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योग प्रशिक्षण आणि पाण्यातील (जल) व्यायामाचा  
धावण्याच्या वेगावर व भावनिक क्षमतेवर  
होणाऱ्या परिणामांचा अभ्यास



डॉ. उत्तम दामु अनाप





योग प्रशिक्षण आणि पाण्यातील (जल) व्यायामाचा धावण्याच्या वेगावर व भावनिक क्षमतेवर होणाऱ्या परिणामांचा अभ्यास

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## प्रकरण पहिले प्रस्तावना

### १.१ प्रास्ताविक :

जागतिकीकरण व स्पर्धेच्या युगामुळे मनुष्याच्या जीवनाचे यांत्रिकीकरण झाले आहे. इलेक्ट्रॉनिक्स वस्तूच्या वापराशिवाय मनुष्याचे जीवन अपुरे वाटत आहे. घड्याळ, मोबाईल, संगणक, मोटारसायकल इ. बाबी जीवनाच्या अविभाज्य घटक झाल्या आहेत. भौतिक सुखांची लालसा, चंगळवाद व आरामदायी जीवन यामुळे शारीरिक, मानसिक, सामाजिक व भावनिक आरोग्य खालवत चाललेले आहे. सध्याच्या महत्वाच्या सामाजिक प्रश्नांमध्ये प्रदुषण, रासायनिक खते, लहरी हवामान, हायब्रीड बियाणे, फवारणी यामुळे अन्नाचा कस कमी झाल्याने एकूणच शारीरिक, मानसिक व भावनिक ताण वाहून तरुणांना अकाली वृद्धत्व येऊ लागले आहे.

रासायनिक खतांच्या अवाजवी वापरामुळे फळे, भाज्या, धान्य इ. उत्पादने वाढले खरे परंतु त्यातील नैसर्गिक कस व जीवनसत्त्वे कमी झाल्याने एकूणच मानवी जीवनशैलीतील नैसर्गिकता व कार्यक्षमता कमी झाली. माणसामाणसातील विश्वास व स्वतःतील आत्मविश्वास कमी झाल्याने भावनिकता, आपुलकी, प्रेम, जिद्दाला कमी झाल्याने मानसिक व भावनिक ताण निश्चित वाढला आहे. प्रत्येकजण स्पर्धा व इर्ष्येमुळे काळाच्या पुढे धावण्याचा प्रयत्न करत आहे. अशा अनेक कारणामुळे आज तरुणांमध्ये नैराश्य, अकाली वार्धक्य, वैफल्य, ताण-तणाव वाढत असल्याचे दिसून येते.<sup>१</sup>



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# Paper Machine Learning

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## Introduction

Machine learning is a subfield of Artificial Intelligence (AI). The goal of machine learning generally is to understand the structure of data and fit that data into models that can be understood and utilized by people. It is unlike traditional programming model. Instead Machine learning algorithm allow for computer to train on data inputs and used statistical analysis in order to output values that fall within specific range. Machine learning helps computers in building models from sample data, in order to automate decision making process based on data inputs. Machine learning is widely used Image Recognition, Speech Recognition, Medical diagnosis, Statistical Arbitrage, **Learning** associations, Classification, Prediction, Extraction.

## Types of machine learning

### Supervised Machine Learning

In supervised learning, the computer is provided with example inputs that are labeled with their desired outputs. The purpose of this method is for the algorithm to be able to "learn" by comparing its actual output with the "taught" outputs to find errors, and modify the model accordingly. Supervised learning therefore uses patterns to predict label values on additional unlabeled data.

For example, with supervised learning, an algorithm may be fed data with images of sharks labeled as fish and images of oceans labeled as water. By being trained on this data, the supervised learning algorithm should be able to later identify unlabeled shark images as fish and unlabeled ocean images as water.

This algorithm consist of a target / outcome variable (or dependent variable) which is to be predicted from a given set of predictors (independent variables).

The basic aim is to approximate the mapping function (mentioned above) so well that when there is a new input data (x) then the corresponding output variable can be predicted.

It is called supervised learning because the process of anlearning (from the training dataset) can be thought of as a teacher who is supervising the entire learning process. Thus, the "learning algorithm" iteratively makes predictions on the training data and is corrected by the "teacher", and the learning stops when the algorithm achieves an acceptable level of performance (or the desired accuracy).

### Unsupervised Machine Learning:

Unsupervised learning is the second method of machine learning algorithm where inferences are drawn from

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CS03	A Study of Internet of Things (IoT) and IoT Based Smart College Campus	Dr. Satonkar S.S.
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## Cloud Computing: Model , Benefits and Characteristics

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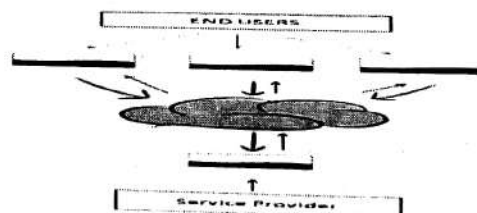
**Cloud computing:** It is the delivery of computing services(servers, storage, databases, networking, software, analytics and more)over the Internet ("the cloud"). Companies offering these computing services are called cloud providers and typically charge for cloud computing services based on usage, similar to how you are billed for water or electricity at home.

**Example:** AWS, Azure, Google Cloud

Whenever you travel through a bus or train, you take a ticket for your destination and hold back to your seat till you reach your destination. Likewise other passengers also takes ticket and travel in the same bus with you and it hardly bothers you where they go. When your stop comes you get off. Cloud computing is just like that bus, carrying data and information for different users and allows to use its service with minimal cost.

**Why the Name Cloud?**

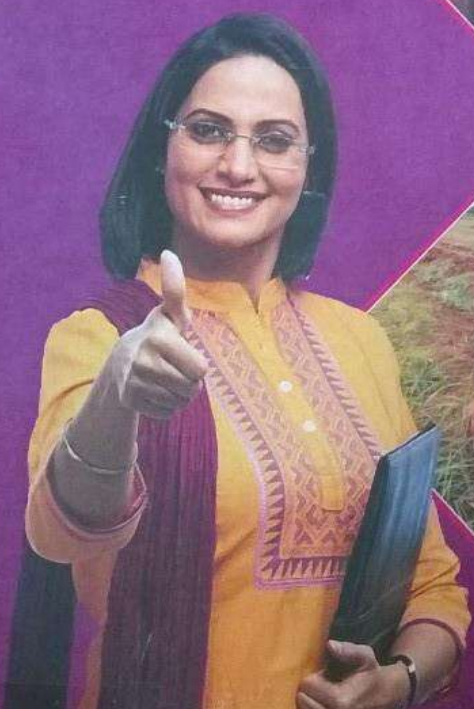
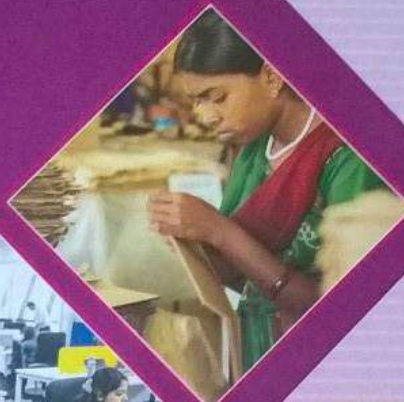
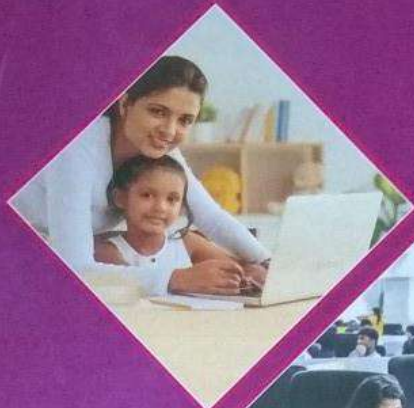
The term "Cloud" came from a network design that was used by network engineers to represent the location of various network devices and there inter-connection. The shape of this network design was like a cloud.



**Why Cloud Computing?**

With increase in computer and Mobile user's, data storage has become a priority in all fields. Large and small scale businesses today thrive /succeed on their data & they spent a huge amount of money to maintain this data. It requires a strong IT support and a storage hub. Not all businesses can afford high cost of in-house IT infrastructure and back up support services. For them





# **HOME SCIENCE & WOMEN EMPOWERMENT**



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Dr. Khaire Anushree  
Mrs. M.A. Wandhekar

### 36. Study on Nutritional Awareness and Anemia among College Going Students



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#### Introduction

Anemia is a condition in which the number of red blood cells and consequently their oxygen-carrying capacity is inadequate to meet all the body's physiologic needs which are vary with a person's age, gender, altitude, smoking and different stages of pregnancy. Iron deficiency is thought to be the most common cause of anemia globally, but some other nutritional deficiencies (including folate, vitamin B<sub>12</sub> and vitamin A), acute and chronic inflammation, parasitic infections, and inherited or acquired disorders can cause anemia (1). Anemia is very high (ranging between 80-90%) in preschool children, adolescent girls pregnant and lactating women (2,3). The world's adolescent population is facing a series of serious nutritional challenges which are not only affecting their growth and development but also their livelihood as adults. Yet, adolescents remain a largely neglected, difficult-to-measure and hard-to-reach population, in which the needs of adolescent girls in particular, are often ignored (4). India has the largest population of adolescents which includes young girls in the world being home to 243 million individuals aged 10-19 years, constitutes 20 per cent of the world's 1.2 billion adolescents. (5)

Within the family, compared to boys, the girls' health, nutrition, education & development are more ignored which has unfavorable effect on Reproductive health.

Awareness regarding the nutrition & other health aspect during study period will help the young college girls for their future life. In spite of many efforts from different governmental and non governmental agencies focusing on different health aspects, this young population, especially the girls, is deprived of the basic health care & awareness. (6) Hence, the present study was formulated in order to see the nutritional awareness of young college going girls in relation to anemia

#### Methodology:

The present study was conducted among group of 65 college going girl students from 16 to 18 years of age group in Loni of Ahmednagar

District. The samples were selected randomly from college of Loni. A structured questionnaire developed to assess their nutritional status and anemia related knowledge and awareness. The health status was assessed by BMI; the formula for BMI is  $\text{height in meter}^2 / \text{Weight (Kg)} \times 100$ .

#### Result and Discussion

In the study subjects more than fifty per cent of the subjects were in the age range of 19-20 years, 75.38% were living in nuclear family, 60% subjects having family members 3 to 6, most of them were non vegetarian (table 1).

Table 1: Background of Selected Samples

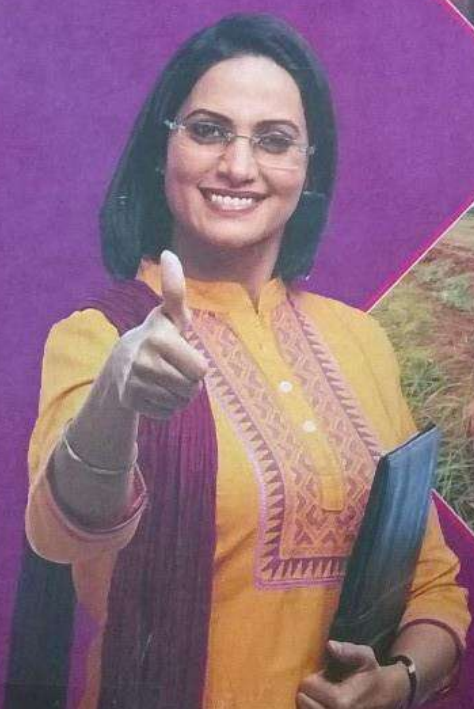
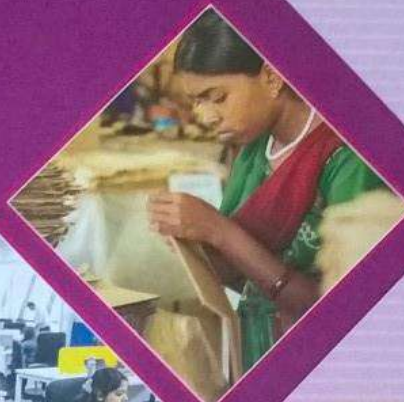
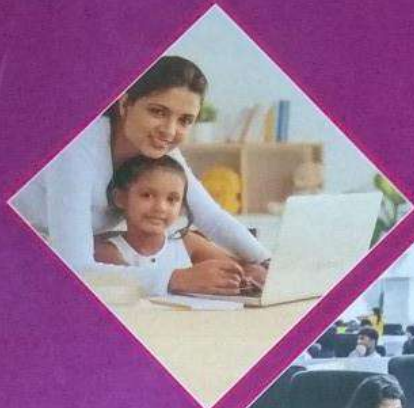
Sr.No.	Variable	Frequency	Percentage
1	Age		
	18-19	31	47.70
	19-20	34	52.30
2	Type of family		
	Joint	16	24.61
	Nuclear	49	75.38
3	Size of the family		
	Upto 3	06	9.23
	3 to 6	39	60
	More than 6	20	30.77
4	Food Type		
	Vegetarian	10	15.39
	Nonvegetarian	55	84.61

The table 2 shows the nutritional status of the subject has been assessed by the help of WHO cut offs on percentile basis. It was found that 47.69% of the subjects were normal, 46.15% underweight, 3.07% subjects were overweight and 3.07% subject was obese.

Table 2 : Distribution of Samples according to BMI

No	Nutritional Status as per BMI	Frequency	percentage
1	Underweight	30	46.15
2	Normal	31	47.69
3	Overweight	02	3.07
4	obese	02	3.07





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## 38. Role and Status of Women in Indian Society



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### Introduction:

Traditionally, an Indian woman had four fold status-role sequences. These were her role as a daughter, wife, housewife (homemaker), and mother. The woman in modern times is entering into certain new fields that were unknown to the woman's sphere of role-sets. They are activating participating in social, economic, and political activities. The women of the present generation have generally received higher education than the women of their preceding generation. There have been far reaching consequences in the economic status of their families.

Women form about half of the population of the country, but their situation has been grim. For centuries, they have been deliberately denied opportunities of growth in the name of religion and socio-cultural practices. Before independence, women were prey to many abhorrent customs, traditional rigidities and vices due to which their status in the society touched its nadir and their situation was all round bleak. They were victims of widespread illiteracy, forced child marriage, indeterminable widowhood, rigidity of fidelity and opposition to remarriage of widows turning many of them into prostitutes, polygamy, female infanticide, violence and force to follow Sati, and the complete denial of individuality. Besides, the economic dependence, early tutelage of husbands and in-laws, heavy domestic work-load which remained unpaid and unrecognized, absence of career and mobility, non-recognition of their economic contribution, poor work conditions and wages, and monotonous jobs which men generally refused to do was also responsible for their pitiable conditions. At the socio-political plain, women suffered from the denial of freedom even in their homes, repression and unnatural indoctrination, unequal and inferior status, rigid caste hierarchy and untouchability. Consequently, most women were reduced to

dumb cattle and had lead to inhuman beastly life.

### 1. Exploitation of women

A woman in Indian society has been victim of humiliation, torture and exploitation. There are many episodes like rape, murder, dowry, burning, wife beating and discrimination in the socio-economic and educational fields. Indian society is pre-dominated by men, hence women are a victim of male domination in the respective sphere of life; especially in economic life, for instance, over decision making on resources, on utilization of her earnings and on her body. Hence a woman's life lies between pleasures at one end and danger at other end. In daily life women are routinely defined by sex and they are potential victims of kidnapping and rape.

The human species has made significant progress in several spheres of life. But man has not grown enough to overcome the self-made mental slavery to the laws of the jungle. Since time immemorial the laws of physical strength thrives at the expense of the weak and has made women the primary under-dogs of an exploitative society. In the lower socio-economic level of society, women do more hazardous manual labour than men. Women do more than half the agricultural works in India. Still men are considered to be the "bread winners". This sense of women being inferior is passed on from one generation through psychological conditionings.

The most widespread and de-humanizing discriminations and assault against women are on the psychological level. The female psyche is being crushed at the very childhood. The female psyche is brutalized long before bodily violence is inflicted on her. They are conditioned to accept inferior positions in society. Women from childhood undergo a slow unconscious process of destructive or denial of their self worth. Society, through a process of conditioning, creates in girls at home and in



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## Health and Nutritional Status of Women

### Effect of Yoga Practices on Physiological Parameters of School Going Girls

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The present study was undertaken with a purpose to evaluate the **Effect of Yoga Practices on physiological parameters of School Going Girls**. Forty girls subjects (n=40) were selected randomly from S. Y. S, Vidyalaya, Aundh (Satara) for this study. The subject's age group was ranging from 14 to 15 years. The selected forty students were then again randomly assigned into two equal groups, viz., one experimental group (Group A; n1=20) and one control group (Group B; n2=20). The researcher made sure that the entire subjects were medically fit. All the subjects of experimental and control groups were exposed to different physiological tests viz., PEFR, and Harvard Step test to record the pre test data.

After completion of pre test, all the subjects of experimental group exposed to 6 weeks Yoga training for two hours daily in the morning 7.15 am to 8.15 am & evening 5.30 pm to 6.30 pm except Sundays and Holidays. After 6 weeks post test was conducted. Descriptive statistics have been applied to process the data prior to employing inferential statistics 2 x 2 x 2 Factorial ANOVA. Further, Scheffe's post hoc test was employed to record comparative effects of Yoga training on Respiratory function and Cardiovascular Endurance of school going girls. The result summarized that the Yoga training has significant effects for improving physiological parameters i.e. Respiratory function and Cardiovascular Endurance of school going girls.

**Key words:** Yoga, Pranayama, physiological parameters, Respiratory function, Cardiovascular Endurance, Peak Expiratory Flow Rate & Harvard step test.

#### Introduction

The current research studies conducted earlier show there is a youth fitness crisis. Our nation's adolescents have increased risk of heart disease as indicated through too much body fat deposition, elevated blood pressure, high cholesterol, and poor fitness caused by lack of exercise. If things do not change, our nation's precious asset, the adults of tomorrow, will likely to have health problems related to heart and lungs.





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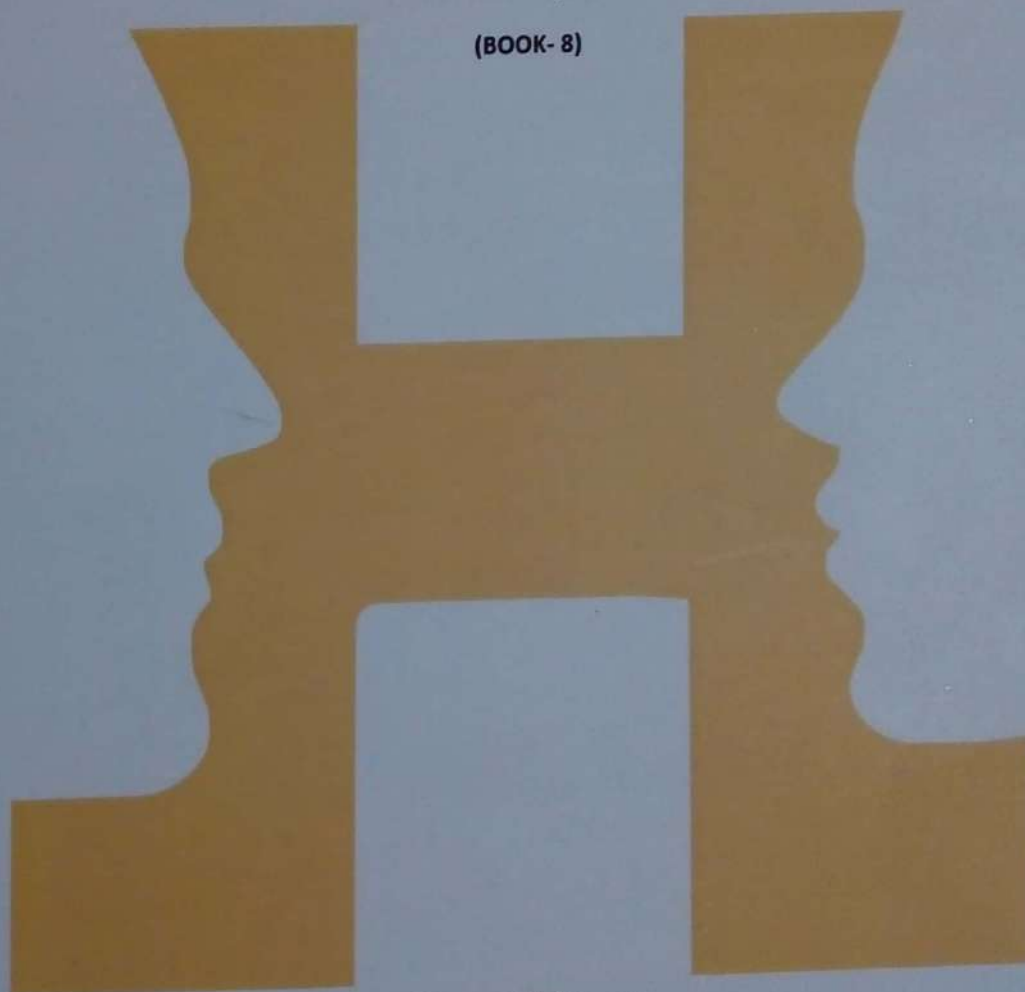
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## IMPACT OF NUTRITION COUNSELLING ON KNOWLEDGE, ATTITUDE AND PRACTICES OF THE MOTHERS TOWARDS PRESCHOOL CHILDREN

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**Background:** Nutrition of Pre-School child is of paramount importance, because the foundation for life time health, strength and intellectual vitality is laid during this period. Nearly half of all deaths in children under 5 are attributable to undernutrition. India is one among the many countries where child malnutrition is severe. A mother is the principle provider of the primary care that her child needs during the first five years of life. Hence knowledge of mothers has an important role in the maintenance of nutritional status of the children.

**Objective:** To evaluate the impact of the counselling intervention on nutrition knowledge, attitude and practices of the mothers towards preschool children.

**Materials & methods:** Mothers and their preschool children aged 3-5 years belongs to pravaranagar region of Ahmednagar District, Maharashtra State, India were selected for the study. 300 mothers were selected as samples for the counselling intervention programme study. Out of these 300 mothers 153 mothers treated as the experimental group for intervention and the other 147 as the control group. The experimental group received nutrition education through counselling by the researcher, while the control group did not. KAP method was used to measure the impact of counselling.

**Result and Discussion:** The knowledge, attitude and practices towards nutrition of the preschool children level of the mothers in the experimental group and control group was assessed before and after the intervention programme. It is overall concluded as from the results that knowledge, attitude and practice score level of the mothers in the experimental group was appreciable improved and statistically significant at 5 percent level ( $p$ -value  $< 0.05$ ).

**Conclusion:** The results of the study revealed that the counselling intervention on nutrition has significantly improved the knowledge, attitude, and practices of the mothers towards preschool children.

