of sanitation due to COVID-19 pandemic, women are still leading the society by taking utmost care of their family. The aim of this paper is to throw ample light on women's awareness and actively participation in sanitation and to discuss their role in keeping the society free from infected disease like COVID-19.

### Objectives:-

- 1) To study the importance of sanitation in COVID-19
- 2) To examine women's maximum participation in sanitation
- 3) To study women's awareness about sanitation in COVID-19 pandemic
- To identify women's role in achieving social distancing and sanitation in Contagious disease period.
- 5) Mapping the desired impact of women's leading role in Covid-19 Pandemic

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Research Method:- The present research incorporates a case study of 25 respondents from Amgaon(Dighovi) village in Bhandara district. 25 samples were collected from diverse strata of society using survey method as well as telephonic interview.

Table 1. Showing impact of COVID-19 on women sanitation

Sr. No	Mode of awareness	Participants	Order of Rank
1)	i) personal awareness about the importance of sanitation	25	1
2)	ii) Sanitation in family by use of Mask and washing hands with sanitizer	21	п
3)	iii) Washing vegetables before cooking them when bring from the market	22	Ш
4)	iv) Use warm water for drinking in family	15	VI
5)	v) keeping well social distance by avoid others contact	20	V
6)	vi) keeping all the surrounding clean and free from all kinds of infection	25	I
7)	vii) keeping minimum 1miter distance at grocery shop and while purchasing vegetables from vendors.	21	IV

### Description of the table

It is observed from the data presented in above table that majority of the respondents (25) has knowledge and awareness about the importance of sanitation. By keeping the surrounding clean they are avoiding infection and keeping themselves safe from germs and bacteria. It has denoted by 1st order of rank. A good number of women(21) promote the use of mask and 20 second hand wash with sanitizer. It has been given 2nd rank. 22 Women wash vegetables before cooking to avoid any kind of infection. It has given 3rd rank in order. It has observed that 15 women respondents use warm water for drinking. It has shown 6th order in rank. Most of the respondents (20) maintain social

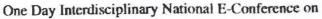
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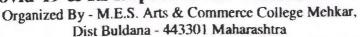
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### Covid-19 & Its Impact on the Various Factors







distancing by avoiding close contact with neighbors and others. Its has denoted 5th order in rank. Maximum number of women (25) knows the importance of cleanliness and health of family. They keep their houses as well as environment neat and clean. It has shown 1st rank in order. 21 women wear mask and maintain distance while purchasing essential commodities. It has indicated by 4th rank.

### Conclusion:-

It is observed that women have become more conscious about sanitation in this period of utmost carefulness. Women are playing a pivotal role in keeping the health well of their families. The responsibility of taking much care of the family has been shouldered on women since time immemorial and still it continues. Mostly women are keen observer of the sanitation. In this situation women are finely maintaining the social distance. Their participation in achieving the goal of government policies in this period of COVID-19 pandemic such as use of mask, social distancing, use sanitizer for hand wash are at front.

Suggestions:-

- i) For effective implementatition of the sanitation in every region, women from rural area should be made aware about sanitation.
- ii) Increased awareness can be disseminated through mass media method.
- iii) The government official should conduct a periodic inspection COVID-19 hotspot areas. It will add more participation in sanitation.
- iv) Social distancing shall be maintained in all walks of life.
- v) More emphasis should be given on rural women for positive sanitation. They should know the importance of sanitation.
- vi) Objects useful for sanitation should be provided in rural area.

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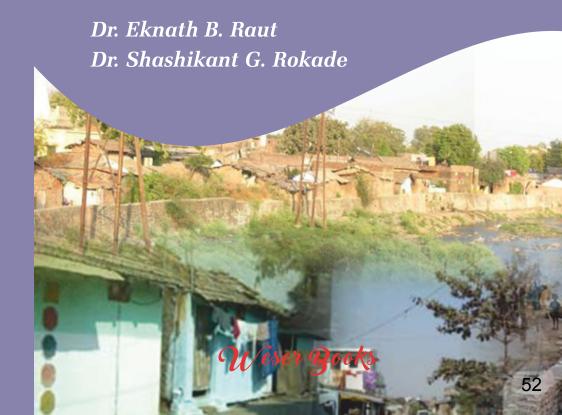
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# The Impact of Formal Education, Reading Habits and Media on Slum Dwellers

A Critical Study of Nagpur Municipal Corporation Region





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# The Impact of Formal Education, Reading Habits and Media on Slum Dwellers

A Critical Study of Nagpur Municipal Corporation Region

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### **Abbreviations**

1.	ASEAN: Southeast Asian Nations commonly known as ASEAN
2.	AWIC: Associations of Writers and Illustrators for Child
3.	BMC: Brihanmumbai Municipal Corporation
4.	CDI: Compact Disc Interaction
5.	CDP: City Development Plan
6.	CDPI: City Development Programmed Index
7.	CDROM: Compact Disc Read Only Memory
8.	CORO: Mahila Mandal Fedration (Adult Literacy in Low Income Group)
9.	CPM: Capability Poverty Measures
10.	DEA: Department of Economic Affairs
11.	DELNET: Developing Library Network
12.	EWS: Economic Weaker Section
13.	FDI: Foreign Direct Investment
14.	FDI: Foreign Policy of Direct Investment
15.	FEMA: Foreign Exchange Management
16.	FPZ: Export Processing Zone
17.	GDP: Gross Domestic Product
18.	HRD: Human Resource Development
19.	ICDS: Integrated Child Development Programme
20.	ICDS: Integrated Child Development Programme
21.	IFLA: International Federation of Library Association
22.	INFLIBNET: Information Library Network
23.	IUC: Inter-University Centre
24.	JNNURM: Jawaharlal Nehru National Urban Renewal Mission
25.	LIG: Lower Income Group
26.	MDG: Millennium Development Goal
27.	MPI: Multi Poverty Index
28.	MPI: Marginal Poverty Index
29.	NBDBI: National Book Development Board
30.	NBDC: National Book Development Council
31.	NBPC: National Book Promotion Council



32.	NBT: National Book Trust
33.	NFE: Non-Formal Education
34.	NGO: Non-Governmental Organizations
35.	NIT: Nagpur Improvement Trust
36.	NLM: National Literacy Mission
37.	NMC: Nagpur Municipal Corporation
38.	NPO: Non-Profitable Organizations
39.	NSDP: Nagpur Slum Development Programme
40.	NSS: National Sample Survey
41.	NSSO: National Sample Survey Organization
42.	OECD: Organizations for Economic Co-operations and Development
43.	RBI: Reserve Bank of India
44.	SIP: Slum Improvement Plan
45.	SPA: Slum Population Authority
46.	SRA: Slum Rehabilitation Authority
47.	SRC: Slum Redevelopment Scheme
48.	SSA: Sarva Siksha Abhiyan
49.	SUP: Slum Upgrading Programme
50.	UBSP: Urban Basic, Services Program
51.	UEE: Universal Elementary Education
52.	UGC: University Grant Commission
53.	UN: United Nation
54.	UNDP: United Nation Development Plan
55.	UNESCO: United Nations Education, Scientific and Cultural
56.	UN-HABITAT: United Nation Human Settlements Programme
57.	UNICEF: United Nations Children Fund
58.	URL: Uniform Resource Locator
59.	USDP: Urban Sanitation Development Programme for Nagpur
60.	UT: Union Territories
61.	WLM: World Literacy Mission
62.	YUVA: Youth Unity for Voluntary Action



### Chapter - 1

### Introduction

### 1.1 General introduction

Beware the ends of the earth and the exotic: the drama is on your doorstep wherever the slums; are, wherever there is malnutrition, wherever there is exploitation and cruelty.

John Grierson [1]

The rapid growth of slums in the recent decades has vastly outpaced the civil infrastructure. Nearly 100 million people of the World live in the urban slums (UN-HABITAT, 2010) [2]. Slums are one of the challenges that governments in most developing and the least developed countries are presently faced with. It is vicious cycle of population growth, opportunities in the cities (leading to migration to the cities), poverty with low incomes, tendency to be closer to work hence occupying any land in the vicinity etc. (UN-HABITAT 2007) [3].

As per the recent survey report released by the Government, the country will have about 93.06 million people living in slums by next year, up by over 18 million in the past 10 years (Census 2011) [4].

An expert committee, constituted to look into various aspects of slum census, projected the population living in this cluster, in 2011 at 93.06 million, up from 75.26 million since 2001, Minister of Housing and Urban Poverty Kumari Selja, Alleviate, said in a written reply to a question in the Lok Sabha (Times of India 19, November 2010) [5].

This is the study of Slum Dwellers who live, despite incredibly difficult odds to survive, to share and try to upcoming from their slum life. Education is one of the basic tools of success in the modern era. Without education, one cannot realize their goals and make progress in the world (Baker, J., Basu, R., Cropper, M., Lall, S., & Takeuchi, A. 2005) [6].

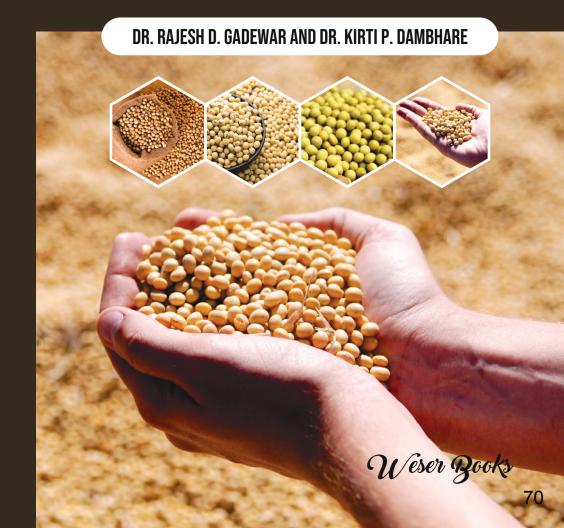
Education is a must for each and every member of the society that seeks to become a developed nation and compete with rest of the world. Lack of education is another basic problem among these slum inhabitants (Rao, V. 2000) [7].

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# BIOCHEMICAL STUDIES IN SOYBEAN SEEDS UNDER TROPICAL STORAGE CONDITIONS



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# BIOCHEMICAL STUDIES IN SOYBEAN SEEDS UNDER TROPICAL STORAGE CONDITIONS

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### Chapter - I

### Introduction

#### 1.1 Introduction

Any agricultural improvement program is the maintenance of quality in the storage of seeds, high temperature and high humidity conditions which are the common ambient feature of subtropical and tropical areas, which induced deterioration of seed quality. Although several reviews are available on the loss of seed viability during storage and its assessment has been standardized.

Soybean; the raw materials for vegetable oils, occupy a significant place in India's national economy. India is the world's biggest oilseed growing country and paradoxically, the world's biggest important of edible oils as well. The main reason for this can be traced to low productivity per hectare.