**Key Words:** Knowledge, Attitude, Practices, Nutrition, Mother, Preschool children

**INTRODUCTION:** Worldwide, adequate nutrition is being increasingly emphasized as a human right. The nutrition of preschool children is of considerable importance not only because of concern over their nutrition in formative stage of life but is widely perceived to have a substantial and persistent impact on their physical and mental development and on their health status and productivity as adults (Scrimshaw, 2001). Most of the child psychologists have stated that preschool stage from about 2 to 5 years is the most important of all the stages of development, and a fundamental analysis of that stage strongly points to the same conclusion. It is unquestionably the period during

which the foundations are laid for the behaviour structures that are built in a child's life (Bijou, 1975).

Nutrition of Pre-School child is of paramount importance, because it is the foundation for health, strength and intellectual vitality during this period. Today's child is a citizen of tomorrow and has valuable hand in nation's future. Inadequate nutrition among the children results into improper development of their body and mind, resulting into lower level of efficiency (Joshi, 2012).

As per UNICEF (2017) nearly half of all deaths in children under 5 are attributable to undernutrition. This translates into the unnecessary loss of about 1 million young lives a year, 22.9 percent, or just under one in four children under age 5 worldwide had stunted growth.

India is one among the many countries where malnutrition is severe. As per NFHS 4 (2015-16), India 38.4% of children under age five years are stunted (too short for their age) which indicates that nearly half of the country's children are chronically malnourished.

As per NFHS 4 (2015-16 b), in Maharashtra, 38.4% children under age five are stunted, or too short for their age, which indicates that they have been undernourished for some time. 25.6 % are wasted, too thin for their height, which may result from inadequate recent food intake or a recent illness. 18.4% are underweight, which takes into account both chronic and acute undernutrition.

The problem of malnutrition has caught the attention of policy makers and researchers for several decades. Various studies and surveys have been conducted to find out the root causes of child malnutrition. All the studies including the three National Family Health Surveys (NFHS) reveal that malnutrition is not a result of a single cause; the problem is multifactorial. It is caused by a number of causes acting singly or in combination with other complex factors like poverty, purchasing power, health care, ignorance on nutrition and health education, female illiteracy, social convention etc (Chandrasekhar, India 2012). As per the NFHS 4 data (2015-16), Mother's education has a direct impact on the nutritional status of the children.

A mother is the principle provider of the primary care that her child needs during the first five years of life. Nutritional awareness of mothers plays an important role in the health of children aged 0-5 years. The type of care she provides depends to a large extent on her knowledge and understanding of some aspects of child nutrition and health care (Kiranpreet Kaur, et al., 2017).





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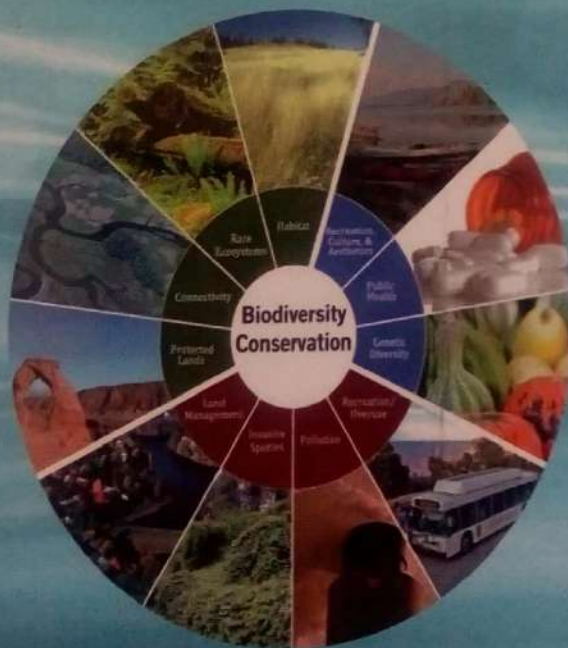
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## Health and Nutritional Status of Women

### Nutritional Status of Pregnant Woman in India

Jaya Dabarase, Asst. Prof.\*

Department of Food Science and Nutrition

Women's College of Home Science & BCA, Loni

India has one of the highest rates of childhood malnutrition worldwide, and poor maternal health and nutrition are major contributors to the problem. There is no national monitoring system in place to regularly monitor women's health, thus there is no regularly collected data on average prepregnancy body mass and weight gain during pregnancy, which are important predictors of neonatal outcomes, birth weight, and long term outcomes for children and adults. Current estimates of nutritional status in pregnancy, based on out-dated cross-sectional surveys, thus largely underestimate the scale of the problem. Women with poor health and nutrition are more likely to give birth to low weight infants. They are also less likely to be able to provide food and adequate care for their children. Finally, a women's health affects the household economic well being, and as a women with poor health will be less productive in the labour force. While malnutrition is prevalent among all segments of the population, poor nutrition among women begins infancy and continues throughout their lifetime. (Chatterjee 1990; Desai 1994). Because of prevailing culture and traditional practices in India, the health and nutritional status of women becoming worse effected.

According to WHO, in developing countries, the prevalence of anaemia among pregnant women is 56% (WHO, 1992). The prevalence of anemia in India is 60 -70% (Park, 2005). In India, anaemia is the 2nd most common cause of maternal deaths accounting for 19% of total maternal deaths (Govt. of India, 2002). In recent years, different Government programs like ICDS, RCH etc, have been introduced to improve the nutritional status of women. National Nutritional Anaemia Prophylaxis Program (NNAPP) was initiated in 1970 with the aim to bring down prevalence of anaemia to 25% (National Nutritional Policy, IX Plan). The daily dosage of elemental iron for prophylaxis and therapy has been increased to 100 mg & 200 mg respectively under Child Survival and Safe Motherhood Program (CSSM).

*Why is maternal health and nutrition in India so poor?*

One likely reason is the low social status of women in India. Women in India fare worse than women in SSA on a number of indicators of gender equality. Sex ratios, and sex gaps in





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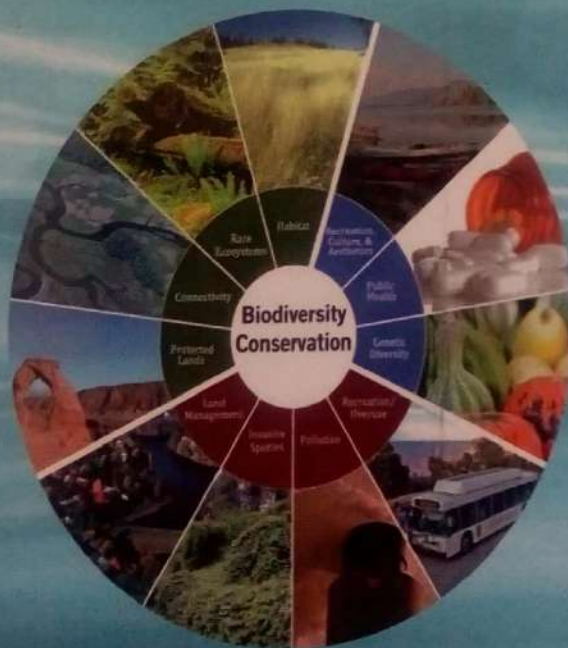
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## Introduction

Women and children are among the world most vulnerable in terms of unfavorable influences in the environment including insufficient nutrition, inadequate health care and poor education. In addition, Pregnancy brings those factors high risk for women. It is also common to hear pregnant women complain about changes in their appetites. Whereas some women report a dislike of or total aversion to specific foods, others report a strong craving for specific foods and non-food items, which are usually not readily accessible. (Demisse T et.al 1998)

Maternal nutrition is very important for the course and outcome of pregnancy. Successful pregnancy and lactation require adjustments in maternal body composition, metabolism and function of various physiological systems. A diet that meets maternal nutritional needs is required for these adjustments, so that maternal well-being is safeguarded with birth of a healthy infant

Taboos and misconceptions during pregnancy have been part of Indian cultures since centuries. The avoidance of certain food items and incorrect knowledge regarding its benefits can deprive women from adequate nutrition. A balanced and adequate diet is therefore, of utmost importance during pregnancy and lactation to meet the increased needs of the mother, and to prevent "nutritional stress"(Park K.2007)

In various studies it was seen that pregnant women in various parts of the world are forced to abstain from nutritious foods as a part of their traditional food habits.(Manderson L, Mathews M,1981; Trigo M.et.al,1989;Jo Mitchell and Dorothy Mackerras2010). During pregnancy, the nutritional requirements of women increase to support optimum foetal growth and development. Poor maternal nutrition during pregnancy usually results in low birth weight and high pre-natal and infant mortality. Food taboos have been identified as one of the factors contributing to maternal under nutrition in pregnancy; especially in rural (Jo Mitchell and Dorothy Mackerras2012).





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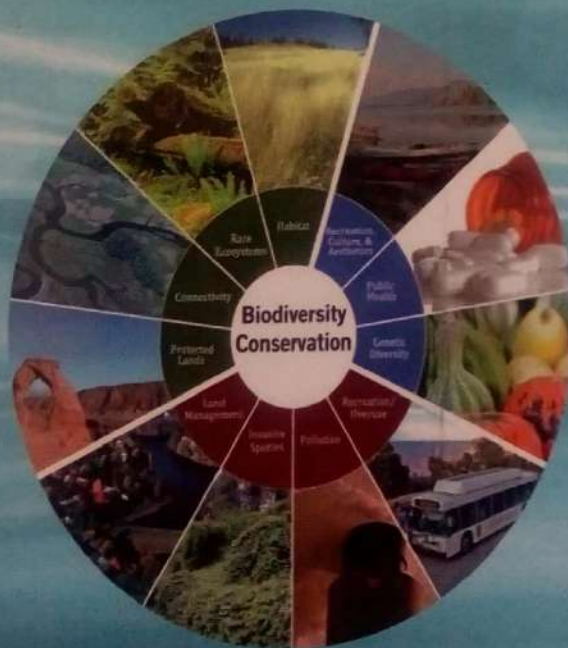
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## Health and Nutritional Status of Women

### Role of Calcium & Vitamin D in Prevention Of Osteoporosis in Women

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Mrs. Kanchan Deshmukh<sup>\*\*</sup>, Assistant Professor, Women's College of Home Science &  
BCA.

#### Introduction

Osteoporosis is a systematic skeletal disease characterized by low bone mass & micro architectural deterioration of bone tissue, consequent increase in fracture risk. The true definition of osteoporosis is bone with lower density & high fracture risk.

Calcium & Vitamin D are most widely used therapies for osteoporosis. The most important single cause of osteoporosis in women is probably menopause, which is accompanied by an unequivocal & sustained rise in obligatory urinary calcium, as calcium absorption certainly does not increase at menopausal time, probably decreases extra urinary calcium represents negative calcium balance. The most potent function of calcium is ostification of bones, calcium deficiency results in osteoporosis. In women's hormonal imbalance during menopause or removal of ovaries at previous stage results in osteoporosis.

The body needs Vitamin D to absorb calcium. Without enough Vitamin D, one can't form enough hormone "calcitriol", which in turn leads to insufficient calcium absorption from diet. Vitamin D enhances intestinal absorptions of calcium & phosphates. Low concentrations of vitamin D are associated with impaired negative calcium balance & compensatory rise in parathyroid hormone (PTH), which results in excessive bone resorption.

Studies have reported that Asian women have higher predisposition for osteoporosis than other counterparts. A large percentage of Indian women especially from low income strata suffers from osteoporosis. Exact prevalence is not known in India, but "one in four" women older than 50 years is believed to suffer from osteoporosis. [6].

In later years of life, these women suffer from loss of stature bent backs, high susceptibility of fractures of hip & wrists due to loss of bone mass. The best way to prevent osteoporosis is to maintain adequate calcium intake & to ensure Vitamin D synthesis to aid calcium absorption. The purpose to study the review articles was to assess the effectiveness of calcium supplements and/or dietary calcium for the prevention of osteoporotic fractures in postmenopausal women.





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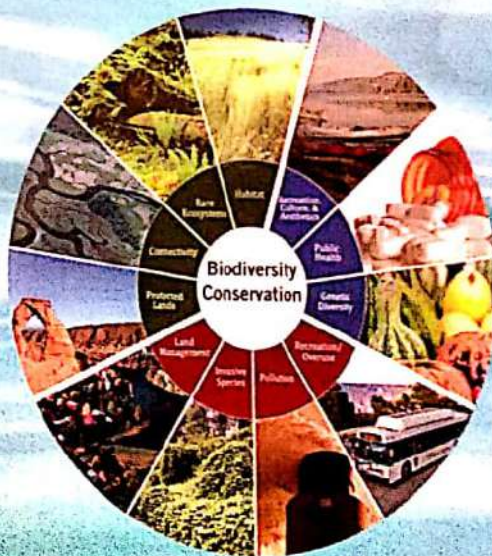
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## Health and Nutritional Status of Women

### Dietary inferences of Osteoporosis among Post Menopausal Women in India

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Dr. Anushree Khaire\*\* Vice Principal

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#### Introduction

Osteoporosis is a disease that affects many millions of people around the world. It is a disease in which the bones become weak and are more likely to break. It is characterized by reduced bone mass and the disruption of bone architecture that results in increased risks of fragility fractures, which are the main consequences of the disease(1,25). Osteoporosis-related fractures are associated with substantial pain, suffering, disability, and possibly even death for the affected patients. Fragility fractures are most common at the wrist, spinal vertebrae and hip, although they can occur throughout the skeleton. The incidence of vertebral and hip fractures increases exponentially with advancing age while that of wrist fractures levels off after the age of 60 years.(1,2,3,4,25) . Good nutrition is as important for bone health as it is for general health. Although the sufficient nutrient consumptions of calcium, vitamin D and proteins are critical for bone health, certain trace minerals are also involved in bone health. Besides, our skeleton is sensitive to mechanical loading, and bone mineral density can be improved by weight-bearing physical activity in addition to improving nutritional needs. The purpose of this paper is assessment of data on diet and nutrition concerning to osteoporosis along with physical activity .

#### Prevalence in India

The population of India is expected to increase to 1,367 million by 2020 and 1,613 million by 2050; of which 9.8% (134million) and 19.6% (315 million), respectively, will be adults over 60 years. Conservative estimates in a study suggest that 20% of women and about 10-15% of men are osteoporotic in India.(5) The Preliminary data from India (published and unpublished) indicates high prevalence rate of PMO (post-menopausal osteoporosis) making it a major public health problem, making also need for population-based studies for prevalence, and incidence of new hip fractures and related mortality. Though the prevalence of PMO in population above the age of 50 years varies widely across the globe 5.8-50.1%, the limited



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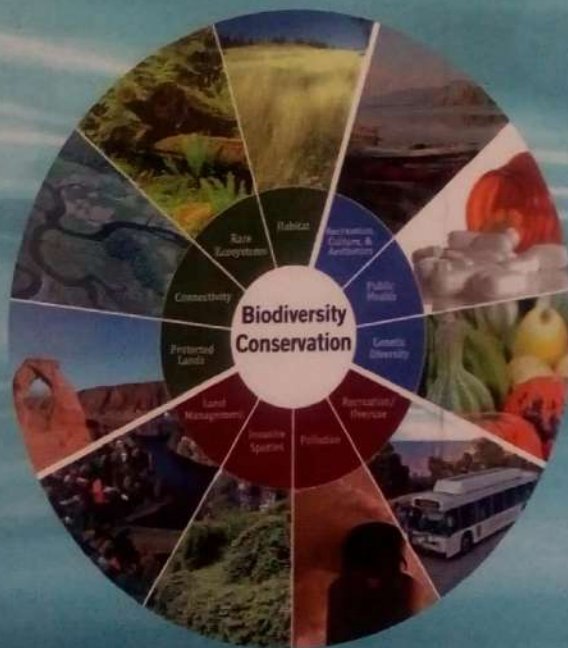
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## Health and Nutritional Status of Women

### Assessment of Knowledge, Practices of Vitamin D and Attitude toward Sunlight among College Going Students

Mrs. M.A. Wandhekar, Asst. Prof.\*

Home Science Dept. Women's college of Home Science & BCA, Loni

#### Abstract

**Objective:** The current study was carried out to assess the knowledge, practice of Vitamin D and attitudes toward sunlight exposure among Indian college going students.

**Methods:** A pre-designed and self-administered questionnaire was given to all students to collect the information regarding their knowledge about Vitamin D.

**Results:** Almost all (100%) students had heard of Vitamin D. The majority of students (72.73%) indicated that sunlight as the main source of Vitamin D, however, knowledge in terms of required daily dose and SPF level when purchasing sunscreens were low among students.

**Conclusion:** The result of this survey show a lack of regularity between knowledge and attitude. A negative approach toward sunlight exposure may severely affect the Vitamin D status of young students. Implementing awareness campaigns and future health programs such as a workshop or training at the college level may help in building more awareness and knowledge about the Vitamin D importance.

**Keywords:** Vitamin D, Sun exposure, Attitude.

#### Introduction

Vitamin D, an oldest sunshine hormone is well-recognized for its role in calcium homeostasis and bone health. Vitamin D deficiency has been shown to be associated with—but not proven to be causally related to—an increased risk of diabetes, cancer, cardiovascular diseases, tuberculosis and even fever.(1-5) And even in infancy it causes rickets and hypocalcaemia fits(7). Maintaining an adequate level of vitamin D may reduce the burden of chronic diseases and contribute to better health outcomes. Despite being located close to equator, Vitamin D deficiency is very prevalent in India, thereby disproven the belief that Vitamin D deficiency is unlikely common in countries where ample of sunlight is available [6].

Various factors, such as season, duration, and timing of sun exposure, latitude, clothing, and skin pigmentation, are the possible contributors of this deficiency. In India due to modernization and sudden rise in temperature, the numbers of hours spent outdoors have been decreased.





Dr. Anup Uttam Ramu

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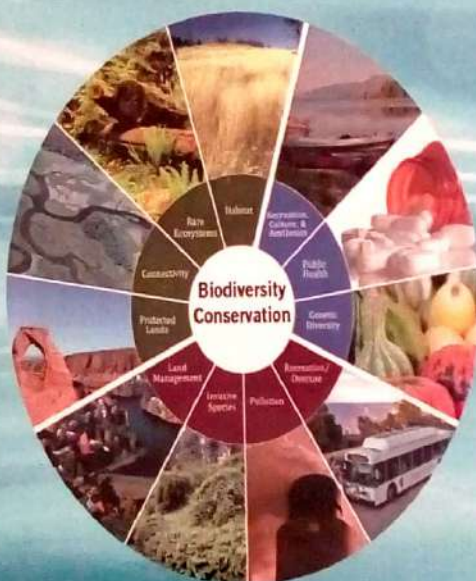
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## Health and Nutritional Status of Women

### The Health Status of Women

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#### Introduction:

Women's health in India can be examined in terms of multiple indicators, which vary by geography, socio economic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analyzed in relation to global health averages and also in comparison to men in India. Health is an important factor that contributes to human wellbeing and economic growth.

Everyday, approximately 1000 women die due to complications of pregnancy and childbirth - nearly all of these deaths are preventable. Access to family planning is also known to play an important role in reducing material mortality. Health services include all services dealing with the diagnosis and treatment of disease, or the promotion, maintenance and restoration of health. They include personal and non personal health services. Every year, 99% of maternal deaths occur in developing countries. Despite the increase in contraceptive use over the past 30 years, significant unmet needs remain in all regions. For example, in sub - Saharan Africa, one in four women who wish to delay or stop childbearing does not use any family planning method. According to WHO, improving access, coverage and quality of services depends on the key resources being available; on the ways services are organized and managed, and on incentives influencing providers and users. This article highlights some of the basic issues of the women community in India and their remedies.

#### Gender bias in access to healthcare :

Gender inequality in India is exemplified by women's lower likelihood of being literate, continuing their education and participating in the labour force. Gender is one of many social determinants of health - which include social, economic, and political factors - that play a major role in the health outcomes of women in India. Therefore, the high level of gender inequality in India negatively impacts the health of women.

The role that gender plays in health care access can be determined by examining resource allocation within the household and public sphere. Gender discrimination begins before birth; females are the most commonly aborted sex in India. If a female fetus is not aborted, the





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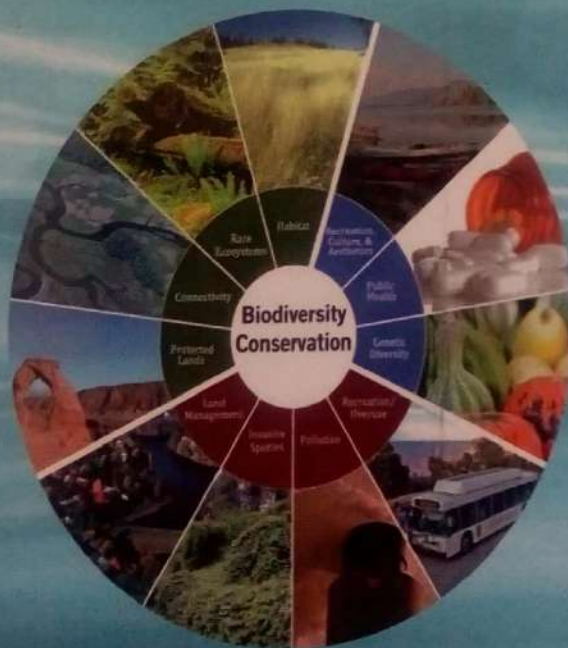
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## Menopause problem in Indian Woman

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In India women while menopausal experience the similar emotional and physiological problems, it is almost officially unheard of in public circles. India has traditionally ignored women's health issues including menopause, and only the latest societal trends are attempting to break the outdated attitudes towards women. Firstly we see what menopause problem.

### Definition

The time in a woman's life when menstrual periods permanently stop; it is also called the "change of life." Menopause is defined as the time when there has been no menstrual periods for 12 consecutive months and no other biological or physiological cause can be identified. It is the end of fertility, the end of the childbearing years. (A woman may still, however, be able to become pregnant unless 12 consecutive months have passed without a period.)

A woman can usually tell if she is approaching menopause because her menstrual periods starts changing. The medical terms used to describe this time are "perimenopause" and the "menopause transition."

### Age of menopausal period

Researchers of ISEC used data from the National Family Health Survey, that 3.1% of women living in India became menopausal between ages 30 and 34, 8% of women experienced menopause by age 39 and 19% of were menopausal by age 41. The average menopausal age in India is 44.3 years.

### Symptoms of Menopause

Menopause is a difficult process. Women going through the menopause transition may experience a variety of symptoms ranging from vasomotor symptoms to sleep disturbance, mood disorders, loss of sexual desire and vaginal dryness. The symptoms can make it a considerable struggle for those already dealing with their hectic lives. As many as two-third of all women report vasomotor symptoms and over 85% report at least one menopausal symptom as transition through menopause.