Soybean (Glycine max L. Merrill) the most well-known oil seed and legume crop belongs to the family-leguminosae. It has a chromosome number of 2n=40. The flour contains approximately 40 percent proteins, 20 percent fats with valuable phosphates, potassium and the important vitamins A, B, and D. Soybean is not only a very cheap source of edible oil but also is a high quality protein rich food for human beings and livestock. Soy-protein is known for the high amounts of lysine, methionine and cysteine. Soybean should prove a boon to the large population of children in India suffering from acute protein malnutrition. Soybean is used for the manufacture of soaps, paints, enamels rubber substitute, printing inks, lubricants etc. As a human food it is used in the form of baked beans, flour, candies, margarine, cocoa, cooking oil etc. It makes an excellent animal feed in the form of hay, posture, soybean oil, milk etc. It is becoming increasingly popular because of its nutritive value and a number of products are flooding in the market. The production and areas under this crop is increasing day by day due to high protein and oil contents in it and requirement of the same in antibiotic industry for medicinal purpose.

The cultivation of soybean has been introduced in India at the end of eighteenth century. In India, soybean is particularly grown in northern parts of the country. Its importance in reducing the oil and protein gap has now

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been generally appreciated and ambitious targets have been set up for its cultivation. Maharashtra Government has a program to take up its cultivation. In Nagpur district, large scale cultivation of it has already been taken up by some of the progressive farmers. Some of the promising and recommended varieties of soybean for Vidarbha region are TAMS-38, TAMS-98-21, JS-335 and AMS-99-28. Out of these, JS-335 is an early and high yielding variety.

In Vidarbha region of Maharashtra State, soybean crop is harvested in October-November. The seeds of soybean crops are stored for 7-8 months prior to sowing. Through sun drying after harvest, followed by storage, has been found to reduce the problem of loss of viability. Here the greater part of storage period is covered by the dry and cool winter months. Even keeping the seeds under ambient conditions in ordinary gunny bags would result in significant loss of viability (Charjan and Tarar; 1992). However, seed is not dried to relatively safe moisture content after harvest; its storability will be reduced (Gadewar et. al., 2009). Sometimes, during harvest there may be occasional rains which may prove detrimental to subsequent seed storage, especially when the seed is not dried to a safe moisture limit after harvest. Otherwise, under normal conditions, the problem of storing seed is not of any major significance. But the maintenance of good germinability of carry over seed is of great importance to seed produces and plant breeders. Table 1.1 shows Area, production and productivity of soybean during 2014-15 in India.

Table 1.1: Area, production and productivity of soybean during 2014-15

Region	Year	Area (Lakh ha)	Production (Lakh MT)	Productivity Kg/ha-1
India	2015-2016	110.656	86.426	781
Maharashtra	2015-2016	35.852	27.835	776
Vidarbha	2014-2015	20.720	8.235	397

(Source: Anonymous, 2015, a, b) (Source: Anonymous, 2014, c)

The demand for seed is fluctuating and very often there are large surplus stocks of seed which need to be preserved till the time of next sowing. Such left-over seed experience in the hot and humid mansoon months, would significantly decline germinability. By the time of next sowing in June-July, the loss in vigour and viability of carry over seeds, may adversely affect field emergence and productivity (*Basu, et al.; 1978, Charjan and Tarar; 1992*, and *Abdullah M. Alhamdan et al.; 2011*). The oil seeds are poor storer and loose its viability very fast in adverse conditions of temperature and humidity. To have maximum seed vigour and germination, it is necessary to determine the effect of the ambient conditions, under which maximum seed lots are stored in India, with varying temperature and humidity.

Page | 2



M.A., MLIb.I.Sc., PhD., working as a Head, Dept. of Library, at Sevadal Mahila Mahavidyalaya, Nagpur, India. He published twenty five research papers in different National and International repute journals, two books with International publishers and two chapters in a book with National publishers. His interest area of research is e-learning, LIS student's behavioral study and information management.

#### **About the Book:**

Our generation is the witness of ICT development and how it is growing continuously. Academicians, technocrats, also children's, young ones, old people all have become follower and fond of this technology. Increasing advancement, its applications, facility and then unexpected entry COVID - 19 has made us to realize role and ultimate final and that too the only solution to share ideas, learn new things, complete assignment, teaching plan, video, , editing make wise and scientific use ICT and after this save it in most appropriate device drive or in clouds...

#### Contents:

- Introduction: An overview of ICT
- Library Automation
- IT based Stock Verification
- WWW Web Developments Google Tools the Most useful application for library professionals
- E-Resources needs careful consideration
- Maintenance of computer system : Antivirus software's
- Cloud storage and libraries : Opportunities and challenges

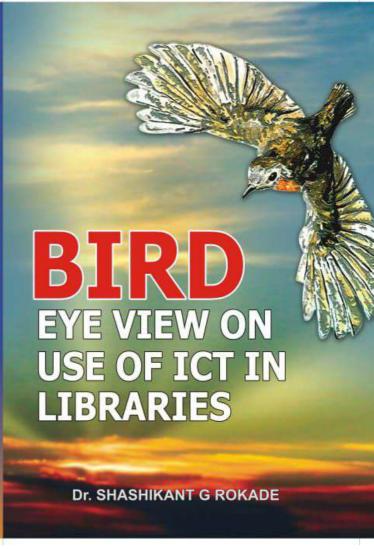


- DELNET Developing Library Network
- National Library & Information Services Infrastructure for Scholarly Content (NLIST)
- Open Access E-Resources available for users
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- Search Engines
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USE OF ICT IN LIBRARIES BIRD EYE VIEW ON





## BIRD EYE VIEW ON USE OF ICT IN LIBRARIES



# BIRD EYE VIEW ON USE OF ICT IN LIBRARIES

Dr. Shashikant G. Rokade

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### **Preface**

Our generation is the witness of ICT development and how it is growing continuously. Academicians, technocrats, also children's, young ones, old people all have become follower and fond of this technology. Increasing advancement, its applications, facility and then unexpected entry COVID – 19 has made us to realize role and ultimate final and that too the only solution to share ideas, learn new things, complete assignment, teaching plan, video, , editing make wise and scientific use ICT and after this save it in most appropriate device drive or in clouds.