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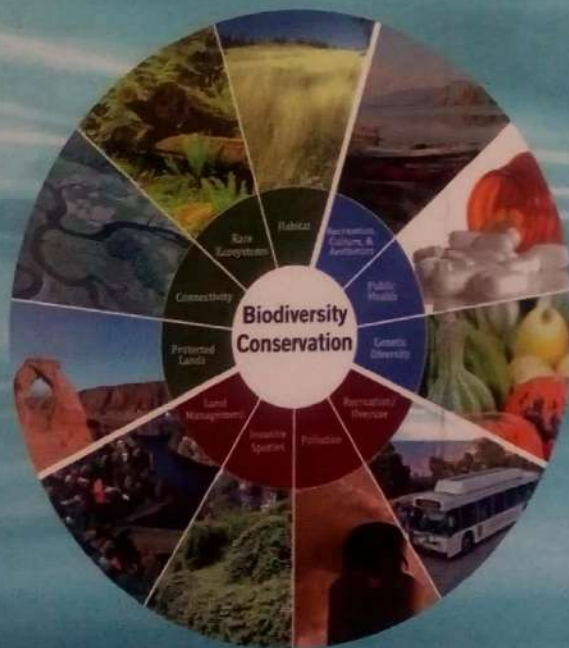
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## Health and Nutritional Status of Women

### Stress Affects Women Health

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#### Introduction

The role of women in India has changed from being traditional homemaker to an active participant in the nation building. India ranks the second lowest in the group of 20 economies (G20) when it comes to women's participation in the workforce. According to a World Economic Forum (WEF) report from the year, 2014, regarding women's economic participation, India's position seems fixed almost at the bottom even when we compare it to other world and not just the 20 major economies. It ranks 124 out of 136 nations. All the BRICS nations rank much higher than India. According to UN Gender Statistics of 2014, India is one of the few countries where the rate of participation of women in the workforce has declined in the last decade from 33.7% in 1991 to 27% in 2012. Although the role of women from reproduction to all household chores and outside is significant, unique and burdensome, they are discriminated and exploited all over. However, the scenario is changing now and the female workers carry not only the load of domestic work but also participate significantly in the economic activities too. In fact, their contribution to the economic activity.

*IRACST – International Journal of Commerce, Business and Management (IJCMB)*, ISSN: 2319-2828 Vol. 4, No.3, June 2015 1174 is on the higher side than what is revealed by the different Indian Censuses. In the present age, women are in process of transformation, and they are trying to bring balance between their family life and the professional obligations, which we call as work- life balance. At the time of making balance, some unfavorable situation might generate harmful hormones, which may affect her health. These unacceptable conditions are the source of stress. To successfully manage a stress situation, we must first define what we mean by "stress" and identify what causes it in order to recognize the effects of exposure to stress. Recent dictionary definitions associate the word "stress" with disease. The *Shorter Oxford Dictionary (2007)* describes stress as, "a condition or adverse circumstance that disturbs, or is likely to disturb, the normal physiological or psychological functioning of an individual". Most recently, work stress has been operationally defined by the *U.K. Health and Safety Executive*





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## Health and Nutritional Status of Women

### The Health Benefits of Laughter

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"Laughter is a very important component of a happy life, and it has powerful physical and mental benefits. No matter what you're facing, you can learn to laugh and benefit from its healing ways."



The Funny movies, serial, cute toddlers, and a good friend's jokes can all offer one of the most powerful, natural stress relievers out there: laughter. "I think one of the best things is that laughter increases your sense of humor," A certified laughter teacher based in Park Ridge, A motivational speaker and life coach, Turloukis says she became interested in the healing benefits of laughter after she and her husband spent a weekend chuckling and guffawing at a seminar offered by the Humor Project, an organization that focuses on "the positive power of humor." Now she trains other laughter teachers and has become a personal laughter advocate.

#### **Why is laughter the sweetest medicine for mind and body?**

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert.





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# Solvent Extraction, Spectrophotometric Determination of Antimony(III) from Real Samples and Synthetic Mixtures Using *O*-Methylphenyl Thiourea as a Sensitive Reagent

Shashikant R. Kuchekar, Shivaji D. Pulate, Vishwas B. Gaikwad

**Abstract:**—A simple and selective method is developed for solvent extraction, spectrophotometric determination of antimony(III) using *O*-MethylphenylThiourea (OMPT) as a sensitive chromogenic chelating agent. The basis of proposed method is formation of antimony(III)-OMPT complex, was extracted with 0.0025 M OMPT in chloroform from aqueous solution of antimony(III) in 1.0 M perchloric acid. The absorbance of this complex was measured at 297 nm against reagent blank. Beer's law was obeyed up to  $15\mu\text{g mL}^{-1}$  of antimony(III). The Molar absorptivity and Sandell's sensitivity of the antimony(III)-OMPT complex in chloroform are  $1.66730 \times 10^3 \text{ L mol}^{-1} \text{ cm}^{-1}$  and  $0.0730282 \mu\text{g cm}^{-2}$  respectively. The Stiochiometry of antimony(III)-OMPT complex was established from slope ratio method, mole ratio method and Job's continuous variation method was 1:2. The complex was stable for more than 48 h. The interfering effect of various foreign ions was studied and suitable masking agents are used wherever necessary to enhance selectivity of the method. The proposed method is successfully applied for determination of antimony(III) from real sample and synthetic mixtures. Repetition of the method was checked by finding relative standard deviation (R.S.D.) for 10 determinations which was 0.42%.

**Keywords** - Antimony (III), *O*-MethylphenylThiourea, Spectrophotometry.

## Introduction

The abundance of antimony in the earth's crust is 0.20 ppm. Antimony is used in lead alloy, storage battery, grids, rubber, matches, ceramics, paints and textile industries[1]. It is well known that the toxicity and physiological behavior of antimony depends on its oxidation state.

Antimony is a potentially important element for plants; it not shows identified essential function in animals. The trivalent antimonials are more toxic than the pentavalentantimonials, they are used for 283 therapy. In other metal such as lead and zinc mixed antimony frequently to form mixtures of metals called alloys. In lead storage batteries, solder, ammunition and pewter these alloy are used [2]. Antimony possibly originates in the environment as a result of various anthropogenic behaviors. Antimony and its compounds shows industrially significant role in manufacturing of alloys, paper, plastics, paints,

textiles, glass, clay products and rubber. Highly pure antimony has been worn in the construction of the semiconductor compound, indium antimonide also in the formulation of bismuth telluride type compound used for thermoelectric applications.

In the production of glass and ceramics as well as fire retardants antimony containing compounds is used. Street traffic is also an important source as it is used in brake linings and tyre vulcanization that require antimony containing additives. Antimony is harm on human being health seriously; micro quantity of antimony will inspire respiratory zone, mucous membrane of alimentary canal and skin, still lead to pulmonary edema. Antimony have conventional relatively little concentration since it is unnecessary for life and because it's content in most matrices is very low[3]. Elementalantimony is more toxic than its salts, in addition to commonly trivalent antimony compounds are ten times higher toxic than pentavalent antimony species , it might cause lung cancer[4]. The highly toxic gas stibine is capable of causing mutually serious injury to the central nervous system and hemolysis. Inductively coupled plasma mass spectrophotometer and atomic absorption spectrometry [5]-[6], plasma emission spectroscopy [7], Neutron activation analysis[8]and chromatography techniques [9]-[10] are used in the antimony speciation. These techniques are comparatively expensive, not adequately selective and simply adapted to routine analyses. It requires costly maintenance and skilled hands for process. Due to simplicity, spectrophotometry technique is most widespread method of analysis and also used in determination of antimony. The separation and determination of antimony(III) is of analytical importance. For the extraction of antimony(III) high molecular weight amines (HMWA) are used. The bromo complex of antimony(III) was extracted with 3% trioctylamine in isobutyl methyl ketone (MIBK) and determined by the AAS method. Dyes are used for spectrophotometric determination of antimony through malachite green [11]. Antimony is determined spectrophotometrically with vanallylfluorone in presence of poly vinyl alcohol in acidic media. Tin, thorium, bismuth and thiosulphate interfere seriously. By extraction of reduced molybdoantimonyl phosphoric acid with butyl acetate antimony can be determined colorimetrically [12]. Different micellar media had different effect on adsorption spectra of complexes of bromopyrogallol with antimony (III and V). A method for quantitative separation of antimony (III) by absorption on polyether based polyurethane foam and its spectrophotometric determination has been described. The

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# Removal of Vanadium from Industrial Effluents by Natural Ion Exchanger

Shashikant R. Kuchekar, Priti M. Dhage

**Abstract**—In a study, removal of Vanadium from aqueous solution using *Tamarindous indica* seeds was investigated. The effects of pH, contact time, exchanger dose were studied at ambient temperature ( $25^{\circ}\text{C} \pm 2^{\circ}\text{C}$ ). The equilibrium process was described by the Langmuir isotherm model with adsorption capacity for vanadium. The *Tamarindous indica* seeds were treated with formaldehyde and sulphuric acid to increased the adsorption capacity of natural exchanger i.e. *Tamarindous indica* seeds for metal. The maximum exchange level were attained 80.1 % at pH 3 with exchanger dose 5 g and contact time 60 min. Method is applied for removal of vanadium from industrial effluents.

**Keywords**—Industrial effluent, Natural ion exchange, *Tamarindous indica*, Vanadium.

## I. INTRODUCTION

Rapid industrialization has affected to rise up disposal of heavy metals in to environment. The exceeding increase in the use of the heavy metals leads to environmental as well as public health problems [1]. Toxic heavy metal ions get discharge in waste water through various industrial activities such as mining, refining of ores and effluents from fertilizer industries, tanneries, batteries, paper industries, pesticides, nuclear power plant and textile industries [2].

Vanadium (V) poisoning is one of the industrial toxins [3]. Environmental scientist has studied about Vanadium poisoning, declared it is hidden element of plants, and the entire agricultural system. Vanadium is present in fossil fuels such as crude petroleum, fuel, oils some coals, and lignite. After burning these fuels, vanadium releases into the air and then settles on the soil, and then there are cases of vanadium poisoning, due to the vanadium poisoning causes symptoms

such as nervous depression, coughing, vomiting, diarrhea, anemia and increased risk of lung cancer, that are sometimes fatal [4]. Recently, vanadium has been noticed as the index elements in urban environmental pollution, especially air pollution [5]. Laboratory an epidemiology evidences suggest that vanadium may also play a beneficial role in the prevention of heart disease [6]. Vanadium in environmental samples has been determined by NAA, ICP, AAS [7], atomic emission spectrometry [8] and spectrophotometry [9-21] and solidification of floating organic drop microextraction (SFODME) [22-25], out of all methods

spectrophotometric method is the simple and rapid method for the determination of vanadium. Different technologies have been developed over the years to remove heavy metals from various sources. The most important technology includes adsorption and coagulation [26], various ion exchange methods [27], electro coagulation [28], adsorption [29], bio sorption [30] and shape selective catalyst having various pores size [31]. The natural ion exchangers are *Attapulgit* [32], *Kudzu (Pueraria Lobata Ohwi)* [33], activated carbon [34], coconut husk [35], fly ash [36], coffee husk [37], fungal biomass [38], *Tamarindous indica* seed [39], *Tendu (Diospyros melanoxylan)* [40], rice husk [41], *Lactobacillus bulgaricus* [42].

In the present study, adsorption of vanadium (V) using naturally occurring *Tamarindous indica* seeds powder is examined. The purpose of the study is to examine vanadium removal by natural ion exchanger. The parameters that influence adsorption viz. pH, natural ion exchanger dose, temperature, contact time were investigated. Method was applied for removal of vanadium (V) from industrial effluents and it gives good results.

## Experimental

### Seed powder

*Tamarindous Indica* seeds were smashed after drying in sunlight at open air for one week. Small size pieces of dried seeds were pounded and pass through the mesh size 150-200 unit. This milled was treated with 39 % formaldehyde and  $0.1\text{ mol L}^{-1}$  sulphuric acid at  $80^{\circ}\text{C}$ , for 30 min. After cooling and washing with double distilled water, substrate was allowed to dry for overnight in open air. Dried powder was used for adsorption studies. The properties of *Tamarindous Indica* seed powder are reported in Table 1.

Table 1 – Properties of ion exchange resin	
Parameters	Value
Physical form	Spherical
Bulk density	$0.15\text{ gm.cm}^{-3}$
Ash content	10.4%
Moisture content	8.7%
Matter soluble in water	8.4%
Matter soluble in acid	18%
Water holding capacity	80.32%

## Scheme

Seed powder  $\longrightarrow$  formaldehyde 700 ml  $\longrightarrow$  0.1N sulphuric acid 10 ml  $\longrightarrow$  heat for 30 min at  $80^{\circ}\text{C}$  cool the substrate  $\longrightarrow$  filter  $\longrightarrow$  wash with double distilled water  $\longrightarrow$  dried at open air and use this substrate as a insoluble natural ion exchange resin.

Shashikant R Kuchekar is Principal, Padmabhushan Dr. Balasaheb Vikhe Patil, Pravara Rural Education Society's Woman's College of Home Science & BCA, At/Po. Loni(Kd), Tal Rahata, Dist. Ahmednagar, MS, 413713 India (corresponding author, e-mail: shashi17@gmail.com).

Priti M. Dhage is student from Department of Chemistry, KTHM College, Nashik, MS, India (e-mail: pritidhage6@gmail.com).

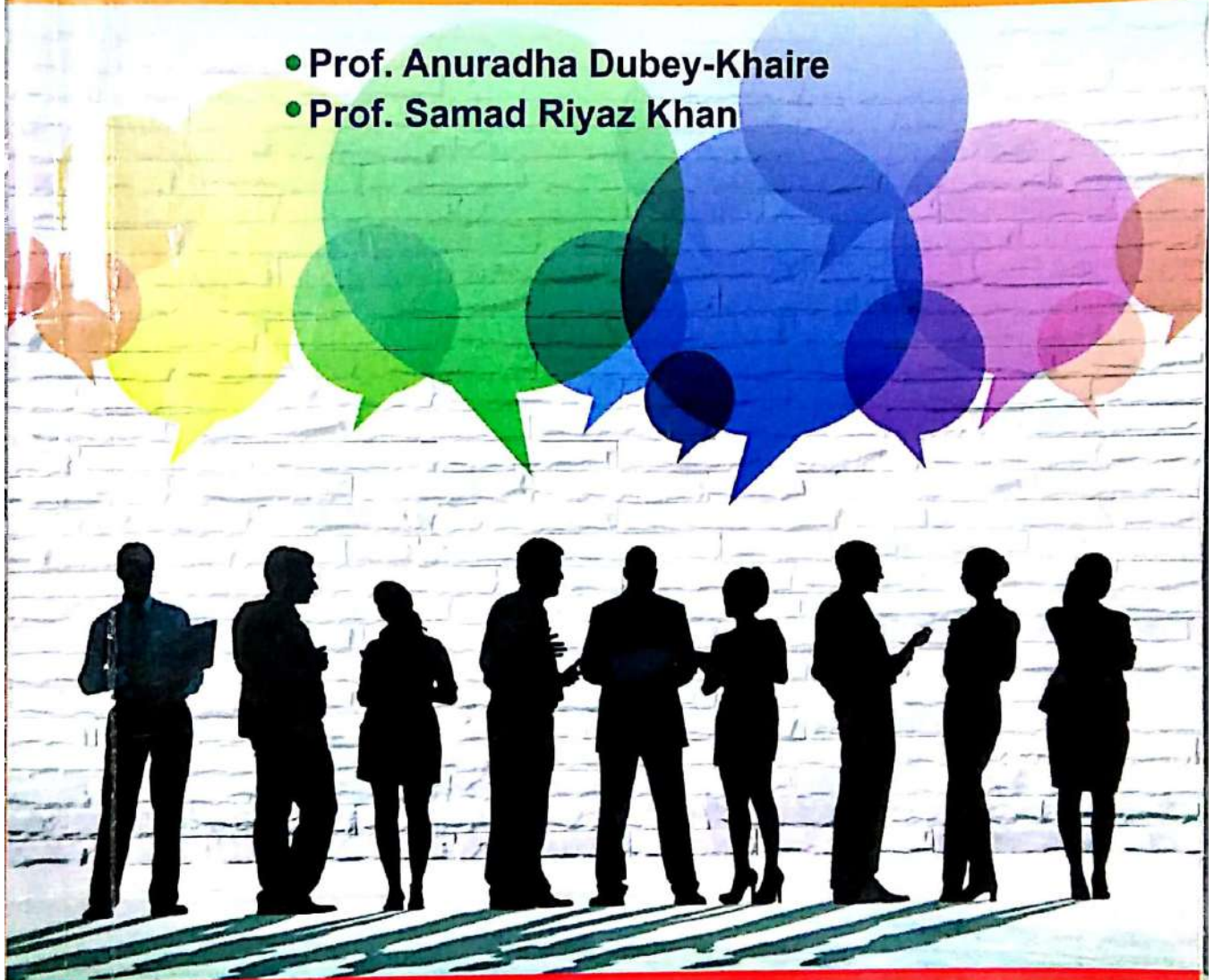


**2016-2017**

# Communication Skills

B. C. A. (Science) (Sem.- I)

- Prof. Anuradha Dubey-Khaire
- Prof. Samad Riyaz Khan



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- 1.1 Introduction to Communication**
  - 1.2 Process of Business Communication**
  - 1.3 Importance of Business Communication**
  - 1.4 Principles of Effective Communication**
  - 1.5 Scope of Business Communication**
  - 1.6 Barriers to Communication**
- 

## **Introduction:**

Communication is a learned skill. However, while most people are born with the physical ability to talk, not all can communicate well unless they make special efforts to develop and refine this skill further. Very often, we take the ease with which we communicate with each other for granted, so much so that we sometimes forget how complex the communication process actually is. In this chapter we have to refer Communication is neither the transmission of a message nor the message itself. It is the mutual exchange of understanding, originating with the receiver. Business communication involves constant flow of information. Feedback is integral part of business communication.

## **1.1 Introduction to Communication:**

The word communication has been derived from the Latin word 'communis' that means 'common' that implies sharing of ideas and views between two individuals or more. The mode of communication is language. Hence, it is extremely important to know the language to be able to communicate in it. English being one of the languages used extensively for international communication there is a growing demand for knowing and learning communicative English. It is especially so with the professionals who have to interact constantly in order to develop relationship. Therefore, it is of utmost importance for the managers and entrepreneurs and the skilled personnel to hone their expertise in communication.

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# Vision

Hon'ble Dr. Ashok Vikhe Patil  
Executive Chairman,  
Pravara Rural Education Society, Loni



ICT is one of the economic development pillars to gain national competitive advantage. It can improve the quality of human life because it can be used as learning and education media, the mass communication media in promoting and campaigning practical and important issues, such as the health and social area. It provides wider knowledge and can help in gaining and accessing information.

ICT has become an integral part of everyday life for many people. The use of ICT in education add value in teaching and learning, by enhancing the effectiveness of learning, or by adding a dimension to learning that was not previously available. ICT may also be a significant motivational factor in students' learning, and can support students' engagement with collaborative learning.

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NALINI S. GHATGE  
ANURADHA DUBEY

## INTEGRATING ICT FOR QUALITY IMPROVEMENT IN HIGHER EDUCATION

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## Teaching- Learning interactivity and skill development through ICT

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The basic objective of education is to impart skills and competencies in the youth. Competencies have to be developed to help the youth imbibe values and develop a constructive attitude towards society. Competency may be defined as an interrelationship between attitude, behaviour, skill and knowledge. To help the youth develop competencies and imbibe values like honesty, tolerance, discipline, cooperation, the Department of Mass Media has adopted innovative teaching methods using the Information and Communication technology (ICT).

This paper discusses some of the innovative teaching methods using ICT, adopted by the Department of Mass Media, ICLES M. J College, Vashi. This paper highlights and establishes a link with the help of case studies between the teaching method and the development of skills like behavioural, affective, inter-personal, conceptual, human, leadership, decision making, problem solving, conflict resolution, communication, creativity that are developed as a result of these innovative teaching methods. The analytical method is also used to establish a link between the teaching method and learning outcome. Learning becomes experiential, participative and collaborative. Learning is thus enhanced as it is a team effort.

**Key Words-** ICT, Skill development, Interactivity, Experiential learning.

The basic objective of education is to impart skills and competencies in the youth. Competencies have to be developed to help the youth imbibe values and develop a constructive attitude towards society. Competency may be defined as an interrelationship between attitude, behaviour, skill and knowledge. To help the youth develop competencies and imbibe values like honesty, tolerance, discipline, cooperation, the Department of Mass Media has adopted innovative teaching methods using the Information and Communication technology (ICT). Our institution believes in the holistic development of the youth. To improve the quality and achieve excellence in education, an attempt has been made to take learning beyond the class room. One of the objectives of our institution is bringing the world into the classroom and classroom into the world.

This paper discusses some of the innovative teaching methods using ICT, adopted by the Department of Mass Media, ICLES M. J College, Vashi. Interactive teaching through Online case study method, news analysis and discussion with screening of news snippets, Digital poster presentation, web search for collection of data, project presentations using ICT, use of the audio-visual method of communication- conceptualising and making short films, ad films, Public service ads, one minute videos and documentaries, promotion of products and institutions through social media like face book, Instagram and twitter, Digital



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## 15. Sports Injuries: Causes and Prevention Psychological Rehabilitation

**Dr. Anap U. D.<sup>1</sup>, Prof. Kadu P. A.<sup>2</sup>**

<sup>1</sup>Physical Director, Women's College of Home Science and BCA, Loni.

<sup>2</sup>Lecturer in Physical Education, PCPE, Loni.

### INTRODUCTION

In recent years, increasing numbers of people of all ages have been heeding professionals advice to get active for all of the health benefits exercise has to offer. For people particularly those who overdo or who don't properly train or warm up these come at a price; sports injuries. Fortunately, most sports injuries can be treated effectively and people who suffer injuries can return to a satisfying level of physical activity after an injury. In better, many sports injuries can be prevented if people take the proper precautions.

It is for casual and more serious athletes as well as the trainers, coaches, and other professionals who deal with sports injuries.

### What are Sports Injuries ?

The term sports injury, in the broadest sense, refers to the kinds of injuries commonly occur during sports or exercise. Some sports injuries result from accidents; others due to poor training practices, improper equipment and sports kit, lack of conditioning, or insufficient warm-up and stretching.

Although virtually any part of your body can be injured during sports or exercise, the term is usually reserved for injuries that involve the musculoskeletal system, which includes muscles, bones, and associated tissues like cartilage. Traumatic brain and spinal cord injuries and bruises are considered.

### Psychological stages of Rehabilitation

It is useful to have a framework to help identify psychological problems that are likely to occur during rehabilitation from injury and at which stage of the injury-rehabilitation process these issues are likely to be raised. Taylor and Taylor examined five distinct phases of psychological distress and identified the key causes of psychological distress related to that point in rehabilitation and the most likely strategies that would contribute to the injured individual's adaptation. Taylor stated that "adaptation was likely to occur as the athlete comes to accept the injury."