Library professionals have to take more responsibility in the age of ICT. Systematic use of computers. It knowledge of electronic devices, applications, basic software and hardware, accessories, connecting devices, ports, etc. Library readers and authority both expect these services from library staff. Therefore keeping this in view and to promote supportive staff of libraries to get well acquainted with ICT and prove themselves that they are good in making use of modern technology this books has been written. This books contains 15 chapter shortly mentioned as under.

Chapter one explains on need of computer literacy and internet among library staff at ground level on priority basis. Well familiar staff discharge variety of services speedily and



attract users towards library Perfection in MS-Office, regular use of e-mails for sending or receiving files and documents and net surfing are the basic foundation for smooth and fast functioning in libraries..They should be well versed with the use of compute basics such as MS-Word, MS-Excel MS-Power Point and internet surfing. There is very need to focus on library staff though their API and efforts are not counted for any promotion or any level. They are the real service provider works under supervision of librarians. This fact should understood and due respect should be given to their services as their contribution is also equally important in success of library.

Chapter two describes library automation which explains need, advantages, impacts of automation, challenge before library automation, future prospects, involvement of library staff etc .

Chapter three deals about ICT based stock verification. Library staff is expected to conduct stock verification work at regular intervals i.e annual, alternative year or once in five years. Manual and ICT based stock verification is with its advantages and limitations are described in the chapter.

Chapter four takes review of web developments. Web 1.0, Web 2.0, Web 3.0 and 4.0 are briefly described in the chapter.

Chapter five 'Google Tools' its types, origin and uses are explained shortly in this chapter.

Chapter Six deals about 'e-Resources needs careful consideration'. It electronic resources, its types, selection process, technical requirement, authentication, licensing, pricing, legal issues etc

Chapter seven Maintenance of computer systems: Antivirus software's' explains concepts virus, antivirus, qualities expected of antivirus software's, protection, precautions to be taken are briefly mentioned here.

Chapter eight 'Cloud storage and libraries: Opportunities and challenges' describes definition of cloud computing, its role, services of cloud computing, types, applications, properties and other associated concepts.

Chapter nine DELNET –Developing Library Network' describes its role in providing services through Inter Library Loan, database available, terms and conditions required for memberships and services, Objectives, Full Text digital library, resources, links of databases, etc are given in the chapter. More specifically subject wise list of journals listed in order to create effective awareness among users.

Chapter ten 'National Library and Information Services Infrastructure for Scholarly Content (NLIST)'highlights role of N-List e-Resources and other databases in higher education. Availability of e-Journals e-Thesis, e-Books and other databases for colleges are mentioned in the chapter though they are available on site. Taking into consideration users time and attitude and in order to promote them by bringing the list to their notices subject wise list available under different sites such as Indian journals, Oxford University Press , Cambridge University Press, H. W. Wilson are arranged accordingly and provided in usable form for readers..

Chapter eleven 'Open E-Resources (e-Jrls) available for users of science' are mentioned . E-resources made available under DOAJ, NOPR of NISCAIR, Indian Academy of Science Bangalore and other related e-resources included in the chapter.

Chapter twelve 'National Digital Library' highlights information about NDL, its objective, address, membership, guideline about access etc. included in the chapter. Further in order to make awareness among users E-Resources available under Science and Humanities are given in the topic.

Chapter Thirteen is about 'Search Engines'. It describes meaning of search engines, its role, types etc.



Chapter fourteen 'Dspace the Best Open Source Software for development of Institutional Repository'

Chapter fifteen 'Information Storage devices' keeping in view the importance of information storage devices historical developmental stages and forms, storage capacity etc are briefly described in the topic.

Dr. Shashikant G. Rokade



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## 1

## Introduction : An Overview of ICT

Library professionals are aware that use of computers and applications of ICT have became inseparable part of our day to day activities in libraries. Even small public libraries of D type located in rural area are also implementing use of computers. Such initiative of of village libraries are really appreciable and motivational for others to accept ICT environment. Learned employees working in educational libraries specially of colleges are expected to make optimum use of computer and ICT applications. Besides COVID-19 has not kept any other alternative option than use of ICT in college libraries. Therefore library supportive staff should accept ICT technology positively and take initiative in learning use of ICT so that this will help to render variety of services to their readers at wide range. This is right time and opportunity for library staff. Of course it is the moral duty of librarians to provide unconditional support and motivation to acquire ICT skill. Cooperation of the principal and management through financial support is the key factor in development of ICT.

In order to make the successful use of ICT library staff should learned and well versed with basics of



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### WOMEN'S HEALTH Mrs. Jyoti D. Kamble

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Abstract: Women and health discuss the general perspective of women's problems and health. Related issues the status and role of the women determines the awareness of health. Due to modernization the health condition of women is not a healthy condition. With the help of right to women and health facilities provided by government to prevent and control the health problem and get possible solution for it. Women are considered as one of vulnerable population of society who face various problem affairs at all parts of the society women in developing country have many problems and women in developed countries have right and freedom but also fight for equal rights and liberty women had suffering from physical, mental psychological and social conditions. Women role in political, social psychological spiritual and all sector she covers well so her problems have very importance for maintaince of any society. women role in maternal leadership, corporate sector business education and justice etc. she devote in her work and do it very well may be she is house wife or working women she face reproductive problem menstrual problems disease problems ( Breast Cancer ) Domestic violence specially and depended employment problems all these health related issues of women at rural and urban level solve by women empowerment concept is growing from these issues and women empower through self-earning, entrepreneurship development and government facilities to women Mahila Batchat Gat etc. Women lives have changed from time to time. Historically, life was particularly difficult women drudgery for most women. Besides numerous dangers and diseases women became wives and mothers often when they were just emerging from their own childhood many women had multitude of pregnancies and some had childbirth problem also The immunization and health services are not reach to the women today mediclaim, term plan are the option for medical facility, Jinni Suresh yojna also benefitable to rural women the health programmers need to focus more on women health needs, keeping in mind the role and status of woman.

Keywords: - women problems, health, health issues and facility, women role and society etc.

#### Introduction

Women's Health play an important role in family development and if family developed there will be good chances for national development women naturally helps in national development that's why women health is very important in all concern. Women health is now important concept and need focus on it always Women health in general and adolescent girls reproductive health are both have importance in women socio economic status social and psychological health of women depends on family background and environment Health is every ones right no doubt women life may be she is home worker /house wife or working women she face so many problems and challenge women life is full of challenges from history women life was very difficult now a days women life is very strong and empowered

education and laws helps women to become strong and empower to solve her problem

### Impact of violence on women's health

Violence against women is a major problem and a violation of human right this may due to lack of access to education and opportunity and low social status in communities are linked to violence against women (Ref. T. Kanakraj. & A. Muthu Raman – women and Health edited by Jenitta Mary pg.no. 105 ISBN-978-81-7132-657-0) Violence against socio- economic status of women, physical, mental and psychological health of women Day today the problem of joint family and family members live together is difficult. Because of lifestyle changes modernization other things also affect the same I e. economic condition, earning problems, un-employment and all such make the things critical and family security

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destroys. In such cases Domestic violence occurs. And its impact turns in divorce and family breakdown violence directly affects the family environment Domestic violence reflect the impact on women development domestic violence affects women health

Women health play on important role women issues and its concern always need attention because of above reason for women health and welfare govt. start so many programmes and schemes

- 1) Sukanya Samruddhi Yojana
- 2) Mata Bal Kalyan
- 3) Sarva Shiksha Abhiyan
- 4) Janani Suraksha Yojana

Women health depend on following factors:-

- 1) Diet and Nutrition
- 2) Personal Hygiene and economic status
- 3) Education and awareness, and facilities
- 4) Socio- economic background

Health complications faced by women in India –

- 1) Breast cancer/cervical cancer
- 2) Abortions and delivery problems
- 3) Menstruation and menopause problems
- 4) Nutritional anaemia, Sickle cell anaemia
- 5) Smoking problems, and drink
- 6) Sexual harassment and addiction problem affected health problem
- 7) Dental caries and Dental health problems
- 8) Malnutrition and Deficiency diseases
- 9) Bones and calcium, vit. D. Deficiency health

Ref. 1) Women and Health – I Jenitta Mary – C. Chidambarnathan (2011) ISBN-978-81-7132-657-0, Pointer Publishers, Jaipur. Pg. no. 105.

### National women's Health week celebrated on 9 May to 15 May 2021.

#### Health detections in women-

- 1. Birth control
- 2. Breast Implants
- 3. Caregiving
- 4. College and adolescence Health
- 5. Heart Health
- 6. Menopause
- 7. Mammograms
- 8. Pregnancy
- 9. Women and bone pain medicine
- 10. Cosmetics and Nutrition

### Women Empowerment in India:--

Women Empowerment means the economic development of women. Not only economic

development but also social development and gender justice also are the dimensional strategies.

Work Participation:-In rural India women play an important role in agriculture sector and industrial sectors as labour workers. Labour women faced malnutrition and death diseases problems. Their children also suffers.

Women in Politics: - Women participation in politics play an important role in national development. The political women have stress in their work. So many mental stress and tensions and it affects impact on women health. Dr. B. R. Ambedkar gives chance to women to enter into politics and other social sector for development in India. As per the 73<sup>th</sup>and  $74^{\mathrm{th}}$ Indian constitutional Amendment Act 1/3rd seats are reserved for women in the Parliament and State Assembly. So, the political and Corporate sectors working women face so many mental stress and tensions and suffering from high B.P., Diabetes, Blood cancer and Breast Cancer etc. Women always face the critical issues of the family and suffer from ignore of Health.

### Effect of sports and Fitness on women Health:

Health is the basic requirement of all human beings. Yogasans and sports are the cultures of Indian society. Women also do different yoga skilfully and maintain their health. Now a days women are good in sports and winner in different national and international games sports. In the modern days we can witness that many women take part in sports.

And the women who do not get time for sports activities. It is due to the impact of health benefits through physical activities. Now everywhere we can see women take morning and evening walk. She join health club also and go to park with children. This is because of awareness of fitness. Sports gives jobs and security to women. Sports promotes welfare to women. They gate money fame and name through sports.

### Health problems of urban and rural women:

Rural women have more health problems than that of urban women. Rural women work in fields, agriculture,

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And also labour workers. Rural women are suffering from lack of education and support to solve her problems.

Now Mahila swayamrojgar scheme, mahila bachat gat scheme enhanced the value of rural women skills

The risk factors for rural women health are family, society etc.

Rural women empowerment is the need of society. Rural community based on strong will power of women and their work.

### Menstrual Problems and Menopause in women:

Menstrual problems are a major cause of morbidity among the adolescent girls. More than 90% girl are suffering from menstrual pain. Pain is a common complaint of girls and women. Some women have less menstrual period 2-3 days or not cleared having problems 4-5 days of pain and other symptoms women ignore all these problems and secured to refer the physician.

The tendency to ignore is more among rural women than that of urban women low consultation rate and culture of tolerance among women is also linked to their low status in the family and society. Women lack of decision making is also important factor on women health seeking. When menstrual cycle stops menopause is there. Menopause is condition when ovulation process change and secretion of hormones also change. Women are not easier to this change and depression occurs sometimes. Slowly she accept the body changes and familiar with the condition.