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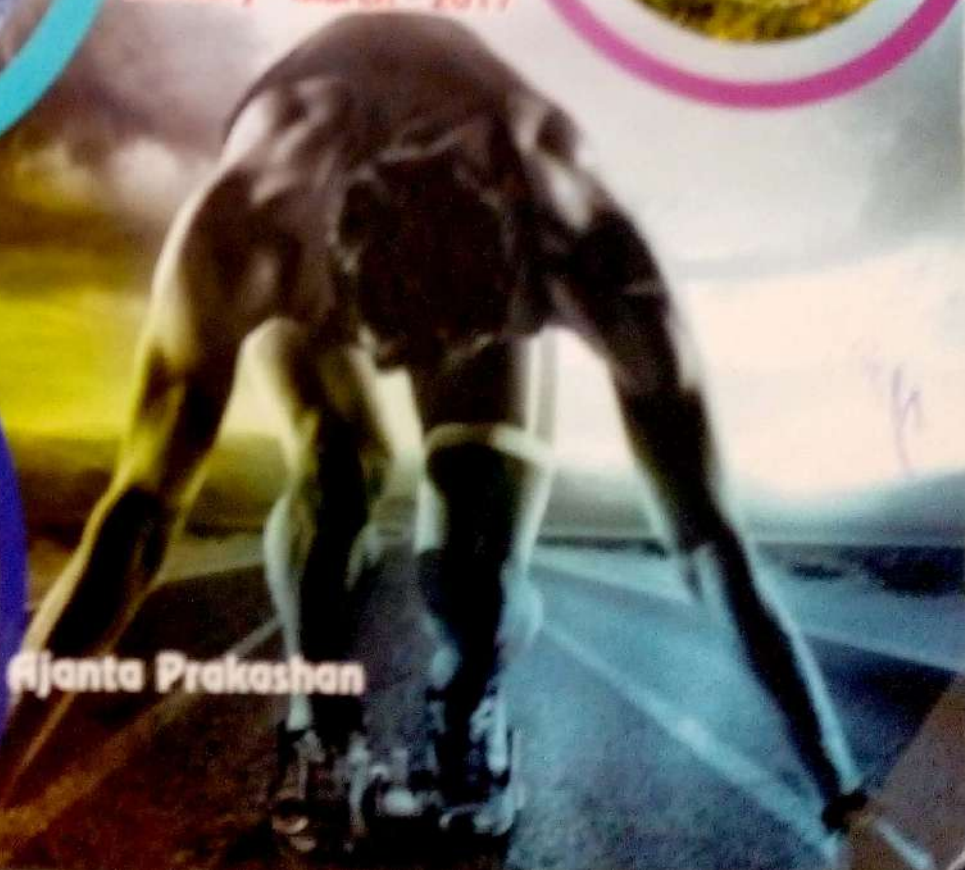
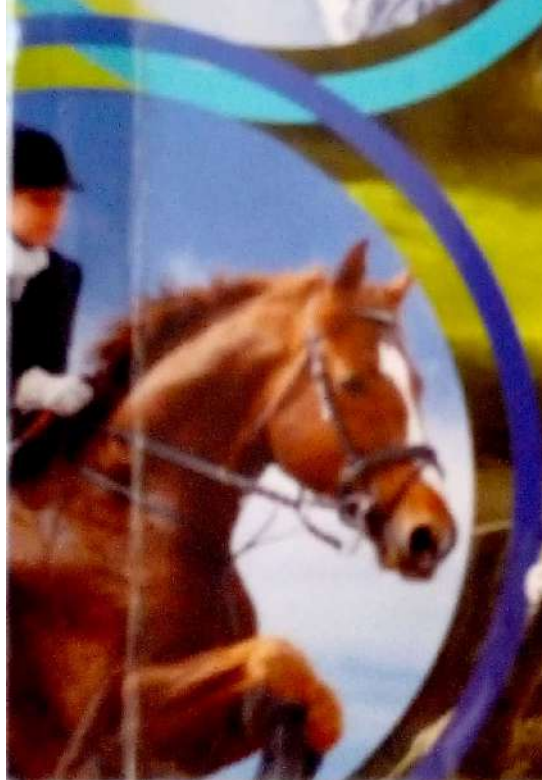
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## 7. A Career View of Sports and Games Regarding Indian Women

Dr. Anap U. D.

Physical Director, Women's College of Home Science and BCA, Loni.

### Abstract :

India is one of the peninsular countries from the world. It is renowned democracy. India is remembered by other countries for many things but to my best of knowledge now days we see its remarkable progress in the field of sports. So the foreign countries ultimately attract towards the Indian Sports. We find sports in the sense of games. Sports and Physical Education is an indispensable area for the growth of men and individual personality. The role of common men and women is mandatory by physical.

### INTRODUCTION

It is continues process regarding sports and games. The skill, strength, speed, stamina, agility, endurance are the main roots of the good women of India. Men and the most vital part of the organization it looks towards the uplift of the sports as well regarding the Indian women. When you play the sports for health or physical fitness you find calm mind in the sense of building the healthy body. It is women which matters most the sports who can make positive efforts all the while. Always creative while thinking, offensive at the time of difficulties and occasionally emotional at the time of love. The output of Indian women found in games and sports (2007). If we analyze the word, its meaning will be great in the sense.

### A SUCCESSFUL GAME ANALISATION

G for Generous, Gainful play, Good for health.

A for All play, All round development.

M for Mind concentration, Healthy mind.

E for Efficiently, Effectively, Forever.

A competitive play on the ground continues activity involving in a particular game known as skillful game here we find the player having chance of getting improved by strength and agility. The game is usually played according to the set of rules and regulations.



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Hon'ble Dr. Ashok Vikhe Patil  
Executive Chairman,  
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## INTEGRATING ICT FOR QUALITY IMPROVEMENT IN HIGHER EDUCATION

Edited By  
**Nalini Ghatge**  
**Anuradha Dubey**



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## Use of ICT in disseminating Impact of soya Supplement Feeding on Clinical Nutritional Status of Preschoolers among Society

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ICT is very important in our daily lives. The lack of appropriate information at the right time will result in low productivity, low quality research works, and waste of time to pursue information and even to do research which actually others had done or in other countries. Now a day's ICT cannot be separated with our daily needs hence It is most important tool to researcher to communicate impact of soya supplement Feeding on Clinical Nutritional Status of Preschoolers to the Society after soya Supplement Feeding and its significant impact on Nutritional Status of Preschoolers . The ICTs can be able to show visualized demarcation in hair, face and lips of experimental groups of children before and after supplementations and can be effectively and easily disseminated in the society . Soyabean is very much popular food crop in most of the countries of the world where as large numbers of people are found of soya products. Soyabean contained sufficient amount of fat soluble vitamins like A, D, E and K where as water soluble vitamins i.e. vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub> and B<sub>12</sub> which are quite essential to enhance clinical nutritional status and for the promotion of growth and reproduction.

**Keywords:** ICT, soya supplement and clinical nutritional status

### Introduction:

It is one of the nature's wonder and nutritional gift for the human nutrition. Therefore many researchers have recommended soyabean supplementations in different forms of by products for the malnutrition treatment. Hence, by keeping in view the feasibility in the preparation of formulated foods and due to nutritional significance of soya bean, its low cost, locally available and high amino acid profile it is planned to use the soyabean after proper processing techniques in the preparation of soya by products with its effect on the treatment of malnourished preschool children to overcome the problem. **Donnen, Philippe (1998)** soyabean contained sufficient amount of fat soluble vitamins like A, D, E and K where as water soluble vitamins such as B complex vitamins i.e. vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub> and B<sub>12</sub> which are quite essential for the promotion of growth and reproduction. When soyabean soaked in water and sprouted they contain vitamin C which is found in fresh fruit and green vegetables **Doraswamy. (1986)**

### Materials and Methods:

#### Clinical Assessment of preschool children:

Clinical examination is an essential feature of all nutritional survey since their ultimate objective is to assess levels of health of individuals or of population groups in relation to the food they consume. It is also the simplest and the most practical method of ascertaining the nutritional status of a group of individuals.

Clinical assessment was carried out by interviewer only in a good light. By direct





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## FOOD WASTAGE IN INDIA -A SERIOUS CONCERN

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### Abstract:

India's total population will reach 1.45 billion by 2028 and already struggling to feed its population. its current food crisis could worsen significantly in the coming decades. One-third of the world's malnourished children live in India. According to UNICEF, 47% of Indian children are underweight and 46% of those under three years old are too small for their age. Indeed, almost half of all childhood deaths can be attributed to malnutrition. What accounts for India's chronic food insecurity? Farm output has been setting new records in recent years, so, even accounting for recent population growth, food production is clearly not the main issue. The most significant factor—one that policymakers have long ignored—is that a high proportion of the food that India produces never reaches consumers. Nearly 40% of the total value of annual production is wasted.<sup>1</sup> Food is one of the most important drivers of environmental pressures, particularly in terms of water, land and resource use, greenhouse gas emissions (GHGs), pollution, and subsequent climate and habitat change. In terms of economic impacts, food waste represents high waste management costs and money wasted. Wasting food also raises social questions, particularly given the current global financial crisis, rising food prices and international food shortages. That's where waste prevention issue emerges. Even cutting waste in half would be a huge step toward global food security and a boon for the environment.<sup>6</sup>

### INTRODUCTION

According to current estimates, India's total population will reach 1.45 billion by 2028, similar to China's, and 1.7 billion by 2050, equivalent to nearly the combined population of China and the United States today. Given that India is already struggling to feed its population, its current food crisis could worsen significantly in the coming decades.<sup>1</sup>

According to the 2013 Global Hunger Index (GHI), India ranks 63rd, out of the 78 hungriest countries, significantly worse than neighboring Sri Lanka (43rd), Nepal (49th), Pakistan (57th), and Bangladesh (58th). Despite India's considerable improvement over the past quarter-century – its GHI rating has risen from 32.6 in 1990 to 21.3 in 2013 – the United Nations Food and Agricultural Organization believes that 17% of Indians are still too undernourished to lead a productive life. In fact, one-quarter of the world's undernourished people live in India, more than in all of Sub-Saharan Africa. More distressing, one-third of the world's malnourished children live in India. According to UNICEF, 47% of Indian children are underweight and 46% of those under three years old are too small for their age. Indeed, almost half of all childhood deaths can be attributed to malnutrition.<sup>1</sup>

What accounts for India's chronic food insecurity? Farm output has been setting new records in recent years, having increased output from 208 million tons in 2005-2006 to an estimated 263 million tons in 2013-2014. India needs 225-230 million tons of food per year; so, even accounting for recent population growth, food production is clearly not the main issue. The most significant factor – one that policymakers have long ignored – is that a high proportion of the food that India produces never reaches consumers. Nearly 40% of the total value of annual production is wasted.<sup>1</sup>





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## ENVIRONMENT AND HEALTH ISSUES

*Dr. Uttam Anap*

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*S.R.M.P College of Home Science  
for women, Akulj*

### Introduction

Humans interact with the environment constantly. These interactions affect quality of life, years of healthy life lived, and health disparities. The World Health Organization (WHO) defines environment, as it relates to health, as "all the physical, chemical, and biological factors external to a person, and all the related behaviors."<sup>1</sup> Environmental health consists of preventing or controlling disease, injury, and disability related to the interactions between people and their environment.

The Healthy People 2020 Environmental Health objectives focus on 6 themes, each of which highlights an element of environmental health:

1. Outdoor air quality
2. Surface and ground water quality
3. Toxic substances and hazardous wastes
4. Homes and communities
5. Infrastructure and surveillance
6. Global environmental health

Creating health-promoting environments is complex and relies on continuing research to understand more fully the effects of exposure to environmental hazards on people's health.

### Goal

Promote health for all through a healthy environment.

### WHO Definition of Environmental Health

Environmental health comprises those aspects of human health, including quality of life, that are determined by physical, biological, social, and psychosocial factors in the environment. It also refers to the theory and practice of assessing, correcting, controlling, and preventing those factors in the environment that can potentially affect adversely the health of present and future generations.

### Why Is Environmental Health Important?

Maintaining a healthy environment is central to increasing quality of life and years of healthy life. Globally, nearly 25 percent of all deaths and the total disease burden can be attributed to environmental factors.<sup>1</sup> Environmental factors are diverse and far reaching. They include:



# Vision

Hon'ble Dr. Ashok Vikhe Patil  
Executive Chairman,  
Pravara Rural Education Society, Loni



ICT is one of the economic development pillars to gain national competitive advantage. It can improve the quality of human life because it can be used as learning and education media, the mass communication media in promoting and campaigning practical and important issues, such as the health and social area. It provides wider knowledge and can help in gaining and accessing information.

ICT has become an integral part of everyday life for many people. The use of ICT in education add value in teaching and learning, by enhancing the effectiveness of learning, or by adding a dimension to learning that was not previously available. ICT may also be a significant motivational factor in students' learning, and can support students' engagement with collaborative learning.

As a matter of fact, we are living in a constantly evolving digital world. ICT has an impact on nearly every aspect of our lives - from working to socializing, learning to playing. The digital age has transformed the way young people communicate, network, seek help, access information and learn.

I congratulate the organizers for conducting the academic discussion on "Integrating Information and Communication Technology (ICT) for Quality Improvement in Higher Education". I wish the great success for the National Seminar.

Hon'ble Padmabhushan Dr. Balasheb Vikhe Patil  
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## **ROLE OF INFORMATION AND COMMUNICATION TECHNOLOGY (ICT) IN FOOD AND NUTRITION EDUCATION**

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Asst. Professor, Women's College Of Home Science & B.C.A  
Loni(Kd) Ta-Rahata Dist-Ahmednagar

### **Abstract**

The paper focuses on Role of Information and Communication Technology in the effective teaching and learning of Food and Nutrition Subject in our education system. It reviewed the concept of ICT, and its place in teaching and learning. ICT tools that is suitable for use in the Food and Nutrition Subject. The benefit of using ICT and factors affecting the effective use of ICT in food and nutrition subject were highlighted. This paper also attempts to address ways of improving or enhancing the ICTs teaching/learning of Food and Nutrition Subject.

### **Introduction**

A plan of teaching Home Science must begin with an understanding of the discipline of home science. What is needed is a simple, direct explanation of the relevance and significance of home science in the modern context. People often ask how home science is associated with the home. This question brings out the basic premises upon which the discipline of home science is built. The science of the home is concerned with the maintenance and enrichment of human relationships through the development and judicious use of all available human and material resources to achieve a maximal satisfying life for all members of the family. Home science education prepares youth for the greatest of all vocation - Home Making. It orients young girls and boys towards preparation for several professions- teaching, nursing, dietetics, research, welfare, management, art application, extension work and communication.

Food and Nutrition is one of the subjects covered under Home Science. It is a scientific study of foods and their nutrients in relation to the body that is fed by the food. As put in by Guthrie and Picciano (1995)<sup>1</sup>, it addresses nurturing or nourishment of the body. It also concerns itself with the methods of cooking and appliances ideal for certain foods for maximum nutrient retention as well as individual needs as far as digestion, absorption and assimilation of nutrients is concerned. Therefore, proper teaching of Food and Nutrition will go a long way in ensuring a healthy nation. Various teaching strategies are in use today and teachers are called for to employ correct methodologies during their teaching.

Education is facing a great challenge in this era of Information and Communication Technology (ICT), Handling of information has grown rapidly and has become alarming. Agbanu(2005)<sup>2</sup> asserted that the world is witnessing an expansion in the way people communicate, do business and perform other office duties. ICT is quite a new concept and is still confusing to many people as Ekpenyong and Nwabuisi (2002)<sup>3</sup> pointed out that transactions are likely to get more complex than they are and only those who keep pace with technology would survive and cope in the world of work. Nowadays, Information and Communication Technology has reduced the workload of the teacher drastically. The use of the chalkboard is gradually giving way to technological devices through the computer e-learning, Internet etc.



# Vision

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## **ICTs in Education Challenges and Research**

**Prof. J.B Dabarase**

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### **Introduction**

Information Communications Technology (ICT) refers to the study of any technology that uses telecommunication to store, transmit or access digital information. It focuses on the way that modern technology affects our society and how we communicate.

Since the introduction of the personal computer in the early 1980s, the number of people using computers has steadily increased. Furthermore, computer use in the workplace has been strong from the inception of computers. Businesses could realize the benefits of computers perhaps more readily than could home users, and have embraced in greater numbers. Few businesses today do not have at least a simple desktop computer in their workplace, and new and improved uses for computer technology are being introduced that promise to bring increased opportunities to businesses who use them.

### **Use of ICTs in school affects future employment**

Most certainly, the number of businesses using computer and Internet technology will continue to increase and these businesses will find new and more advanced uses for this technology. Survey results show that the most widespread uses of the Internet now are for electronic mail and for searches of data and information, which are those requiring lesser amounts of training and investment by businesses. But as computer use expands and the Internet matures into a crucial resource of the business community, more and more businesses will begin to use it for more advanced purposes, such as electronic commerce and marketing and promotion of their products. These avenues of future growth hold perhaps the most promise for businesses using computer technology and the Internet.

Of course, implementing and maintaining all of this high technology will require an ever increasing supply of skilled workers in virtually all types of businesses. Our survey has shown that employers place a great importance on employees with computer skills, and as more businesses adopt Internet technologies and services, these skills will be of even greater importance. The importance of a workforce skilled in these areas cannot be understated for the future.

Since the 1990s the growth in access to and use of the internet has played an important role in increasing the availability and exchange of labour market information. The internet plays an increasingly important role in information, advice and guidance services for people seeking careers, education, training and employment advice. But with a growth in the amount of information available, it is important that users develop skills to assess the quality of information available and to distinguish between biased and unbiased sources so as to use information intelligently to guide decision-making

### **Impact of 'computer-literacy' instruction in schools and colleges**

Computer literacy is the knowledge and ability to use computer and technology efficiently. Computer literacy can also be referred to the comfort level someone has by using computer programs and other application that are related to computers. The occurrence of



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ICT has become an integral part of everyday life for many people. The use of ICT in education add value in teaching and learning, by enhancing the effectiveness of learning, or by adding a dimension to learning that was not previously available. ICT may also be a significant motivational factor in students' learning, and can support students' engagement with collaborative learning.

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## **Role of ICT in Art and Design**

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### **Introduction:**

Artistic practice is an indispensable tool for strengthening imaginative consciousness and developing creativity, awareness, understanding, and visual knowledge. However, Winner et al. (2013) concluded that integrating the arts improves academic performance and makes children more innovative thinkers has not yet been proven. Winner and Cooper's (2010) findings failed to support the view that creativity is causing academic achievement. Although it has been speculated that creativity and innovation cannot be translated into better general academic achievement based on scores on the kind of tests that children now take in school, it has been stressed on the educational value of learning as a process matter, "to know and understand", such improvement function is due to the effect of visual art experience students received. Undoubtedly, technologies integration would give a vital means of reaching students in and through the arts as investigative methods. The first study, in 1998-99, involved 120 teachers who used computers innovatively in mathematics, science or geography at Key Stage 3. It was funded initially by Becta and ultimately also by the DfES and several companies. A panel of subject-matter experts and government education officials chose the teachers from a larger group of nominees. The second study involved 100 teachers (including roughly a dozen teachers of art and design) who rated technology highly and whose pupils achieved better-than expected results in national examinations. This study was an off shoot of research carried out during 2000-01 by the Fischer Family Trust, an educational charity. NSEAD (National Society for Education in Art and Design) helped to identify several of the more innovative teachers and provided useful background. Experimentation is at the heart of any creative endeavor. Computers make it easier – both psychologically and technically – to try things out. They let art students work noncommittally – hence, fearlessly and with greater excitement.

Art and design develops the whole person – imagination, skills, thought processes, values and awareness of the world around them we move the boundaries beyond normal expectations and encourage our students to look beyond the original purpose of the materials at hand.

### **ICT and Art and Design**

Computers are general purpose creation, storage and distribution systems. They have become part and design of our contemporary culture coexisting alongside television, radio, video and computer games. In addition the Internet and e-mail provide resources and communication opportunities for schools to use and develop. Communication in our culture and society is becoming increasingly visual. Our role therefore is not simply to facilitate the development of skills in art and design but to provide a context for assisting pupils to construct meaning from this array of visual information. In other words teachers and parents share a responsibility to teach the next generation how to use ICT purposefully in their learning.

Using computers is fun, but ICT is also a challenge to understand the wide range of



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## ROLE OF ICT IN TEACHING AND LEARNING

**Mrs. Wandhekar Meenakshi**

Women's College of HomeScience and BCA,Loni.

### ABSTRACT:

In today's world ICT is used in almost all sectors like health, education, citizen empowerment. World moving rapidly into digital media and information therefore the role of ICT in education sector is becoming more and more important. This article focuses on Role of ICT in teaching and learning process. Information and communication technology contribute universal access to education, equity in education, delivery of quality learning and teaching, professional development of teachers and efficient education management. Use of ICT in teaching and learning will achieve quality of education, motivation in learning and it will be helpful for both teachers and students.

**Keywords:** ICT, Digital media, empowerment.

### 1. INTRODUCTION

ICT is referred as a collection of various technology and resources which are useful for communication, also useful to generate, distribute, collect and administer information. ICT has introduced the easiest way of teaching and learning for both teachers and students. We can use internet anywhere to get more and more ideas about the topic and also watch videos on that topic. Now a day we use projector in educational field to discuss the work with the whole class. For extending educational opportunities and to provide remote learning resources' ICT is a powerful tool. ICT encourages students to take accountability for their own learning. It offers problem centered and query based learning which provides easy access and information based resources. It is necessary to acquire the ability to use technology as a tool to research, organize evaluate and communicate information.

Today for carrier, job or occupation the knowledge of networking, communication and retrieval technologies has become interior. In all fields such as engineering, banking, travel tourism, medicine, cultural, agricultural it is impossible to deny the importance of ICT. In building the society education plays very important role. The standard of society depends upon education, so quality education is basic need of society. ICT brings an enormous change in the field of education. ICT makes teaching-learning processes effective. Teachers play important role in the adoption of a communication technology. ICT increase the students' knowledge. ICT is higher education's promote technology literacy and equal opportunities to get information and knowledge. ICT helps to share ideas, information and experience with others.

### 2. ROLE OF ICT IN TEACHING AND LEARNING:

The teachers' expertise in ICT is an important factor in its successful use. Conventional learning was based on content .It includes particular syllabus. According to syllabus text books was available. Teacher has taught to their students by using lecture method. They are supposed to prepare their lesson plan, presentation, tutorial and to evaluate students' performance assignments, local test was conducted. It is necessary to improve quality of syllabus by implementing skill and performance based approach towards it. To include



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## ROLE OF ICT IN CHEMISTRY

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Women;s College of Home Science & BCA,Loni

### Abstract

Chemistry deals with study of matter i.e. elements. Compounds, their structure and properties and the changes takes place with matter. It joins together biology and medicine, mathematics and physics and earth and environmental science so it is considered as the fundamental science .It is a very basic science that impact all focuses of our lives. Information and communication Technology (ICT) is also a power that has many aspects of the way we live. This paper emphases the role of ICT in chemistry education.