### Conclusion: -

Women health play an important role in development of nation .So, women is keyplayer

of society and needs attention on her condition. Women health facility and services provide by government. From history women play so many role in family and complete the needs of not only family also society and nation. Women health problems and issues needs services and alertness taking in action plan. Women empowerment in today life make desirable support to all women.

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ENTREPRENEURSHIP FOR UPLIFTMENT OF LIFE"

### "HOME SCIENCE SKILLS IN INDUSTRIAL **ENTREPRENEURSHIP** FOR UPLIFTMENT OF LIFE"









Umrer Road, Ha

Dr. Chhaya N. Vidhale Dr. Sharmila R. Kubde

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Principal Sevadal Mahila Mahavidyalaya Umrer Road, Nagpur.

### CHAPTER - 1 ROLE OF HOME SCIENCE IN NATION BUILDING

### Dr. Chhaya Narendra Vidhale

Associate professor, Dept. of Home Science, Matoshree Vimlabai Deshmukh Mahavidyalaya Amravati.

#### **INTRODUCTION -**

The reflection of Home science textback to ancient days when special education on all aspects of life was given to girls for managing harmonious home and family life till formal education for girls in this direction was introduced by Madras mission school in 1915. The girls were educated on aspects like taking good care of children, supplying nutritious food to family, building health of family and managing their homes. This was the initiation of the concept of Home science through the education was not formally named as home science. Efforts were continue to make this education meaningful and suitable to life of a girls who got married in her early teens. Later early 90s witness the boost of special education for girls called home science education. The stepping stone in this direction was introduction of Home science subject in 1927 by educational planner at All India women's conference. The society recognise this education as a symbol of high status and the parents got encouraged to send their daughters for home science education. This was further supported by National Freedom Movement in thirties and forties of 19th century when equality of women was sought in all aspects of their expanded role in home and development of the nation. Even Sargent committee in 1944 highly acknowledge the importance of Home science as subject in schools for girls.

After independence movement, the forward looking nation strived to empower the status of women in all spheres of

# "HOME SCIENCE SKILLS IN INDUSTRIAL ENTREPRENEURSHIP FOR UPLIFTMENT OF LIFE"

Editor in Chief

Dr. Chhaya N. Vidhale

Dr. S. R. Kubde

Lulu Publication 2022

Sevadat Mahila Mahamalaya Umrer Road, Nagpur. Therefore, effective and efficient use of the limited space is not just the choice, but the need of the people. With all these developments, interior designing is emerging as a booming career option for people with a creative bent of mind.

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Umrer Road, Nagpur NAGPUR

### CHAPTER - 10 RECENT TECHNOLOGY IN HOME SCIENCE

### Mrs. JYOTI D. KAMBLE

Assistant Professor, Sevadal Mahila Mahavidyalaya, Nagpur.

#### NTRODUCTION:

Higher education encourages technical know-how, utility kills promote careerism sense of responsibility and prosperity mong youth of nation besides dealing with development of noral character and intellectual level of youth. Home science is in applied and integrated science which aims at improving the quality of life for the individual, the family and the community. The history of home science is to teach and learn the student raditional knowledge on graduation level. Home science ncludes basic 5 subjects i.e. Food and nutrition, Resource management, Textile and clothing Extension education and Human development. History of Home Science was first introduced in secondary schools in the princely state of Baroda Inow Vadodara) by Maharaja Sayajirao Gaekwad III in 1913.Home science is concerned with the home health and happiness of all the people living in it. As a field of specialization, Home science draws its content from courses in both science and art. Thus representing an interdisciplinary field that prepares young learners for the two most important goals in their lives caring for their home and family as well as preparing for career or vocation in life, Hence its scope extends to activities associated with setting home based activities.

"Right from conception balanced and nutrition, food health and proper medical care for mother, conducive home and environment to take the first step and plunge in to this wide

Principal
Seyadal Mahila Mahavidyalaya

Umrer Road, Nagpur.

world in an atmosphere of warmth and affection a sense of ome science is co-education field - Need of Hour belonging and being cared for proper samskaras and a health surrounding and mind space for a sound mind and sound body with the active responsibilities apply, and render ones mite in upliftment to enhance quality not only of one own life but also of others".

Home Science covers a few areas of specialization such as Food and nutrition Communication and Extension, Resource Management, Human Development, Fabric and apparel science. We learn and develop good interpersonal relationship with in and outside the family. We also learn to manage our resources like time, energy and money so that we get maximum satisfaction. Home science also involves learning the skills intending all this useful to our family or community, especially the underprivileged for better life.

We value our traditional knowledge, experience offered to us by our parents and grandparents, we should continue and value this. They new advance in science and technology and management equip us better and deal with the changing social and economic environment and meet the challenges of the 21st century.

### Significance of the study of Home-Science in day to day life :-

The need for studying each aspect of Home-sci. enables a scientific understanding of the field and allows for research in the discipline. A study of Home-science helps in the ultimate under standing of self, people and various, social, emotional and biological factors necessary for human survival. Home science syllabus draws its strength from both science and arts discipline. This enables the student to develop the ability and understand the concept as well as apply them in various contents situations. This gives home science student an edge above all other disciplines.

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Both have to succeed in an increasingly competitive world.

Both have to share household Problems and problem of unemployability.

Both need to manage resources.

In case of a problem they have to solve together with other family members.

Home science offers varied vocational and professional avenues for both boys and girls.

Joint knowledge and skills help to improve the standard of living.

Home science means the art of managing yours resources fficiently and the science of achieving a healthy and happy home as well as successful career.

### echnology in Home science

Food technology

Dairy technology

fashion designing and apparel technology

Catering and hotel Management

Recent topics in Home-sci. Syllabus :-

### 1) Food and Nutrition :-

- Childhood obesity problem.
- ii) Juvenile Diabetes, Heart disease in child.
- iii) Breast cancer symptoms & their Hazards.
- iv) smoking and drinking effects on women's health.
- v) Use and importance of HACCP techniques FSSAI Food quality.
- vi) Self employment through food preservation techniques.
- vii) Water conservation methods /techniques.
- viii) Kitchen gardening Assignments and projects give to the students.

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Umrer Road, Nagpur.

ix) Food waste management and production of manure from nifferent new Arts concepts use in Home science resource

### (Family Resource Management): (FRM)

- 1) Home management, event management
- 2) Management of waste food in marriages, birth day parties etc.
- arrangements.
- 4) Gardening of Medicinal and herbal plants i.e. Aloe vera, Tulsi

#### **Textiles:**

- 1) Fashion Designing Techniques.
- 2) Different professional clothing
- 3) Recent techniques of stains removals.
- 4) Printing and Designing, Patch works, Embroidery, and lesses formation for sarees

#### **Extension Education:-**

- 1) Women empowerment
- 2) Women Entrepreneurship
- 3) Linkages of NGO and GO with common people.

### **Human Development:-**

- 1) Stress management in school going children's.
- 2) Depression in elder people. Girls Abuse / harrassment /family violence at Home level / Rape etc Its effects & role of law in & society such cases.
- 4) Mental diseases, migraine, mental health cases & symptoms of Major depression & prevention
- 5) Role of play in life and happiness

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management subject

### ntroduction of Ceramics Arts

Art is one of the visual arts. While some ceramics are Ponsidered fine, as pottery or sculpture, most are considered to 3) Self employment through Interior decoration, flower be decorative, industrial or applied art objects. Ceramics may also be considered artefacts in archaeology. Ceramic art can be made one person or by a group of people. In a pottery or ceramic factory, a group of people design, manufacture and decorate the art ware. Product from a pottery are sometimes referred to as 'art pottery". In a one -person pottery studio, ceramists or potters produce studio pottery.

### Introduction Decopage Art

An object by gluing colored paper cutouts onto it in combination with special paint effects, gold leaf and other decorative elements. Commonly, an object like a small box or an item of furniture is covered by cutouts from magazines or from purpose-manufactured papers. Each layer is sealed with varnishes (often multiple coats) until the "stuck on" appearance disappears and the result look like painting or inlay work. The traditional technique used 30 to 40 layers of varnish which were then sanded to a polished

Three-dimensional decoupage (sometimes also referred to simply as decoupage) is the art of creating a three-dimensional (3D) image by cutting out elements of varying sizes from a series of identical images and layering them on top of each there, usually with adhesive foam spacers between each layer to give the image more depth. Pyramid decoupage (also called pyramage) is a process similar to 3Ddecoupage. In pyramid decoupage, a series of identical images are cut into

Progressively smaller, identical shapes which are layered and fixed with adhesive foam spacers to create a 3D "pyramid" effect.

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Also need Innovations in science subject related with microwaves do not required any medium of transfer at heat in Home- science. Such as Biology, Biochemistry physics environmental education. English and communication skills. In science subject Disaster management at home level-first Aid  $B_{0x}$ kit information and knowledge of use, infectious diseases like Dengue, Thalassemia, Ebola etc. their causes, symptoms and prevention. Rain water harvesting techniques teaching to the students. Community health - prevention from accidents, use of basic treatment on accidents etc.

Home science education helps the students to encourage, personal familial, community and professional value for better living standards. It helps students to adjust in the family and have appropriate knowledge and attitudes with regard to the major life events like adulthood responsibilities, solving problems of family.

In this way Home-science play an important role in any family helps to empower the women and there is need to increase above points in the new trends of Home science.

### Different techniques method of food preparation (Media)

- 1. Microwave Oven
- 2. Roti Instant Maker
- 3. Appepatra
- 4. Induction Cooker
- 5. Cooking range
- 6. Food Processor
- 7. IdliPatra
- 8. DosaTawa
- 9. Nirlep Cooker. Nirlep Pan and appepatra.

### Microwave Cooking in different cooking methods in food and nutrition subject:

Electromagnetic waves from a power source magnetron are absorbed by the food and food becomes hot at once, thus

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cooking. The microwaves can be absorbed transmitted or reflected they are reflected by metals and absorbed by food. When food is kept in the cavity of the microwave oven for cooking. The microwaves generated by the magnetron strike the food and the metal walls of the oven. Microwaves that strike the metal walls reflected and bounded back so they disperse throughout the oven and accomplish uniform heating of the food.

Cooking with microwaves differs radically from conventional cooking methods because the heat is generated inside the food rather than being transferred to the exterior of the food by condition, confection radiation.

### **Advantages Microwave Cooking:**

- 1) Microwave oven cooks many foods in about 4th of the time necessary on a gas burner. There is not wastage of energy.
- 2) It saves time in heating frozen foods thawing can be done in minutes or seconds.
- 3) Loss of Nutrients is minimized
- 4) Food gets cooked uniformly
- 5) preserves the natural color of vegetables and fruits.

### Tips to Use Microwave Oven

- 1) Do not use oven for home canning or the heating of any closed jar pressure will be build up and the jar may explode.
- 2) Small quantities of food with low moisture content can dry out, burn or catch on fire.
- 3) Do not dry meat, herbs, vegetables in the oven.
- 4) Do not use paper bags or recycled paper products in the Microwave oven.
- 5) Do not attempt to deep fry in Microwave oven. Cooking oils may burst in to flames microwave utensils may not able to withstand the temp. of the hot oil and cold shatter.