**Key words-** Chemistry, Education, ICT

### Introduction

In recent time the teaching and learning of chemistry is found to be very difficult. The basic concepts and ideas have to be visualized mentally so there is very poor understanding of these concepts. Computer assisted teaching and learning methods are helpful to overcome teaching and learning of chemistry. In today's information age, ICT can do wonders that no one can imagine. ICT impacts in various aspects in our life.ICT has fundamentally changed the way we live now.ICT in education is need of twenty first century.ICT if used thoughtfully can prove a big change agent for education.ICT enabled education is not only to the growing demands for enrolments in education but also in tune with the mindset of the present day students and helps meet the challenges of the growth of knowledge.ICT if used creatively can make a big difference in the way teachers teach and students learn and can help students acquire 21<sup>st</sup> century skills like digital literacy, innovative thinking, creativity, sound reasoning and effective communication. Integration of ICT with education is therefore very much needed if we really want to create a holistic learning environment focusing on quality, innovation, expansion, excellence and inclusion. (1)

### ICT in chemistry education

Chemistry is the complex subject and understanding chemistry is characterized by a wide variety of dimensions of knowing and understanding the complexity of interaction between them. Chemistry needs to be understood from a variety of interacting perspectives. Thus teaching chemistry requires unique demands(3)According to a survey in 1995 (4) many students explain chemistry as one of the toughest course but the fact is that chemistry, a science central to technology and engineering fields in many ways .The examples and applications of chemistry are abundant and unavoidable in every day life. For example an understanding of fundamental chemistry concepts are required to solve the oncoming energy crisis, to develop environmentally friendly methods of production and waste management, to detect biological weapons in real time ,to develop better pharmaceutical drugs, to solve environmental problems and to design newer functional nonmaterial's.(5)



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## **Role of Information and Communication Technology in Textile Industry**

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### **Introduction**

Textile companies face significant challenges to remain competitive in today's industry, including supplying innovative collections at the right price, right color shade, enhancing brand image, building customer loyalty and expanding business horizons. These challenges are met by combining its CAD/CAM and 3D technologies with Internet tools to provide optimal data communication capabilities, as well as a complete suite of fully scalable solutions for meeting all requirements, from collection design to visual merchandising through production.

In the global trade of textile material the efficient working of textile manufacturing and processing machines have great importance. The quantitative and qualitative product is produced by applying technically developed features in machineries which assist in increasing the trading of textile of particular industry but also assist their marketing growth.

Today, with the introduction of CAD and its many software capabilities, the possibilities are endless. The entire process of designing a fabric is revolutionized. Where previously designers used to labor over graph paper and stencils, now they simply have to play with a mouse or stylus pen to come out with innovative designs. And the result is not only an increase in speed, but greater accuracy than the manual process. It is no wonder that even small-scale textile design and manufacturing companies are using CAD systems. Is textile design part of the Computer Aided Design (CAD) revolution? Absolutely! The move to computerization is a major trend in the apparel/textile industry today. Computers are changing the way designers all over the world are working. For textile designers, CAD has become more or less indispensable. Years ago the process of fabric design was extremely tedious. A fabric first had to be visualized, and then the arduous process of rendering would take place. The hand produced sample swatch would be time-consuming and therefore expensive. If any changes were necessary, even minute changes, a whole new swatch would have to be rendered.

CAD offers solutions dedicated to the textile market that not only decrease product time-to-market, but also improve communication efforts between design and production stages. Specifically, companies can reduce the need for physical fabric samples, and with electronic communication between fabric design software and production tools (weaving and knitting looms, textile printers), textile producers can achieve a more efficient industrial process and seamless communication with end-consumers.

### **Advantages of CAD in Textile Designing & Fashion:**

- CAD system provides Quick Response (QR) capabilities to an enterprise by compressing the "design - manufacturing - marketing" cycle time.
- Designs, stored in libraries, can be recalled, modified, and evaluated quickly.



# Vision

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ICT has become an integral part of everyday life for many people. The use of ICT in education add value in teaching and learning, by enhancing the effectiveness of learning, or by adding a dimension to learning that was not previously available. ICT may also be a significant motivational factor in students' learning, and can support students' engagement with collaborative learning.

As a matter of fact, we are living in a constantly evolving digital world. ICT has an impact on nearly every aspect of our lives - from working to socializing, learning to playing. The digital age has transformed the way young people communicate, network, seek help, access information and learn.

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## USE OF ICT TO FACILITATE QUALITY RESEARCH

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### Abstract:-

The paper focuses on the Integrating ICT for Quality Improvement in Higher Education on e innovative use of ICT by teacher educators in the Netherlands. Innovative use of ICT is defined as the use of ICT applications that support the educational objectives based on the needs of the current knowledge society. Explorative path analysis and case studies were used to study the potential influencing factors. Results show that several factors on teacher level influence the implementation of innovative ICT use in education. Especially, teachers who are so-called 'personal entrepreneurs' are important for the integration of ICT in teacher education. School level factors turn out to be of limited importance for innovative use of ICT. This indicates a limited involvement of the management of teacher training institutes towards the use of ICT within the curriculum.

**Keywords:-** Improving classroom learning; Technology use in the classroom; Factors affecting Technology use; Teacher education.

### Introduction:-

In 21<sup>st</sup> century many education offer computerized The use of ICT in education as object refers to learning about information and communication technology, which enables students to use ICT in their daily life. The use of ICT as aspect refers to the development of ICT skills for professional or vocational purposes. The teacher education institutes have to educate their students in the use of ICT applications used in primary education. The use of ICT as medium focuses on the use of ICT for the enhancement of the learning process of students. By means of ICT students can achieve their learning goals more effectively. Within teacher education there is overlap between the use of ICT as aspect and as medium. A teacher educator, who uses ICT for the enhancement of the learning process of his students, also shows students at the same time how ICT can be used in primary education. Considering the role the teacher education institutes are expected to fulfill, it is important that a teacher educator provides his students (future primary and secondary teachers) with 'good' examples. ICT is not just regarded as a tool, which can be added to or used as a replacement of existing teaching methods. ICT is seen as an important instrument to support new ways of teaching and learning. ICT should be used to develop student's skills for cooperation, communication, problem solving and lifelong learning

### Conceptual framework:-

During the last two decades, the implementation of ICT in education has become an important topic in research on educational reform. One of the first large-scale international comparative survey on computer use was the ICT-study Computers in education. The research literature on the implementation of ICT in general shows that it involves a large number of influencing factors. In this framework, a distinction is made between exogenous



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## **Mobile Mediated Communications**

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### **Introduction:**

We always wonder what makes technology so good. How did we achieve all of this? The world seems more comfortable to live in. Is it because of technology and is it really true? Most of the people will agree to this and say yes technology has really made our lives easier. Technology is beneficial because it has made our lives convenient and also improved the abilities of humans.

Mobile phone in this modern era has become an essential tool for everyone from elementary school kids, and teenagers to businessmen and senior citizen. Do you wonder how many cell phones do we have in the world right now? There are around 780 million cell phone users around the globe. Nowadays, it is rare that someone do not have cell phone as cell phone has become a need of life. Mobile phones are considered to be crucial for work, leisure, pleasure, relations and keeping up with modern times. The invention of mobile phone really altered the way we interact with our friends and family, how we maintain our social relationships and how we work etc. we need to understand the importance of this new technology because for past 10 years mobile phones certainly changed our lives. Mobile phones gave us the power as individuals to do whatever we want to do and be whatever we want to be. These days, if you notice, we tend to forget our keys but we do not forget to bring our mobile phone. Mobile phones are connecting people with each other and it was not possible before. It is becoming new glue which is holding together all the relationships and social interactions. Mobile phone has made us available to people 24 hours a day, 7 days a week. In past, we had to go through so many processes in order to get to know where the person is; NOW we just need to call that person or leave a text, asking where you are. Mobile phone also provides enormous opportunities for all businessmen to connect with consumers in order to understand their needs and this also strengthen the relationship among them.

### **Information and Communications Technology:**

ICT (information and communications technology – or technologies) is an umbrella term that includes any communication device or application, encompassing: radio, television, cellular phones, computer and network hardware and software, satellite systems and so on, as well as the various services and applications associated with them, such as videoconferencing and distance learning. ICTs are often spoken of in a particular context, such as ICTs in education, health care, or libraries. The term is somewhat more common outside of the United States. (Margaret Rouse 2005) Communication is transfer of information from one person to another, whether or not it elicits confidence. But the information transferred must be understandable to the receiver” – **G.G. Brown.**

“Communication is giving, receiving or exchanging ideas, information, signals or messages through appropriate media, enabling individuals or groups to persuade, to seek



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## Information and Communication Technology in Education

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### Abstract

Information and communication technologies (ICT) have become common place entities in all aspects of life. Across the past twenty years the use of ICT has fundamentally changed the practices and procedures of nearly all forms of endeavor within business and governance. Education is a very socially oriented activity and quality education has traditionally been associated with strong teachers having high degrees of personal contact with learners. The use of ICT in education lends itself to more student-centered learning settings. But with the world moving rapidly into digital media and information, the role of ICT in education is becoming more important and this importance will continue to grow and develop in the future.

### Introduction

Many countries now regard understanding ICT and mastering the basic skills and concepts of ICT as part of the core of education, alongside reading, writing and numeracy. However, there appears to be a misconception that ICTs generally refers to 'computers and computing related activities'. This is fortunately not the case, although computers and their application play a significant role in modern information management, other technologies and/or systems also comprise of the phenomenon that is commonly regarded as ICT's. The end of the 1980s, the term 'computers' was replaced by 'IT' (information technology) signifying a shift of focus from computing technology to the capacity to store and retrieve information. This was followed by the introduction of the term 'ICT' (information and communication technology) around 1992, when e-mail started to become available to the general public. The various kinds of ICT products available and having relevance to education, such as teleconferencing, email, audio conferencing, television lessons, radio broadcasts, interactive radio counseling, interactive voice response system, audiocassettes and CD ROMs etc have been used in education for different purposes. The field of education has been affected by ICTs, which have undoubtedly affected teaching, learning, and research. The use of information and communication technologies in the educative process has been divided into two broad categories: ICTs for Education and ICTs in Education. ICTs for education refers to the development of information and communications technology specifically for teaching/learning purposes, while the ICTs in education involves the adoption of general components of information and communication technologies in the teaching learning process.

### Enhancing teaching and learning process

The field of education has been affected by ICTs, which have undoubtedly affected teaching, learning and research. ICTs have the potential to accelerate, enrich, and deepen skills, to motivate and engage students. In a rapidly changing world, basic education is essential for an individual be able to access and apply information. Such ability must find include ICTs in the global village. Conventional teaching has emphasized content. For many



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## The Opportunity: ICT as a Tool for Education

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### Abstract

In this technological era, the use of information communication technology influencing the teaching and learning habits of teachers as well as students to a great extent.

Information and communication technologies (ICT) have become common place entities in all aspects of life. Across the past years the use of ICT has fundamentally changed the practices and procedures of nearly all forms of endeavour within business and governance. ICT enhances a student's ability to learn and has the potential to support education across the curriculum. It can provide opportunities for effective communication between students and teachers in a way that has not been possible ever before. The use of ICT in education lends itself to more student-centred learning settings and often this creates some tensions for some teachers and students. But with the world moving rapidly into digital media and information, the role of ICT in education is becoming more and more important and this importance will continue to grow and develop in the 21 st century. This paper highlights the various impacts of ICT on education and explores potential future developments.

**Keywords:** ICT, Teaching learning

### Introduction

ICT stands for Information & Communication Technology .These technologies include:

- Computers,
- The Internet,
- Broadcasting technologies (radio and television),
- Telephony

One of the many challenges facing developing countries today is that of preparing their societies and governments for globalization and the information and communication revolution. Policy-makers, educationists, non-governmental organizations, academics, and ordinary citizens are increasingly concerned with the need to make their societies competitive in the emergent information economy. Globalization and innovations in technology have led to an increased use of ICTs in all sectors - and education is no exception. Uses of ICTs in education are widespread and are continually growing worldwide. It is generally believed that ICTs can empower teachers and learners, making significant contributions to learning and achievement. Of the teachers interviewed on the effectiveness of ICT in education majority of them felt that introduction and use of ICT adequately will be extremely effective in children's learning and achievement.

ICT is very much important for teachers and students because it provides opportunities of learning at both end i.e. students as well as teachers. ICT enhances the active learning and students feel self-responsibility in the teaching learning process within the classroom and outside the classroom. A teacher can easily plan and prepare his lessons and design



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Women education in India plays a very important role in the development of overall country. It is not only helps in the development of half human resources, but in improving the quality of life at home and outside. Higher education of women is the most powerful tool to change the women's status in society and very much helpful for taking right decisions and becoming stronger part of the economy. Higher education to women means empowering women with knowledge, skills and self confidence which is necessary to participate fully in the development process her status and improving her status. I congratulate the organizer for conducting the academic discussion on status of women in emerging social structure. I wish the great success for the National seminar.

Hon'ble Padmabhushan Dr. Balasheb Vikhe Patil  
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## Dynamics of Human Rights

NALINI S. GHATGE  
ANURADHA DUBEY



# Dynamics of Human Rights

Edited By  
Nalini Ghatge  
Anuradha Dubey



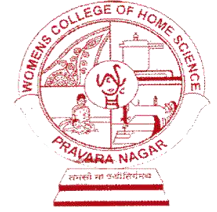




**Pravara Rural Education Society's**  
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# **Dynamics of Human Rights**

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## **NUTRITIONAL STATUS OF MALNOURISHED PRESCHOOL CHILDREN AFTER SUPPLEMENTATION OF PROTEIN CALORIE RICH FOOD**

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### **ABSTRACT**

Malnutrition is a worldwide health issue. It imposes a toll on child mortality, 53 per cent of deaths in children under 5 years in age are nutrition related in worldwide. It may be due to the role of nutrients in disease and immunity. To treat malnutrition among the preschool children the formulation of locally based protein rich product is must hence attempt was made to formulate soyabased food products such as soyaladoo and soyachakali. These soyabased food products formulated and prepared by standard methods. Organoleptically selected soya products were analyzed for its chemical composition such as protein, fat, vitamins, minerals, and ant nutritional factors. These products were supplemented to preschool malnourished children @ 40 gm/head/day for six months. Preschool malnourished children were graded according to grade of malnutrition. Their protein intake and calorie intake significant changed after six months feeding.

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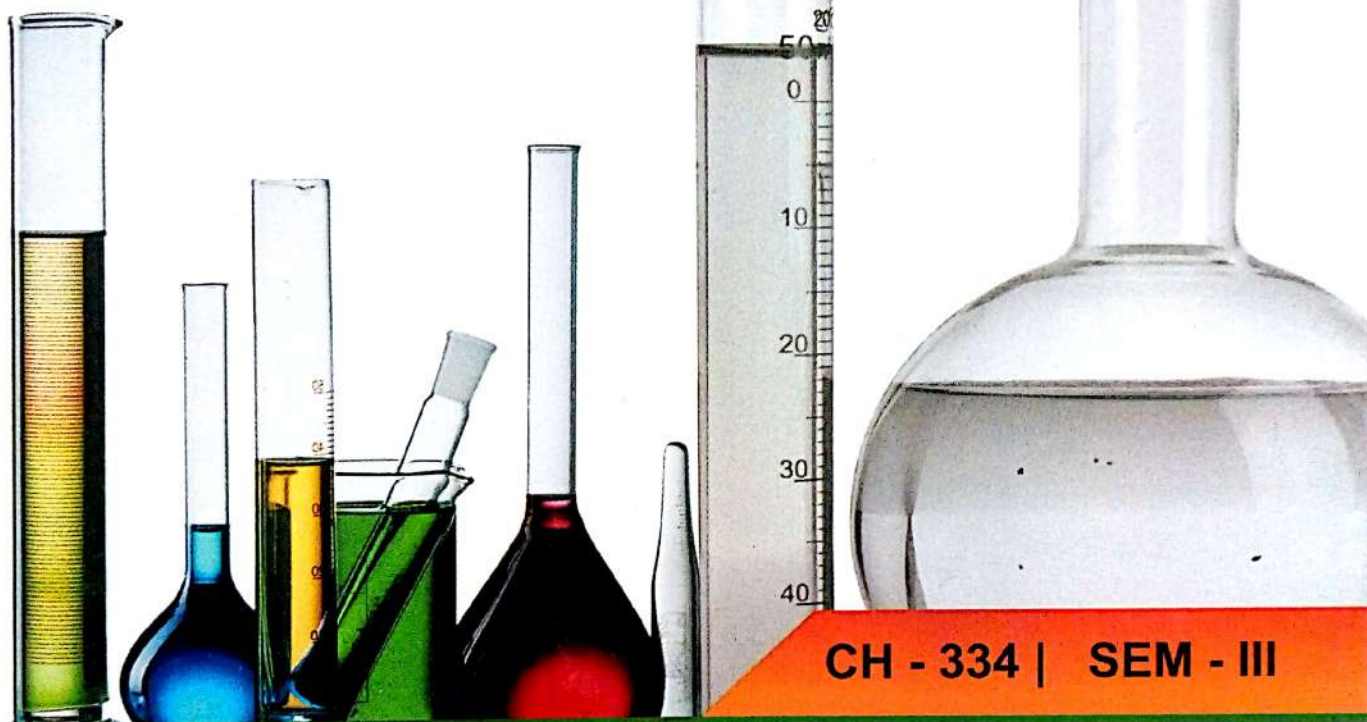
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Soyabean is very much popular food crop in most of the countries of the world where as large number of people is found of soya products are prepared from soya seeds. Soyabean is now getting wide acceptance in India. The soyabean have the potentially to become industrial raw material in dairy products and agricultural stuff. Soyabean is higher in protein than other legumes and many animal products (Alan, etal 2004). The protein derived near by 40 per cent by soyabean. However, the quality of soya protein that is most remarkable health care professionals across the global recognizes. The superiority in quality of soya protein considers equivalent to that of the other high quality protein sources (Ashworth; A 2006). It has been also significant that the amino acids of the protein of soyabean are much similar to those of cow milk protein (Carrington, M. Siddaling 2008).



**T.Y.B.Sc.**

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## Gravimetric Analysis

### 1.1 Introduction :-

Gravimetric analysis which is also called as quantitative analysis by weight is the process of isolating and then weighing an element or a definite compound of the element in as pure form as possible. Several analytical methods are based on mass or weight measurements. Gravimetric analysis is concerned with the transformation of the elements or radicals to be determined into a pure stable compound which can be readily converted into a suitable form for weighing. The weight of the elements or radicals is then easily calculated from the knowledge of the formula of the compound and the atomic weights of the constituent elements. The gravimetric analysis is over advantage over volumetric analysis in the sense that, in gravimetric analysis the constituent may be seen and examined for the presence of impurities and a correction can be applied if necessary. However, it is also called associated with a limitation in comparison to volumetric analysis. This method is more time consuming and laborious.

The separation or isolation of the element or of the compound may be done in a number of ways like –

- i) Precipitation method
- ii) Evolution or Volatilization method
- iii) Electro-analytical method
- iv) Gravimetric titrimetry
- v) Atomic mass spectrometry etc.

This chapter deals with the methods used for the separation of compound usually by precipitation method, in a form which is relatively easy to handle.

### 1.2 Common ion effect :-

The concentration of particular ion in an ionic reaction can be increased by the addition of a compound which produces that ion on dissociation. Thus, the particular ion is derived from the compound already present in the solution and from the added reagent, hence the name common ion. e.g. The addition of  $\text{NH}_4^+$  (ammonium) ion can be increased by adding ammonium chloride to a solution of ammonia, thus ammonium ion ( $\text{NH}_4^+$ ) is common ion in both ammonium chloride and ammonia, hence the name common ion.





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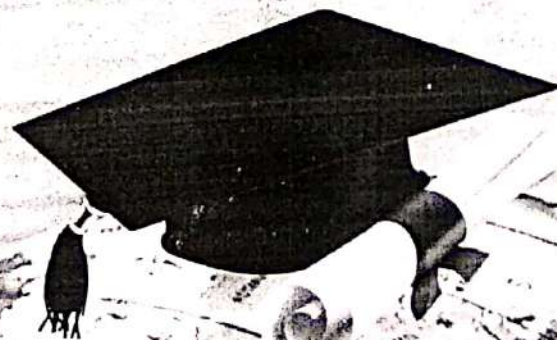
# **Promoting the Culture of Quality in Higher Education Institutions and Roadmapping for Excellence**

13<sup>th</sup> & 14<sup>th</sup> February, 2015



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## Women Empowerment through Higher Education

Anuradha Dubey\*

### Introduction:

*"You can tell the condition of Nation by looking at the status of its women" Jawaharlal Nehru, Leader of India's independence movement, and India's first Prime Minister.*

Education is a process by which a person's body, mind and character are formed and strengthened. It is bringing of head, heart and mind together and thus enabling a person to develop an all round personality identifying the best in him or her. Development of any country depends 20% on natural resources, 16% on infrastructure and 64% on human resources and social factors. This calls for high quality and well trained human resources from our education systems (Mishra, 2012).

Higher education is the aggregate of systematized knowledge and practical skills that allow theoretical & practical problems to be solved by a given type of training, utilizing and creatively developing the modern achievements of science, technology and culture.

After independence, higher education sector attracted greater attention of the native government than elementary & secondary education sectors. Higher education was recognized as a powerful instrument of socioeconomic advancement of the society in general and a vehicle for upward social mobility for deprived sections. India has third largest higher education system of the world. The deprived sections of the society, especially women, have had limited access to higher education due to gender discrimination.

Indian women have low level of education and formal labour force participation. Educational deprivation is intimately associated with poverty. The UNICEF Executive Director Mr. Carol Bellamy Says: "No country has ever emerged from poverty without

giving priority to education" (Indian currents, 13<sup>th</sup> June 2004)

### Women Empowerment :

For centuries, women were treated as less than equal to men in many ways. According to UN Report (2005) "Women constitute half the world's population, perform nearly two-third of its work hours, receive one-hundredth of the world's property. Just being highly educated and employed is not empowerment or doesn't mean empowering them in technical area only. Women should remember that they are also rational, intelligent and thinking human beings.

The Oxford American dictionary defines "Empowerment" as "to make (someone) stronger and more confident, especially in controlling their life and claiming their rights". The fourth world conference on women, held in Beijing, China from 4-15 September 1995, resulted in agreement by 189 delegations on five year plan to enhance the social, economic and political empowerment of women, improve their health, advance their education and promote their reproductive rights.

Through higher education flow of ideology, values and culture of nation develops and filters the constricted behaviours regarding women and also enables individuals to expand their knowledge and skills, express their thoughts clearly in speech and in writing and increase their understanding of the world and their community. Empowering women through higher education is most effective in reducing poverty in developing countries like India.

Higher education can bring phenomenal change in women's life by inculcating following attributes among them.

- Enhancing their confidence
- Raising their status in the family and society
- Brings awareness about rights
- Boosting their self-esteem

\*Assistant Professor, Women's College of Home Science and BCA, Loni







- Increasing their self efficiency
- Reducing their dependency
- Better bringing up of their children
- Enhancing their mobility
- Opening career opportunities

### Strategies of Empowering women through Higher Education :

The Indian National Policy on Education (NPE) is a landmark in the approach to women's education when it proclaims: "The education system plays a positive role in the empowerment of women. It will foster the development of new values through redesign curricula, textbooks, training and orientation of teachers, decision makers and administrators." For this Higher education needs to take responsibility for:

- Cultivation of positive self-image and self-confidence
- Developing capacity for critical thinking
- Achieving group cohesion and fostering decision-making and action
- Providing women's center in Agriculture and Home science colleges
- Providing Continuing Education and Correspondence Centers for organising vocational and library skills
- Providing Women's Studies Research centers to identify issues and areas and organise seminars and workshops to analyse women related issues and disseminate information and encourage interaction with students and public through media
- Providing classes on legal literacy, programmes and training support
- A more relevant and responsive curriculum catering to the cultural and occupational needs of women

- Meeting the expenses of higher education for rural, backward sections with incentives like scholarships
- Meeting the requirement of achieving full integration of women within the democratic and developmental efforts of country

### Conclusion:

Higher education of women plays a crucial role in releasing their energy and creativity and enabling them to meet complex challenges of the present world. Illiteracy and cultural barrier need to be removed without any further delay. This is the biggest challenge before the Government and NGOs is to create awareness and sensitization among people of all levels, especially in rural areas, about the special needs women and girls.

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### **Introduction:**

Soyabean is very much popular food crop in most of the countries of the world where as large number of people is found of soya products are prepared from soya seeds. Soyabean is now getting wide acceptance in India. The soyabean have the potentially to become industrial raw material in dairy products and agricultural stuff. Soyabean is higher in protein than other legumes and many animal products (Alan, etal 2004). The protein derived near by 40 per cent by soyabean. However, the quality of soya protein that is most remarkable health care professionals across the global recognizes. The superiority in quality of soya protein considers equivalent to that of the other high quality protein sources (Ashworth; A 2006). It has been also significant that the amino acids of the protein of soyabean are much similar to those of cow milk protein (Carrington, M. Siddaling 2008).





Women education in India plays a very important role in the development of overall country. It is not only helps in the development of half human resources, but in improving the quality of life at home and outside. Higher education of women is the most powerful tool to change the women's status in society and very much helpful for taking right decisions and becoming stronger part of the economy. Higher education to women means empowering women with knowledge, skills and self confidence which is necessary to participate fully in the development process her status and improving her status. I congratulate the organizer for conducting the academic discussion on status of women in emerging social structure. I wish the great success for the National seminar.

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## Dynamics of Human Rights

NALINI S. GHATGE  
ANURADHA DUBEY



# Dynamics of Human Rights

Edited By  
Nalini Ghatge  
Anuradha Dubey



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## CHILD ABUSE: VIOLATION OF CHILDREN'S RIGHTS

Anuradha Dubey\*

\*Assistant Professor, Women's College of Home science & BCA, Loni

### Introduction:

Child abuse is a state of emotional, physical, economic and sexual maltreatment to a person below the age of eighteen and is a globally prevalent phenomenon. The growing complexities of life and the dramatic changes brought about by socio economic transitions in India have played a major role in increasing the vulnerability of children to various and newer forms of abuse. Neglect, or not providing for child needs is also a form of abuse.(1)

Child abuse has a serious physical and psycho- social consequences which affect the health and overall well-being of a child. According to WHO: "Child abuse or maltreatment constitutes all forms of physical and/or emotional ill-treatment, sexual abuse, neglect or commercial or other exploitations, resulting in actual or potential harm to the child health, survival development or dignity in the context of a relationship of responsibility, trust or power"(2).

Child's abuse has serious physical and psychological consequences which adversely affect the health and overall well- being of a child. Most abused children suffer greater emotional than physical damage. An abused child may become depressed,he or she may withdraw, think of suicide or become violent, consume drugs or alcohol or abuse others(3).

The problems of child abuse and human rights violations are one of the most critical matters on the international human rights agenda.

### Definition of Child Abuse:

Child abuse refers to

- Psychological and physical abuse, neglect, cruelty, sexual and emotional maltreatment.
- Any act , deed or words which degrades or demeans the intrinsic worth and dignity of a child as a human being.
- Unreasonable deprivation of his/her basic needs for survival or failure to give timely medical treatment to an injured child resulting in serious impairment of his/her growth and development or in his/her permanent incapacity or death.

According to WHO:

- Physical Abuse: Physical Abuse is the inflicting of physical injury upon a child. This may include burning, hitting, punching, shaking, kicking, beating or harming a child. It may be the result of over-discipline or physical punishment





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## ‘‘स्त्रियांवरील अत्याचार आणि मानवी हक्क’’

प्रा.अनुराधा दुबे, कु.पुजा राठी, कु.प्रियंका उंडे

तृतीय वर्ष गृहविज्ञान

### प्रस्तावना :-

भारतीय संस्कृतीत स्त्रियांना अतिशय महत्वाचे स्थान आहे. प्राचिन काळात स्त्रिला देवी, दुर्गा शक्ती स्वरूपात आराध्य दैवत समजून पुजनीय स्वरूपाचे पुरावे आढळतात. पण आधुनिक काळात मानवांच्या नितीमुल्यांच्या घसरणीमुळे आणि वाढत्या औद्योगिक विकासांमुळे स्त्रीची अशी वंदनिय अवस्थेतून दयनीय स्वरूपात परिवर्तन झालेले दिसते. याला पुरावा म्हणून सध्या होत असलेले स्त्री अत्याचार होय. स्त्री ही सृष्टीची जननी म्हणून तिची ओळख आहे. आज स्त्री ही कोणत्याही क्षेत्रात मागे नाही. चुल आणि मुल सांभाळून देखील डॉक्टर, इंजिनीअर, बकिल, पायलट व राष्ट्रपती इ. क्षेत्रात स्वतःचा ठसा उमटविला आहे.

स्त्रियांनी कितीही उंच भरारी घेतली तरी तिला अपमानस्पद वागणूक दिली जाते. तिच्या अनेक सुप्त गुण असूनही वेळ प्रसंगी तिला चार भिंतीतच रहावे लागते. घरगुती छळ सोसावा लागतो. समाजात वावरतांना तिला कुठे ना कुठे अन्यायाला सामोरे जावे लागते. तेव्हा अन्याय ग्रस्त पिडीत महिलांच्या तक्रारीवर सुनावणी होवून त्यांना न्याय मिळावा पण तो न्याय मिळतो का? भारतीय घटनेने स्त्री पुरुष दोघांस समान अधिकार बहाल केलेले आहे. पण तरीही वास्तव मात्र वेगळ्या स्थितीचा निर्देश करते. सामाजिक व्यवहारात आजही तिच्या वाट्याला दुय्यमत्व येताना दिसते.

आजच्या विज्ञान युगात सुध्दा स्त्रीकडे पाहण्याचा दृष्टीकोन सुसंस्कृतपणा शोभनारा नाही. स्त्री अबला आहे. पायाची दासी आहे, शुद्र व तुच्छ आहे, केवळ भोगवस्तू आहे असा विकृत दृष्टिकोन सर्वत्र दिसून येतो. ही दुदैवाची गोष्ट आहे. पण आजही स्त्रियांवर प्रत्यक्ष अथवा अप्रत्यक्ष पणे अत्याचार, दुराचार व अनाचार होतच असतात.

भारत सरकारने तिला संरक्षण व हक्क प्राप्त करून देण्यासाठी खालील कायदे केलेले आहेत.

1. हुंडा प्रतिबंध कायदा 1961
2. भारतीय दंड विधान कायदा 1860
3. कौटुंबिक हिंसाचार प्रतिबंधक कायदा 2005-06
4. वैद्यकिय गर्भपात कायदा 1929
5. स्त्रियांचे अश्लील प्रदर्शन विरोधी कायदा 1986
6. भारतीय घटस्फोट कायदा 1869

या सारखे कायदे भारतात स्त्री सुधारणेसाठी केले आहे परंतु तरीही स्त्रीला समाजात उच्च स्थान नाही. त्यांना संरक्षण नाही.

उदा.दिल्ली बलात्कार प्रकरण 2012.

### विषयाचे महत्व :-

21 व्या शतकाच्या आधुनिक युगात देशाची प्रगती झाली असतांनाही स्त्रियांवरील अत्याचाराचे प्रमाण कमी झाले नाही. यामुळे स्त्रियांच्या मनात भितीचे वातावरण निर्माण झाले आहे. भारत सरकारने अनेक कायदे केलेले असतांना ही त्यांची योग्य अंमलबजावणी न झाल्याने





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## ‘‘मानवी हक्कांची जोपासना व स्त्रीयांचे समाजातील स्थान’’

प्रा.अनुराधा दुबे, कु.कार्ले माया, कु.प्रितम उंडे

तृतीय वर्ष गृहविज्ञान

### प्रस्तावना :-

भारतीय समाजातील सिंधू संस्कृती, वैदिक संस्कृती, मध्ययुगीन इस्लामाचा कालखंड व ब्रिटीश राजवटीतील स्त्रीयांची स्थिती आणि 1947 साली भारत स्वतंत्र झाल्यानंतर झालेले सामाजिक बदल यात स्त्रीयांच्या स्थानात फारसा मोठा बदल झालेला दिसत नाही. भारतामध्ये संपत्तीचा वारसा पुरुष प्रधान समाजात मुलगा ठरला आणि हा मुलगा आपल्याच बिजाचा असावा म्हणून जन्म देणा-या स्त्रीवरही पुरुषांचा मालकी हक्क आला. येथूनच ख-या अर्थाने गुलामगिरीला प्रारंभ झाला.

पुरुष कितीही नितीभ्रष्ट असला तरी दोष स्त्रीलाच दिला जातो. उदा. सितेला अग्नीपरिक्षा देवून स्वतःची शुध्दतेची ग्वाही द्यावी लागली तर महाभारतात भर दरबारात विटंबना होते. ही उदाहरणे आहेत. भारतीय राज्यघटनेने स्त्री-पुरुष समानता दिली. स्त्री आणि पुरुष हे कुटुंब निर्मातीचे आधारस्तंभ आहेत. परंतू आज समाजात पुरुष श्रेष्ठ आणि स्त्री कनिष्ठ असा भेद सर्रास दिसून येतो. इ.स.न. 1896 मध्ये अंतरराष्ट्रीय महिलांची पहिली परिषद जर्मनी येथे भरली या ठिकाणी स्त्रीयांना पुरुषांच्या बरोबरीने अधिकार व हक्क दिले जावे असा ठराव पास करण्यात आला. विकसित राष्ट्रांमध्ये स्त्रीयांना अधिकार मिळाले. परंतू भारतीय समाजातील स्त्रीयांना अधिकार फक्त कागदोपत्री देण्यात आल्याचे दिसून येते. आज भारतात स्त्रीयांच्या संरक्षणासाठी अनेक कायदे करण्यात आले. त्यात बालविवाह कायदा 1954, हिंदू विवाह घटस्फोटाचा कायदा 1955, हिंदू उत्तराधिकारी कायदा 1956, हुंडा प्रतिबंधक कायदा 1961 आणि घरगुती हिंसेपासून महिला संरक्षण कायदा 2005 आणि 2006 पासून अमलबजावणी करण्यात आली. तसेच अलिकडे 2013 साली निर्भया महिला संरक्षण संदर्भात नविन विधायक पास करण्यात आले. परंतू स्त्रीयांवर अन्याय, अत्याचार थांबलेले दिसत नाही.

### स्त्रीयांचे समाजातील स्थान :-

एक माता शंभर शिक्षकांपेक्षा श्रेष्ठ आहे. महात्मा गांधी म्हणतात. आज स्त्रीया उच्च शिक्षण घेवून पुरुषांच्या खांद्याला खांदा लावून सर्वच क्षेत्रात आत्मविश्वासाने वावरतांना दिसतात. उदा. बस कंडक्टर पासून ते ग्रामसेविका, शिक्षिका, डॉक्टर, इंजिनीअर, वकिल, प्राध्यापक, पोलीस अधिकारी, मंत्री, वैमानिक, अभिनेत्री, क्रिडापटू, उत्तम पत्रकार, चित्रपट, खेळ, राजकारण अशा वरील अनेक क्षेत्रात महिलांनी आपली भूमिका सिध्द केली आहे व सामाजिक प्रगतीत मोलाचे योगदान दिले आहे. असे असतांनाही समाजातील दुय्यम वागणूक महिलांचा दर्जा निकृष्ट करण्यास मदत करीत आहे.

7. **आर्थिक गुलामगिरी :-** कामगार शेतमजूर म्हणून राबणा-या बहुसंख्य स्त्रिया घर आणि घराबाहेर कष्टाचे काम करतात. घरकामाचा त्यांना कसलाही मोबदला मिळत नाही. नोकरी करणा-या सुशिक्षित स्त्रीयांनाही घरकाम करणे चुकत नाही. आणि बहुतांशी पगारदार स्त्रीयांनाही आपला पगार नवरा किंवा कुटुंब प्रमुखाकडे जमा करावा लागता.
8. **दुय्यम दर्जा :-** समाजातील स्त्रीयांचे दुय्यम स्थान असल्यामुळे स्त्री भ्रूण हत्येसारख्या अमानुष प्रकार कायदे करूनही सर्रासपणे सुरू आहे. तिची अवहेलना केली जात आहे.
9. **संस्कृती, चालीरिती :-** स्त्रीया जेवन बनविण्याचे काम करत असल्या तरी प्रथम पुरुष व मुले जेवतात. त्यामुळे गरीब कुटुंबात स्त्रीया, मुले अर्धपोटी राहतात. त्यामुळे त्या कुपोषित राहतात. अनेक आजारांना बळी पडतात. पण आहार,



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## **VIOLATION OF WOMEN'S RIGHT**

**Prof Jaya Dabarase**

Asst. prof, Women's college of HomeScience and BCA, Loni.

Women's are the wealth of India and they have contributed in almost every field and made country feel proud at every occasion. They are in front, leading the country, making mile stones and source of inspiration for many.

Indian society is male dominated society where men are always assumed to be superior to society. The women in India very often have to face discrimination, injustice and dishonor. Though women in India have been given more right as compared to men, even then the condition of women in India is miserable. The reality of Indian society is that there is systematic discrimination and neglect of women in India, which could be in terms of inadequate nutrition, denial or limited access to education, health and property rights, child labor and domestic violence etc. The fear of sexual violence has been powerful factor in restricting women's behavior and sense of freedom. The struggle against violence is actually against the unequal distribution of power both physical and economic between the sexes

There is need to discuss the rights of the women separately as women represents more than half of the population of India, yet she is violated and discriminated in every sphere of her life. Only women are a prey to crimes such as rape, bride burning, selling and importation, sexual harassment trafficking and prostitution etc.

The paper will study the various human rights of women in India and how some of them are being violated.

### **Violation of Right to education**

Right to education is basic human right. Education is one of the most critical areas of empowerment of women. Women's education plays a very important role in the overall development of the country. It not only helps in the development of half of the human resources, but in improving the quality of the life at home and outside. Educated women not only tend to promote education of their girl children, but also can provide better guidance to all their children more ever educated women can also help in the reduction of infant mortality rate and growth of the population

Basic education is crucial to alleviating poverty, reducing inequality and driving economic growth but the position of women's education in India is not at all satisfactory. Gender discrimination still persists in India and lot more needs to be done in the field of women's education in India..Young girls may be bought up to believe that they are suited only to certain professions or some cases to serve as wives and mothers. Sarva Shiksha Abhiyan has been successful in brining the girl child back to the school yet their retention rate in school is lower in the rural area. All women in India are not aware about their basic right of Education





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## CHILD PROTECTION & CHILD RIGHTS TO FOOD IN INDIA

**Kanchan Samish Deshmukh**

Asst. Professor, Food Science & Nutrition.

Women's College of Home Science & B.C.A Loni(Kd) Ta-Rahata Dist-Ahmednagar

### Abstract

According to the WHO globally, 30% of children under five are estimated to be stunted and 18% have low weight-for-height, and 43 million children are overweight. Every third child in India is malnourished. India has more than 400 million children, each and every one of whom has a right to have equal opportunities for physical, mental, psychological and social development and empowerment with knowledge and resources. Our country has made significant progress in many fields in the last decade in assuring children their rights to survival, protection and development. Looking to this, government of India has taken many positive initiatives in terms of Laws and Policies, which are included in this article for creating awareness, understanding of child right among food security.

### Introduction

According to the World Health Organisation (WHO) globally, 30% of children under five are estimated to be stunted and 18% have low weight-for-height, and 43 million children are overweight. Optimal breastfeeding could save the lives of 1.5 million children under five every year. Nearly nine million children die every year from preventable diseases and infections: the largest killer being Diarrhoeal disease. There are over 2 billion cases of diarrhoeal disease every year and is the leading cause of malnutrition amongst children under five<sup>1</sup>.

In India 84% of all health care expenditure is out of pocket. This places a great number of families at risk of falling into poverty due to high health expenses. Millions of children are at risk of becoming malnourished. Every third child in India is malnourished. Infant and child mortality rates still remain very high about the *Millennium Development Goal* (MDG)<sup>1</sup>.

India has one of the poorest health records in the world with the highest TB prevalence, every three out of four children have anaemia, and polio eradication is actually backsliding. With varying social sector budgets, health indicators differ greatly across the country. Kerala is best off with only 21% stunted children. Uttar Pradesh has the worst record with 46% of the children being underdeveloped. Girls are at a higher risk of not being able to access health care. The mental health budget remains at 1% of the total health budget<sup>1</sup>.

India has more than 400 million children, each and every one of whom has a right to have equal opportunities for physical, mental, psychological and social development and empowerment with knowledge and resources. Our sincere efforts will enable our children to meet their basic needs, improve the quality of their childhood and prepare them to be





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## THE RIGHT OF ACCUSED WOMEN UNDER THE INDIAN LEGAL SYSTEM

**Rupali Korade, Assist. Prof. Dept. of Home Science,**

Women's College of Home Science and BCA, Loni.

### **Introduction:-**

Article 22(2) of the Constitution of India requires that person arrested or detained in custody should be produced before the nearest Magistrate within 24 hours of such arrest excluding the time necessary for the journey from the place of arrest to the court of the Magistrate, and that no such person should be detained beyond such period without the authority of the Magistrate. The Criminal procedure Code also makes a similar provision in respect of persons arrested without warrant. In case of a complaint, the Magistrate should check the time of arrest by questioning the persons arrested, and see that this important constitutional safeguard for the person liberty of the subject is not violated.

If the Magistrate finds that any person has been unlawfully detained, he shall report the matter to the Sessions Judge, who shall take appropriate action in the matter. The power of admitting a person to bail is a matter of judicial discretion, and not a ministerial act.

### **The Right of an accused female person:-**

1. Women accused is arrested only by female police .Women accused of any offence, if arrested so soon after child birth that they cannot at once be taken before the Magistrate without personal suffering and risk to health should not ordinarily be removed until they are in a proper condition to travel. They should be allowed to remain under proper charge in the care of their relations, or be sent to the nearest dispensary, and suffered to remain there until the officer in charge of the dispensary certifies that they are sufficiently recovered. In such cases, sanction must be obtained by the police from the nearest Magistrate for their detention at their homes, or in the dispensary, beyond the period of 24 hours allowed by section 57 of the code of criminal procedure, 1973. The same procedure should be followed in the case of other accused persons who are too ill to travel.
2. No female person who is arrested shall be detained in custody without being informed, as soon as may be, of the grounds for such arrest nor shall she be denied the right to consult, and to be defended by, a legal practitioner of her choice.
3. Every female person who is arrested and detained in custody shall be produced before the nearest Magistrate within a period of twenty-four hours of such arrest excluding the time necessary for the journey from the place of arrest to the Court of the Magistrate and no such female person shall be detained in custody beyond the said period without the authority of a magistrate.
4. An accused female person, who is remanded in to police custody, has a right to Claim a reasonable opportunity of getting into communication with her legal advisor for the purpose of preparing her defense, and the police cannot legitimately claim that in no





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## **RESPONSE PATTERNS OF HOME SCIENCE GIRL STUDENTS TO EVE TEASING**

**Mrs. M.A. Wandhekar.**

Women's college of Home Science and BCA Loni

The structure of Indian society has always been male dominated. Even though, the girls in 21<sup>st</sup> century are touching stentorian of skies, but the bitter truth is this also, that they often time become victims to incidents due to their physical incapability. Though we have grown by leaps and bounds yet the most basic structure of society is showing no signs of improvement. Many psychologists believe that sex, love or fun is not only motivating that men indulge in this behavior. It is closely related to patriarchal mindset of the Indian male. Men are raised to believe that they are more powerful physically and emotionally than women.

A thorough look at the newspaper and news channels daily shows you so many incidents against woman. Violence against women has become one of the most visible and spoken or expressed social problems around the world. Women of all ages, different religions, different socioeconomically background, different culture experienced violence. The experience of violence affects the lives of millions of women worldwide every form of violence threatens all women and limits their ability to make choices about their lives. It is a development issue and critical human rights.

Eve teasing is a huge issue in India. Eve teasing is a social crime Eve teasing is a euphemism of public sexual harassment towards woman by men, which can range from sexually suggestive remarks, brushing, catcalls, to downright groping and rape. A large percentage of Indian women have faced and are facing this menace. Whether it is a public transport ,shopping malls public places, streets, coaching centers, parks Beaches .women find themselves vulnerable to threat of eve teasing everywhere. Eve teasing is the common act of public violence against women, It includes various forms of harassment like making vulgar comments, unnecessary touching physical intimacy in buses and markets, Obscene songs, unwelcome sexual jokes and remarks about female body, showing obscene gesture, winking, whistling, staring and stalking, forced and outright grouping, obscene and suggestive words uttered on the telephone or through internet. Along with this now a day's types of eve teasing changes day by day. Girls from the urban and particularly rural area remain panicky to go to school safely. Because the eve Teasers gather on the way of colleges schools and threatened them. They gather the mobile number of girl and send vulgar messages, they walk behind the girl this is every days experience for girl.

Eve teasing acts as a control on most women by censoring their general mobility in and accessibility to public spaces. Almost every young girl is a victim of teasing. Every girl cannot tolerate it. After some limit it become serious problem. It may commit suicide to safe themselves from eve teasing. Without any doubt it is against the women right. Many of the girls feel insecure to go out from their home .They are confined within the four





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ANURADHA DUBEY



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## WOMEN'S JUSTICE

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### Introduction

The violation of women's fundamental rights through physical, mental, emotional, and sexual violence against women has become almost common place in the Indian context. Violence against women has taken particularly acute forms in circumstances where populations are already marginalized, such as in areas affected by armed conflict, areas undergoing mass displacement women in tribal belts and among dalit populations already vulnerable, and become even more so in areas affected by conflict. There is therefore a pressing need for the judiciary to recognize and address the particular forms of violence levied against women who are 'doubly marginalised' by caste, class, religion, or in situations conflict. Customary routinely laws discriminate against women, both by denying justice to victims of violence and by dispossessing women from their shares in land and property. A number of laws that protect women from discrimination have also either inadequate, or have not been properly implemented.

The framework of women's justice involves not only the prevention of specific form of violence and discrimination against women, but also encompasses all other human rights, including the right to food and health, disability, housing labor right, dalit/tribal/ adivasi rights; environmental justice, criminal justice, etc.