6) Most foods will continue to cook by conduction after the microwave oven is turned off.

### **Solar Cooking**

Solar cooking works on solar energy. Solar energy or can use deflected solar energy from a large concentration rays surface. Solar consists of box which is well insulated, the inside of which is painted dull black and is covered by one or more transparent covers. The purpose of these transparent covers is to trap heat inside the solar cooker. These covers allow the radiation from the sun to come inside the heat but not out of the box. So the temp of the box increased and up to 1400C which is adequate for cooking.

### **Advantages**

- 1) It does not require any cooking as or kerosene or fuel.
- 2) Keeps environment clean.
- 3) Constant attention it not required.
- 4) Simultaneously more than one recipe can be prepared.
- 5) No smoke from this cooking.

### **Induction Cooking:-**

Induction cooking is the Recent process of cooking. In this, the food is cooked by direct cooking method and magnetic method.

### Advantages of Induction Cooking:-

- 1) It saves time and money and quick cooking.
- 2) It is shockproof and smokeless.
- 3) After cooking the utensils have no cleanliness needs.
- 4) It is protective and good to handle.
- 5) It has no loss of nutrients, vitamins and minerals. There is no need any fuel.

### General graduation level Home Science subjects at part -I part - II and part -III

#### Food science and nutrition

### **Human development**

- Introduction to Textile and Clothing
- Family resource Management (Interior decoration and design)
- Home Science Extension
- **Ecology and Environment**
- **Basic Chemistry**
- **Applied Physics**
- **English and Communication Skills**

### **Family and community Nutrition**

- Preschool Education and Management
- Textiles designing and printing Technology
- Housing and home Furnishing
- Communication and Instructional Technology
- Applied Physiology
- **Applied Chemistry**
- **Applied Physics**

### **Diet Therapy**

- Family Dynamics and counseling
- Advanced pattern making and Fashion designing
- Resource Management
- **Extension Training Management**
- Community Health and And family Welfare
- **Nutritional Biochemistry**

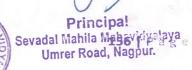
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## Home science is a multidisciplinary subject and have so many branches for family welfare and development. Job Opportunities in Home Science:

- Preschool teacher
- Owner of home accessories showroom
- · Production unit Staff
- Consultancy service Provider
- Research Assistants
- Conducting Hobby Classes
- Owner of a boutique
- Guest house Manager
- School Teacher
- Development Consultant
- Dietitian in Hospitals
- Mess In charge
- Interior Decoration and furniture designer
- Family counselor

## Home science syllabus Framing schemes Principles keep in mind while planning frame of home science Syllabus

- Principle of Child Centeredness
- Principle of comprehensiveness
- Principle of utility
- Principle of community Centeredness
- Principle of integration
- Principle of variety and elasticity
- Principle of conservation and Creativity
- Principle of Good syllabus
- Principle of Training for Leisure



Main Branch	Area of further specialization
food and Nutrition	Food Science
	Nutrition-Clinical
	Nutrition and Community Nutrition
	Institutional food service
Fabric and Apparel	Clothing Construction
science	Textile Science
	Textile Designing
	Garment Designing
	Care and Maintenance of clothes
Resource	Resource Management
Management	Housing and Equipment
	Interior Decoration
	Consumer Education
Human	Child – Welfare
Development	Adolescence,
	Marriage and Family Guidance
	Care and the Elderly
	Care of special children
Communication and	Media for Communication
Extension	programme planning and evaluation
	Training and capacity building
	Management of Community service
	organizations

Source: Table- Home science in daily life – online course home science code(216en01)

Correlation between Home science and social studies. In social studies. We are interested to study about man and his interaction with other people, with other institution. With the earth and with goods and services. In this way we intend at the development of a well informed. Intelligent person who is keen to accept responsibility of the home as of society. Home is the basic unit of society and of social science. In Home Science. We also deal with home as the basic unit interlinked to community. So Home Science and social studies are closely correlated.

Home science is concerned with the home health and happiness of all the people living in it. As a field of specialization, Home science draws its content from courses in both science and art. Thus representing an interdisciplinary field that prepares

young learners for the two most important goals in their lives. caring for their home and family as well as preparing for career science womens develop her personality and family and train or vocation in life, Hence its scope extends to activities associated with setting home based enterprises as well as consultancies.

### Different technology in Home science.

Home science is a subject of skill and development. The branches of home science covers food and nutrition, Human development, Textile And Clothing , Extension Education and science and science field. Textile technology is a division of 2. engineering where the principles of scientific techniques are utilized for manufacturing and development in all types of yarns and textile fabric from textile Fibres, Embroidaries different 3. designs Lesses jute work and other interior clothing, Curtains ,  $\frac{1}{4}$ . Bedsheets, Covers, Carpets etc. Fashion Designing for young generations

Textile technology is a career programme opportunities in business of Apparel Technology designing and development and also for sports clothing and designing.

Interior designing and event management techniques are developed in Resource Management

Deco page Art, Ceramic work, Work simplification techniques and other Rangoli Paintings and warli Paintings Food Sevadal Mahila Mahavidyalaya technology Catering and hotel Management includes food and confectionary preservation technology, dairy technology and cakes and Bakery Products. Human Development and child Psychology, Mental and physical growth and development. Child rearing Practices and family environment for child health.

### **CONCLUSION:**

Home Science is a vast and multidisciplinary field covers all area of womens education and trained the students for upliftment of life. Now a days changes of every field occurs so need to change according to time. Responsibilities of all womens are more than before. By use of different Technology of home their students in that way.

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