### Issues in women's development and gender Justice

#### 1. Biologically determine social rules :

Given the socio- biological development, the biological sex difference which are real are misappropriated and made the determining factors in the social placement of males and females. In accordance to this perspective, males and females have separate and fix roles in society. Male responsibility is fix to earn and provide for the family. Thus they are the justifiable inheritors of family resources, recipients of skilled education and productive employment. Education are productive skill may be denied to women, since the roles of provider /earner do not fall in the realm of the female gender. On the other hand, women r domesticated merely to bearing and rearing children and performing household chores. The gender system not only creates conditions for confining women to household tasks, but also provides them with opportunity to acquire skills in household management and the qualities of a good nurture. The consequent implication is the denial of access to education, health, political power and gainful employment to women and enhances conditions and opportunities for the males to have maximum access to resources with grater social and financial obligation and corresponding power and superiority.





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## ORIGIN AND HISTORICAL BACKGROUND OF HUMAN RIGHTS

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The term "**Human Right**" is comparatively of recent origin. But the idea of human rights is as old as the history of human civilization. Human rights are deeply rooted in the historical past. The history of mankind has been firmly associated with the struggle of individuals against injustice, exploitation and disdain. Justice V.R. Krishna Iyer in his book, *Human Rights and Inhuman Wrongs* remarks that, "ultimately humanity has a commitment to history to make human rights a viable reality."

The emergence of rights in political thought is generally regarded as relatively recent, though any historical study of rights reveals how indeterminate the philosophical charting of the evolution of rights has been (Renteln, 1988). Human rights are considered the offspring of natural rights, which themselves evolved from the concept of natural law. Natural law, which has played a dominant role in Western political theory for centuries, is that standard of higher-order morality against which all other laws are adjudged. To contest the injustice of human-made law, one was to appeal to the greater authority of God or natural law.

The roots for the protection of the rights of a man may be traced as far back as in the Babylonian Laws. The development of human rights may be divided into the following periods

### Ancient Time

The origin of the human right started in the Mesopotamia, the present name for the region, Iraq derives from the famous Sumerian city of *Uruk* that was later used by the Arabs to call the whole region. The **Akkadian and Sumerian** traditions played a major role in later Babylonian culture, and the region would remain an important cultural center, even under protracted and lengthy periods of outside rule.

**King Urukagina of Lagash in Mesopotamia 2350** was a ruler of the [city-state Lagash](#) in [Mesopotamia](#). He is best known for his reforms to combat corruption, which is sometimes cited as the first example of a [legal code](#) in [recorded history](#). In it, he exempted widows and orphans from taxes; compelled the city to pay funeral expenses and decreed that the rich must use silver when purchasing from the poor, and if the poor does not wish to sell, the powerful man cannot force him to do so.

**Similarly The Code of Ur-Nammu** (2100–2050 BC) is the oldest known law code surviving today. He is best known as the king who composed the first complete law code





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## HUMAN RIGHTS IN CYBERSPACE

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### **Abstract**

Human rights in cyberspace are a relatively new and uncharted area of law. There is very little voice as to the way human rights should be treated in cyberspace. It is estimated that over 40% of the world's population are Internet users. Like no other medium the Internet allows individuals the ability to broadly publish information. Thus, the Internet has become an extensive platform for individuals to exercise the right to Freedom of Expression and Information.

The United Nations Human Rights Council has stated that the freedoms of expression and information under Article 19(2) of the International Covenant on Civil and Political Rights include the freedom to receive and communicate information, ideas and opinions through the Internet.

An important clause is: Article 19(3) of the ICCPR which provides that: The exercise of the right provided in paragraph 2 of this article carries with it special duties and responsibilities. It may therefore be subjected to certain restrictions, but these shall only be such as are provided by law and are necessary: (a) For respect of the rights or reputations of others; (b) For the protection of national security or of public order or of public health and morals.

The UN Human Rights Council has stated that "the same rights that people have offline must also be protected online. It is widely regarded that this freedom of information must be balanced with other rights. The question is raised whether people's expectations of human rights are different in cyberspace.

### **Public Privacy**

Public Privacy encompasses freedom of information and expression on the Internet on the one side, and security and privacy in cyberspace on the other side. In the context of cyberspace privacy means using the Internet as a service tool for private purposes without the fear of third parties accessing and using our data in various ways without our consent. The right to freedom encompasses the right of expression and is stated in several International Treaties. The right includes freedom to receive and impart information and ideas and to hold opinions without any state interference. It also includes the right to express oneself in any medium including exchanging ideas and thoughts through Internet platforms or social networks. Freedom means the right to political expression especially when it raises matters of public importance. Most democratic countries advance the installment of the Internet for economical and communication reasons therefore, political expression is given some protection on the Internet. Some governments actively move to protect citizen's data on the Internet however; these intergovernmental agreements can





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## **ROLE OF THE MEDIA IN EXPANDING THE HUMAN RIGHTS: DISCOURSE AND DEMOCRACY**

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### **Abstract:**

Human rights imply that everyone should have them. People do not enjoy them as the member of a particular nation or of a community, rather as the member of the human society. So human rights are universally applicable to all without any discrimination on the grounds of caste, class, color, sex, religion etc. Around the world, the media is the most effective avenue for spreading human rights awareness and acceptance. While spreading messages through schools and community forums can be effective at reaching dozens or even hundreds of people at the time, they can't match the reach and scope of the media. For instance, one radio station in the Congo can reach hundreds of thousands of people simultaneously with information about women's rights. Increased awareness about human rights is the first, and most necessary, step to ending human rights abuses. The more people know and care about human rights standards:

- The more people are empowered to defend their own rights
- The more people are inspired to come to the defense of others
- The more governments and civil society leaders are forced to improving their practices

The more human rights norms are injected into the fabric of society, the less likely rights abuses will be committed or tolerated when they do occur. Other methods of improving human rights-namely creating legal frameworks (United Nations) or sparking international public pressure (Amnesty International)-can be effective, but only when the general public in the countries in question understand, accept and embrace their human rights first.

### **Introduction:**

The study of human rights has assumed very significance as these are considered essential for the existence of human beings. International community has become conscious of their protection in the post-second world war period. The UNO has provided a concrete form these rights with its Declaration on Human Rights on 10<sup>th</sup> December 1948. The member-nations were asked to promote and secure the effective recognition and observance of the rights and freedom as declared in the U.N. Declaration on Human Rights. All member states observe 10<sup>th</sup> December as the Human Rights Day.

It is very difficult to define the human right as there is no universally acceptable conception of it. Each individual must have some rights not only to survive in the

**2014-2015**





Nalini S. Ghatge

# Therapies of Soybean to Overcome Malnutrition and Dreaded Diseases



**LAMBERT**  
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**Nalini S. Ghatge**

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**LAP LAMBERT Academic Publishing**



**Reference Book on**

**Remedial Formulation and Supplementation  
Therapies of Soybean to Overcome Malnutrition  
and Dreaded Diseases**

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## 3 INTRODUCTION

7 Malnutrition is a worldwide health issue. It imposes a toll on child mortality, 53 per  
7 cent of deaths in children under 5 years in age are nutrition related in world wide. It  
1 may be due to the role of nutrients in disease and immunity (1).

We live in a world of great inequity in terms of access to food and existing nutrition  
conditions both within and among countries. This is not only morally unacceptable but  
also has enormous costs in terms of human lives, affecting social and economic  
development. More than five million children die each year as a result of under  
nutrition. Further more, billions of people suffer from vitamin and mineral deficiencies,  
especially of iron, iodine, vitamin A and zinc. Good nutrition is also constrained by  
inadequate safe drinking water and sanitation.

Malnutrition, in all its forms, amounts to an intolerable burden, not only on national  
health system, but on the entire cultural, social and economic fabric of the nation, and is  
the greatest impediment to the fulfillment of human potential.

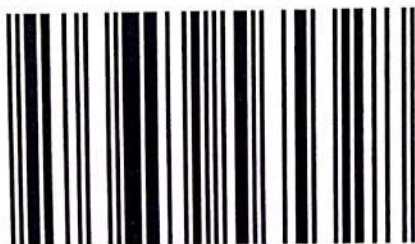
In countries with high levels of malnutrition, reducing malnutrition can be a major  
investment in the development of human capital and future economic growths (2).  
Improving nutrition means accelerating the pace of national development. The impact of  
good nutrition on human resource development, productivity capacity of the people and  
economic growth of the country is now well established (3). Therefore, strategies to  
prevent malnutrition among children and women in the country in a sustainable manner  
are a critical component in this endeavor. Achieving this would require a multipronged  
effect in the form of capacity building for nutritional research, programme intervention  
development and evaluation (4). Nutritional goals can be achieved only with an  
interdisciplinary approach where professionals and grass root workers from the fields of  
nutrition and dietetics, health and medicine, agriculture and animal husbandry,  
environmental sciences education and social sciences are work together (5). Hence,  
holistic approach will be developed to coin the traditional and advanced researches in  
the nutrition science. The treatment of malnutrition has been dominated by concept of its  
etiology. Recently these concepts have changed dramatically (6). Only by  
administering abundant protein - energy and treating the complications as one can not  
reach to set up goal. The pathophysiological changes and detailed studies of the  
metabolism of individual nutrients can also be used to formulate diets and dietary  
guidelines for the management of malnutrition. Therefore the nutrition research studies  
must be framed by not only build superficially but also to have basic relevancy for  
obtaining the synergetic expected effects. Hence, it is very essential to clarify related

Malnutrition is global issue to our come the problem. Soyabean is a nature's wonder , it is a legume as well as oil seed crop.It is rich in all major nutrients like protein and fat.The protein content of soyabean is more than 40 % and highest in protein content among the legume and cheapest legume . It contains all essential amino acids as well as essential fatty acids. Amino acids pattern of soyabean is similar to cow milk amino acid.The proteins of the soyabean are alkaline in nature .Soyabean content more than 20 antioxidant , isoflavonoids , nutraceutical properties and meditational values . Many researchers have shown daily consumption of one feast of soyabean by person does not suffer from any dreaded diseases. Soyabean has a capacity to overcome diseases like menopausal blue, hyper tension & different types of cancers. As it is rich in almost all nutrients & efficiently utilized for supplementation to preschool malnourished children .It is rich in mineral like iron, zinc and calcium. Zlc in soybean is utilized for development of myline sheet in the brain of preschool children .The calcium of the soyabean is utilized for the growth of bones and teeth &it can be a best subs



**Nalini S. Ghatge**

Dr. Nalini Sahebrao Ghatge presently working as a Principal, Women's College of Home Science and BCA , Loni . She has research experience more than 12 years. She has more than 50 international papers in her credit .As well as she had guided more than 180 research projects at UG and PG level. She is recognized Ph.D. Guide



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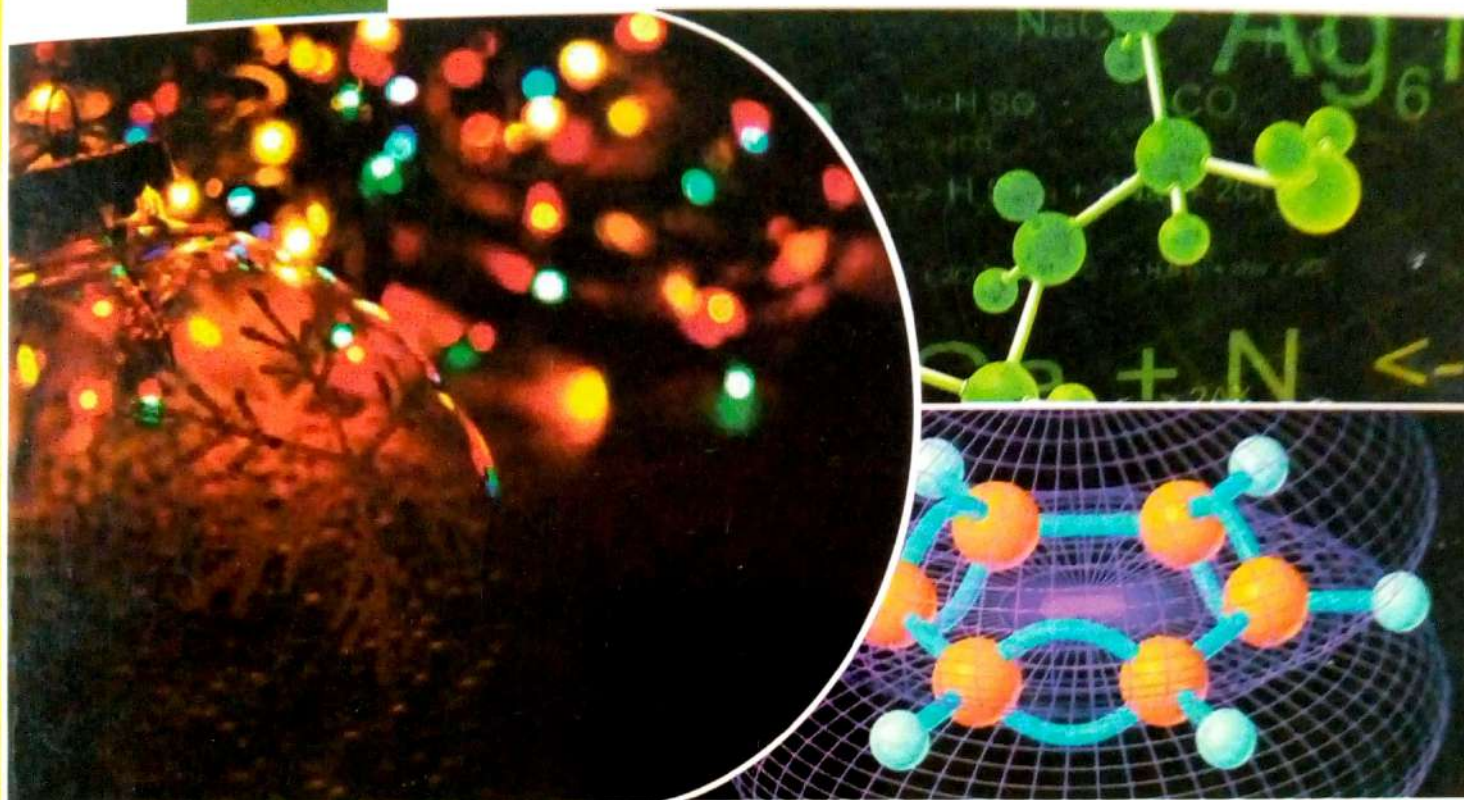


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# CHEMISTRY

CH - 221 | Sem - II | Paper - I



## PHYSICAL AND ANALYTICAL CHEMISTRY

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Prof. S. R. Kale  
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## Chapter 1.

# Free Energy and Equilibrium

### 1.1. Introduction:

Thermodynamics is a powerful method for studying chemical phenomena. The name *thermodynamics* suggests the origin of the subject in the conversion of thermal energy to mechanical energy. In modern chemistry we also concerned it with various types of energies and with the energy transformations that occur in chemical systems. Thermodynamics is a logical subject of great elegance. There are three concise statements, the three laws of thermodynamics which are helpful to us for explaining our experiences with energy and natural process.

The first law of thermodynamics is law of conservation of energy, does not give any information about possibility or direction of process. The second law of thermodynamics gives idea about the conditions of reversibility or irreversibility with the introduction of new thermodynamic state function Entropy(S). However, to obtain the information about the feasibility of a process the knowledge of change in entropy ( $\Delta S$ ) is not enough, therefore there are two more thermodynamic state functions will be introduced. These new state functions are, **Helmholtz free energy (A)** and **Gibbs free energy (F)**. With the help of these two state functions, we can able to obtained the information about the feasibility of a process, conditions of reversibility or irreversibility and work output, by considering changes in thermodynamic variables like, pressure(P), volume(V) and temperature(T).

### 1.2. Helmholtz Free Energy (A): (Work Function at Constant Volume)

Consider a process which occurs at constant temperature and at constant volume. Heat energy of the system which can be converted into work is either in the form of its internal energy (E) or enthalpy (H). According to second law, complete conversion of heat energy into work is not possible. Therefore out of total energy of the system, part of energy is available to do work and remaining part is unavailable to do work.

$$[\text{Total energy}] = [\text{Energy available to do work}] + [\text{Energy unavailable to do work}]$$

$$E = A + TS$$

Here the part of internal energy available to do work is called as Helmholtz Free Energy (A). It is a state function which depends only on initial and final states of the system.

$$A = E - TS$$



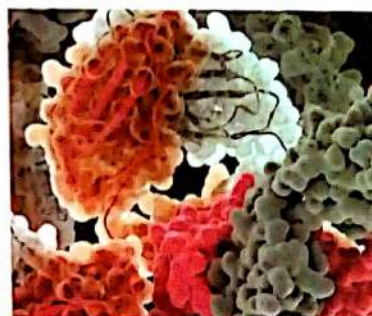
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CHEMISTRY**

Sem - I Paper - I

**CH - 211**

# **PHYSICAL & ANALYTICAL CHEMISTRY**



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## Chapter - 1

For a chemical reaction the information 'how far it would go' and 'how fast it would proceed' is quite important. In chemical equilibrium we have already studied how far it goes. The latter how fast a reaction would proceed is studied in chemical kinetics.

The branch of physical chemistry which deals with rate of reaction, factors affecting the rate of reaction and reaction mechanism is called chemical kinetics.

Different reactions occur at different rates. In fact, a chemical reaction involves redistribution of bonds-breaking of bond(s) in the reactant molecules and making of bond(s) in the product molecule(s). The rate of chemical reaction actually depends upon the strength of the bond(s) and number of bond(s) to be broken during the reaction. It takes longer time for reactant molecules to acquire higher amount of energy which they do by collision. Hence, reactions involving strong bond breaking occur at relatively slower rate while those involving weak bond-breaking occur at relatively faster rate on the basis of rate, reactions are classified as,

- Instantaneous or extremely fast reactions i.e. reactions with half-life with of the order of fraction of second.
- Extremely slow reactions i.e. reactions with half-life of the order of the zero.
- Reactions of moderate or measurable rate.

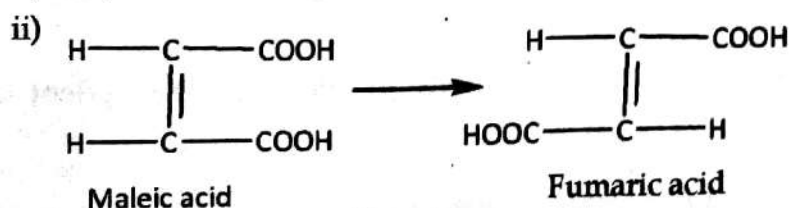
In chemical kinetics, we deals with the rates of only those reactions which occur with measurable rate, i.e. which are neither too fast nor too slow.

**1.1 Molecularity of a reaction (M):**Single step reaction is called elementary reaction while a reaction occurring in two or more step is called complicated or consecutive reaction. Each step of complicated reaction is an elementary reaction.

The molecularity of an elementary reaction is defined as the minimum number of molecules, atoms or ions of the reactant(s) required for the stoichiometric coefficients of the reactants in the chemical equation of the reaction.

If only one molecule take part, it is called unimolecular or monomolecular reaction. If two molecules are involved then it is bimolecular and if three molecules are involved then it is termolecular or trimolecular reaction.

e.g. Unimolecular reactions (M=1):



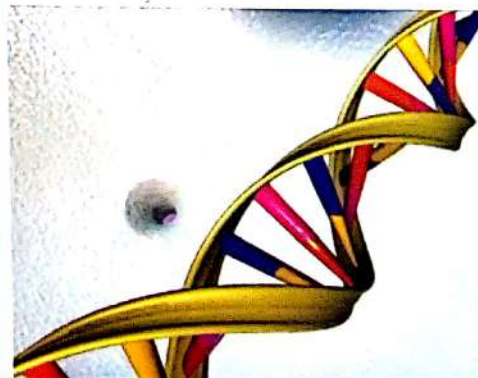
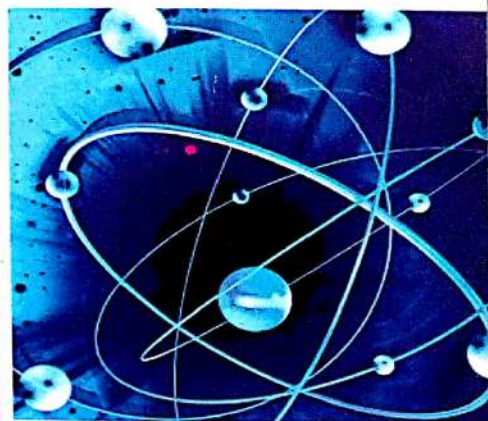
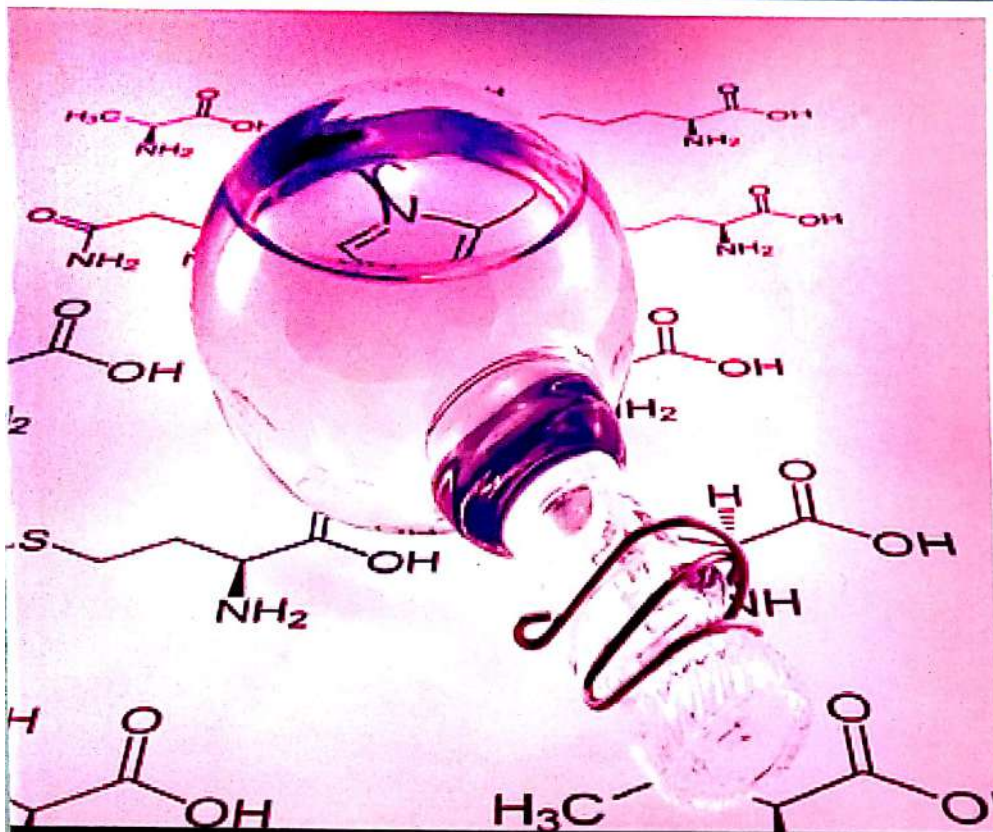


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# PHYSICAL CHEMISTRY PRACTICALS

## Experiment No. 1

### Critical Solution Temperature of Phenol – Water system

#### Theory:

#### Solubility of Partially Miscible Liquid Pairs:

The temperature above (or below) which a pair of partially miscible liquids becomes miscible in all proportions, is called **Critical Solution Temperature (CST)** or consolute temperature. The partially miscible liquid pairs are broadly classified as follows.

1. The liquid pairs which attain complete miscibility at and above a certain temperature are said to have **Upper Critical Solution Temperature (UCST)** or maximum critical solution temperature.

Example: Phenol-Water.

2. The liquid pairs which attain complete miscibility at and below a certain temperature are said to have **Lower Critical Solution Temperature (LCST)** or minimum critical solution temperature.

Example: Triethylamine-water.

3. There are some liquid pairs which show complete miscibility both, above and below certain temperature. Such liquid pair show **Maximum and minimum critical solution temperature**.

Example: Nicotine – water.

#### Critical Solution Temperature of Phenol – Water system:

Phenol and water are partially miscible liquids at ordinary temperature. When water is mixed with phenol two layers are formed. One layer is saturated solution of phenol in water and other is that of water in phenol. Such solutions of different compositions coexisting with one another are called **conjugate solutions**.

The mutual solubility of phenol and water increases with rise in temperature. At a certain temperature two conjugate solutions change in to one homogeneous solution. This temperature, at which two partially miscible liquids become miscible, is known as **upper critical solution temperature or upper consolute temperature** (For Phenol-water system, critical solution temperature =  $65.8^{\circ}\text{C}$  and critical composition of phenol is 33 %). Above the consolute temperature, the two liquids become miscible with each other in all proportions. The composition corresponding to critical solution temperature is known as **critical composition**. The other pairs of liquids which behave like phenol-water systems are-

- Aniline-Hexane.
- Water-Aniline.
- Methyl alcohol-Cyclohexane.

**Aim:** To determine the critical solution temperature of phenol-water system.

**Apparatus:** 250 ml beaker, hard glass test tube, rubber cork with stirrer and  $1/10^{\text{th}}$  thermometer, measuring cylinder.

**Chemicals:** Phenol, distilled water.



# Status of Women in Emerging Social Structure

Edited By  
**Nalini Ghatge**  
**Anuradha Dubey**



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**STATUS OF WOMEN IN EMERGING SOCIAL STRUCTURE**

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## ONE FEWEST CONSUMPTION OF SOYABEAN CAN IMPROVES NUTRITIONAL STATUS OF WOMEN

---

**Dr. Nalini S. Ghatge\***

Nutritional Status': It is the condition of the health of the individual as influenced by the utilization of the nutrients. It can be determined only by the cor-relation of information obtained through a careful medical and dietary history through physical examination and appropriate laboratory investigations.

Several recent scientific studies (**Messina and Barne 1994**) have shown that regular intake of traditional soya foods may help to prevent breast cancer, prostate cancer, colon cancer and menopausal problems of women (**Kaushik and Jaiswal 2010**). Due to presence of isoflavones and phytoestrogen in soyabean, it helps to prevent cancer by inhibiting the growth of existing tumor cells, and the risk of endometrial cancer.

Regular intake of soya product helps to prevent disease by lowering total cholesterol, low density lipoprotein, blood pressure and prevent plaque built up in arteries (atherosclerosis) (**Messina 1997**).

Soyabean contains fairly large amount of carbohydrates and very low quantity of starch hence it can be very suitable for diabetic patients. The other health benefits of soyabean are it prevents osteoporosis due to presence of isoflavones. It can be used in lactose intolerance conditions. Soyabean is a good source of lecithin which acts as an emulsifier and helps to dispose fatty material from vital organs.

### **Significance of Soyabean:**

Soyabean is very much popular food crop in most of the countries of the world where a large number of people use soya products are prepared from soya seeds. Soyabean is now getting wide acceptance in India. The soyabean has the potential to become industrial raw material in dairy products and agricultural stuff. Table 1.2 and 1.3 give an idea about nutritional significance of soyabean.

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## Information Systems Analysis & Design

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### Abstract :

Systems analysis and design is an important process that creates information systems that support strategic organizational objectives. Systems analysis and design skills are important and a critical component of technology education. Most systems analysis and design skills are introduced during the educational process and fine-tuned with on-the-job experience. Systems education initially emphasized the technical portion of Systems analysis and design skills and now incorporates more interpersonal and planning skills. The goal of systems analysis and design is to make business processes more efficient and effective by improving the design and function of computer systems that drive and support business processes. Systems analysts usually perform the functions related to systems analysis and design and turn user requirements into technology implementations. Various models have been used to conduct the systems analysis and design process.

**Keywords** Systems Analysis and Design, Systems Analyst, Systems Development, Systems Development Life Cycle

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### Introduction :

**Systems analysis** is a problem solving technique that decomposes a system into its component pieces for the purpose of the studying how well those component parts work and interact to accomplish their purpose". In business, System Analysis and Design refers to the process of examining a business situation with the intent of improving it through better procedures and methods. System analysis and design relates to shaping organizations, improving performance and achieving objectives for profitability and growth. The emphasis is on systems in action, the relationships among subsystems and their contribution to meeting a common goal.

### Techniques :

The three most important techniques that are used as follows:

#### Logical data modeling

The process of identifying, modeling and documenting the data requirements of the system being designed. The result is a data model containing entities (things about which a business needs to record information), attributes (facts about the entities) and relationships (associations between the entities).

#### Data Flow Modeling

The process of identifying, modeling and documenting how data moves around an information system. Data Flow Modeling examines processes (transform data), data stores (data holding), external entities (what sends or receives data from a system), and data flows (which data can flow).

#### Entity Event Modeling

A two-stranded process: Entity Behavior Modeling, identifying, modeling and documenting



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## JUVENILE DELINQUENCY : A STUDY OF IDENTIFICATION OF CAUSATIVE FACTORS IN AHMEDNAGAR DISTRICT

Anuradha Dubey

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Women's College of Home Science and BCA,  
Loni Tal Rahata Dist.Ahmednagar

### Abstract

The present study aimed to identify some of the major factors which influence the life of the juvenile and also to study the social implications of the factors in relation to the complexity and structure of other special problems in urban and rural setting. For this study

unemployment and increased in population. The delinquents are broken physically, socially and psychologically. The educational influence of television channel were some contributory factors.

A child is born innocent and if nurtured with tender care and attention in a positive way. Physical, mental, moral and spiritual development can be capable of realizing his/her fullest potential. On the contrary, neglect, negligence of basic needs, wrong company and other abuses result in delinquency. With changing societal trends, children now appear to possess more maturity and also show expressions that indicate maturity at a very early age. They also make children more vulnerable to the designs of the criminals, peddlers, and traffickers. Moreover, the influence of the media on the development of children is profound. With advent of communication technology, a child's exposure to media including television, radio, music, video, etc. has increased manifold. Delinquency is defined as the quality or state of being delinquent or violation of duty or of law.

Juvenile delinquency is an emphasized, nebulous, legal and social law of law and norm violating behaviors. Legally, a juvenile delinquent is an act defined by law as illegal and whom an appropriate court is "sent". The legal definition is usually restricted to persons under 18. Age distinctions (Bartol & Bartol, 1986). According to Schwartz (1986) the term Delinquency is a legal one, used to refer to juvenile (usually under 18) who has committed an act would be considered illegal for an adult.


### Definition of juvenile delinquency

Children constitute about 40% of India's population and India has a National Policy for Children declaring children to be a national asset. Even so majority of Indian children are born in difficult circumstances. India has signed the UN Convention on the Rights of the Child and obligated itself to work towards ensuring all the rights enshrined in the Convention for children. India has witnessed an increase both in crimes committed by children and against them. There has been 97.9% increase in crimes committed by children between 2003 and 2004, with more children being appeared for arrest (Sahmey, K 2013).

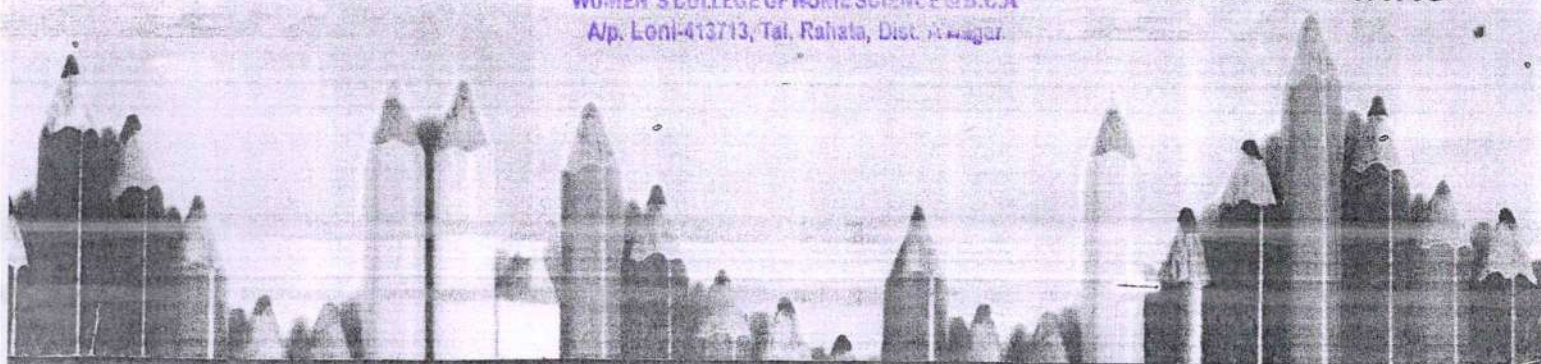




# **Role of IQAC in Enhancing Quality Education and Research**

 **Principal**  
WOMEN'S COLLEGE OF HOME SCIENCE & B.C.A.  
A/p. Loni-413713, Tal. Rahata, Dist. N.Wager.

Edited By  
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## Academic and Administrative Audit : A Parameter for Quality Improvement in Higher Education

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*"Quality is never an accident. It is always the result of high intention, sincere efforts, intelligent direction, and skilful education; it represents the wise choice of many alternatives."*

-Willa A. Foster

The National Assessment and Accreditation Council (NAAC) have evolved certain benchmarks for ascertaining and ensuring the quality at different levels of Higher Education. Internal Quality Assurance Cells (IQACs) are established in almost all Higher Educational Institutions (HEI) to identify the benchmarks required for achieving the quality. Thus, IQAC plays an important role in improving the quality of academic and administrative activities of the Institution. The academic, administrative, curricular and extra-curricular activities carried out by the faculty of the institution needs to be assessed by internal committee as well as by external academicians and peers as their appreciations and valuable suggestions boost the confidence of the faculty. The IQAC of the institution has decided to carry out the stringent quality assessment with the help of an external peer review committee. Hence, the Academic and Administrative Audit Committee (AAAC) is constituted and assigned the task of assessing the performance of academic and administrative units of the university and give valuable suggestions required to achieve remarkable academic standards in the competitive educational environment

**Academic Audit:** Academic Audit is a mechanism to examine and enhance the quality of academic aspects of institutes of Higher Education.

B. L. Gupta states that, "It is a systematic and scientific process of designing, implementing, monitoring and reviewing the quality of academic systems, i. e. inputs, processes and outputs.



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### **Issues and Challenges of Sustainable Tourism: The Holy Place Shirdi, Maharashtra**

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#### **Abstract:**

India has also been experiencing a sharp rise in tourism activities especially during the last few years. The tourism policy of the country has to be viewed in the light of the macro-economic policies of the country. Tourism activities have contributed positively toward overall economic development of the area through ensuring development of local communities along with conservation of the natural and cultural environment. Sustainable tourism can provide solution to the issues of inclusive growth. Besides, the 'return to roots' focus in tourism is interlinked with increased access to information, enlarged interest in heritage and culture, improved accessibility and climate change concerns. The present paper talks about the principles, issues and challenges and the recommendations for sustainable tourism and Shirdi as a place religious tourism.

**Key words:** issues and challenges, sustainable tourism, Shirdi

### **Introduction:**

Shirdi Sai temple is a beautiful shrine. That was built over the Samadhi of Shri Sai Baba. Shirdi is located approximately 296 Kilometers from Mumbai (Bombay) city in India. Shirdi is famous for Temple of Shri Sai Baba. It was established in 1922 to carry out that services of Shri Sai Baba.

At age of 16 years Shri Sai Baba arrived at the village of Shirdi in Ahmednagar district of Maharashtra and remained there till his death. Saibaba found shelter in Khandoba temple, Where a village Mahalsapathi in the temple addressed him as Sai or Saint Sai baba. Shri Sai baba of Shirdi lived between 1838 and 1918, whose real name, birthplace and date of birth are not known. An Indian spiritual guru and a fakir, Shri Sai baba in Shirdi was regarded with great reverence by both Hindu and Muslim followers. Lord Sai lived in a mosque and after death his body was cremated in a temple.

Shri Shirdi Sai philosophy ingrained 'shraddha' meaning faith and 'saburi' meaning compassion. According to God Sai, shraddha and saburi were the supreme attributes to reach the state of godliness.

As gifts and presentation flowed in, the pomp and ceremony of Sai worship were evolving. Everyday Sai baba would be a pauper having distributed all among the needy and the poor. But Sai baba's life of a fakir remained calm, undisturbed, unaltered and there in is the Saint's spiritual glory.

Shri Sai baba lived, acted and behaved as only a "God descended on Earth". He came to serve mankind, to free them from the clutches of fear.





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## KITCHEN WASTE MANAGEMENT IN RURAL AREA LONI (TALUKA-RAHATA), DISTRICT AHMEDNAGAR, MAHARASHTRA

Jaya Daburase and Priya Mugar

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### Abstract:

The kitchen waste is organic waste, is biodegradable. A large amount of biodegradable waste is generated every day. There are a nutritional values of kitchen waste, the most part of food Waste discharged in food production process, distribution and consumption stages has been disposed by incineration or landfill. This study was carried out to know the generation of kitchen waste at different sites under the categories of organic & inorganic. The aim also included laboratory testing as well as study of physical and chemical characteristics of organic category waste. Kitchen waste comprised of 92.94% organic waste out of which, chapatti waste was 11.54%; tomato waste was 6.35%; cabbage waste was 12.10%; potato waste was 3.42%; brinjal waste was 5.13%; cucumber waste was 5.61% & onion waste was 12.57%. The kitchen waste is generated every day. It is estimated that about 400 to 500 gm per day of biodegradable waste is generated per person/ day.

**Keywords:** kitchen waste, organic waste, inorganic waste

### Introduction:

With rapid urbanization, industrialization, population growth and increasing economy syndrome, the municipal solid waste coupled with Kitchen Waste which has been a problem in past has become a serious threat years. The situation is going to be worst in coming years, if appropriate measures are not taken immediately. Population growth increasing urbanization, industrialization and rising standard of living have all country. Many countries are now faced with dealing not only with greater volume but also more dangerous waste material.

As villages grows in to town and cities it become common practice to throw waste in to access ways, water ways and vacant plots were they intermingled with community and that of domesticated animals. At all levels of development, human being produces domestics waste, agricultural waste, industrial waste hospital waste and wastes at the public place.

There are a nutritional values of kitchen waste, the most part of food Waste discharged in food production process, distribution and consumption





Dr. Anup Uttam. D.

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Director of physical education and sports.

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## Gandhi in India: Rise of Leadership

प्रा. अनाप उत्तम दामु  
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चंद्रशेखर आगाशे शारीरिक शिक्षणशास्त्र महाविद्यालय

**प्रस्तावना :** मोहनदास करमचंद गांधी हे भारताच्या स्वातंत्र्य संग्रामातील प्रमुख नेते आणि तत्त्वज्ञ होते. अहिंसात्मक असहकाराचे गांधीजींनी भारताला स्वातंत्र्य मिळवून दिले. अहिंसात्मक मार्गांनी स्वातंत्र्य मिळविण्यासाठी त्यांनी संपूर्ण जगाला प्रेरित केले. ते टागोर यांनी सर्वप्रथम त्यांना महात्मा ही उपाधी दिली. भारतातील लोक त्यांना प्रेमाने "बापू" म्हणत आणि त्यांना स्वतंत्र भारताचे मानले जाते. नेताजी सुभाषचंद्र बोस यांनी इ.स. 1944 मध्ये त्यांना प्रथम राष्ट्रपिता असे संबोधले. ते सत्याग्रहाचे जनक होते. आणि अहिंसेच्या तत्वावर आधारित सत्याग्रहाचा उपयोग गांधीजींनी प्रथम दक्षिण आफ्रिकेमध्ये, तेथील भारतीयांना त्यांचे नागरिकत्व मिळवून देण्यासाठी केला. 1915 मध्ये भारतात परत आल्यावर त्यांनी चंपारणमधील शेतकऱ्यांना जुलुमी कर व जमीनदार यांच्या लडण्यासाठी एकत्र केले. 1921 मध्ये भारतीय राष्ट्रीय काँग्रेसची सुत्रे सांभाळल्यानंतर गरिबी निमुलन, आर्थिक स्वावलंबन, स्त्रियांचे हक्क, सर्व-धर्म-समभाव, अस्पृश्यता निवारण आणि सर्वात महत्वाचे म्हणजे स्वराज्य यासाठी देशभरात चळवळ चालू केली. आजीवन साम्प्रदायिकतावादाचे विरोधक होते आणि ते मोठ्या प्रमाणात सर्व धर्म आणि पंथ यांच्यापर्यंत पोहोचले. त्यांनी खिलाफत चळवळीला दांडी यात्रा, भारत छोडो आंदोलन अशा प्रकारची आंदोलने केली. त्यांना भारतात तसेच दक्षिण आफ्रिकेमध्ये अनेकदा तुरुंगवास लागला होता. त्यांनी आयुष्यभर सत्य आणि अहिंसा यांचा पुरस्कार केला. त्यांच्या जन्मदिनी म्हणजे 2 ऑक्टोबर रोजी भारतात जयंती साजरी केली जाते. आणि या दिवशी भारतात सार्वजनिक सुट्टी असते तर हाच दिवस आंतरराष्ट्रीय पातळीवर अहिंसा दिन म्हणून पाळला जातो.

**सुरुवातीचा काळ :** गांधीजींचा जन्म 2 ऑक्टोबर 1869 मध्ये गुजरातमधील पोरबंदर शहरात झाला. अत्यंत धार्मिक वातावरण बालपणाचा मोठा प्रभाव त्यांच्या पुढील आयुष्यावर दिसून येतो. विशेषतः अहिंसा, शाकाहार, सहिष्णुता, इतरांबद्दल करुणा या तत्वांचा याच काळात रोवले गेले. त्यांच्या पोरबंदरमधील प्राथमिक तसेच राजकोटमधील माध्यमिक शिक्षणामध्ये ते एक साधारण विद्यार्थी होते. वकील व्हावे या त्यांच्या कुटुंबियांच्या इच्छेबद्दल ते नाखुश होते. शालेय शिक्षण संपवून वयाच्या एकोणिसाव्या वर्षी इ.स. 1888 मध्ये इंग्लंडमध्ये लंडनला युनिव्हर्सिटी कॉलेज येथे वकिलीचे शिक्षण घेण्यास गेले. तेथे त्यांनी इनर टेंपल या गावी राहून बॅरिस्टर होण्यासाठी कायदा आणि न्यायशास्त्राचा अभ्यास केला. इंग्लंडला जाण्याआधी त्यांनी आईला जैन साधूच्या उपस्थितीत आपण मात ब्राह्मण बाटली यापासून दूर राहू असे वचन दिले जाते. त्याचे त्यांनी तिथे पालन केले. इंग्लंडमध्ये कायद्याचा अभ्यास करून ते बॅरिस्टर आणि हिंदुस्थानात परत येउन वकिली करू लागले. 1891 मध्ये ते इंग्लंड सोडून परत भारतात आले. भारतात आल्यावर काळ्या कायद्याची प्रॅक्टीस उभी करण्याची त्यांची योजना सफल झाली नाही कारण ते कोर्टात बोलण्यासाठी अतिशय लाजाळू होते.

**दक्षिण आफ्रिका :** गांधींनी आयुष्याची 21 वर्षे दक्षिण आफ्रिकेत घालवली. जेथे त्यांनी त्यांचे राजकीय दृष्टीकोन, नैतिक असणाऱ्या गरीब हिंदू रिमिट्यांनी गांधींना नोकरी दिली. भारतीयत्व सर्व धर्म आणि जातींमध्ये उतरले आहे असा दृष्टीकोन आयुष्यभर त्यांच्यामध्ये असलेल्या गुंतागुंतीच्या समस्यांपासून आपण दूर आहोत याची त्यांना जाणीव झाली आणि दक्षिण आफ्रिकेतील भारतीयांना स्वातंत्र्य संग्राम :

इ.स. 1915 मध्ये गांधीजी कायमसाठी भारतात परत आले. एक प्रमुख भारतीय राष्ट्रवादी, थिओरेटिक आणि सत्याग्रही त्यांची आंतरराष्ट्रीय ख्याती होती. ते भारतीय राष्ट्रीय काँग्रेसच्या अनेक संमेलनातून बोलले. भारताचे राजकारण आणि समस्या यांचा परिचय त्यांना गोपाळ कृष्ण गोखले यांनी करून दिली. गोखले त्यांच्या संयम, संतुलन आणि व्यवस्थेच्या आतमध्ये राहून काम करणाऱ्या आग्रहाबद्दल ओळखले जात. आजही ते गांधीजींचे राजकीय गुरू म्हणून ओळखले जातात. गांधींनी गोखले यांच्या ब्रिटीशांच्या विरोधी परंपरावर आधारित उदार दृष्टीकोन अनुसरला. आणि तो पुर्णपणे भारतीय दिसण्यासाठी बदलला. 1920 मध्ये लो. टिळकांचा मृत्यु झाल्यावर ते राष्ट्रीय समेचे प्रमुख नेते बनले. गांधींनी 1920 मध्ये काँग्रेसच्या नेतृत्वाची सुत्रे हाती घेतली. त्यानंतर मागण्यामध्ये सतत वाढ करत करत तसेच तडजोड करत 26 जानेवारी 1930 रोजी काँग्रेसने भारताचे स्वातंत्र्य जाहीर करून टाकले. अधिकाधिक वाटाघाटी करून घेतल्या आणि काँग्रेसने 1930 मध्ये प्रांतीय सरकारमध्ये भाग घेऊपर्यंत ब्रिटीशांना हे ओळखता आले नाही. 1939 च्या सप्टेंबर

# Status of Women in Emerging Social Structure

Edited By  
**Nalini Ghatge**  
**Anuradha Dubey**



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## ONE FEWEST CONSUMPTION OF SOYABEAN CAN IMPROVES NUTRITIONAL STATUS OF WOMEN

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**Dr. Nalini S. Ghatge\***

Nutritional Status': It is the condition of the health of the individual as influenced by the utilization of the nutrients. It can be determined only by the cor-relation of information obtained through a careful medical and dietary history through physical examination and appropriate laboratory investigations.

Several recent scientific studies (**Messina and Barne 1994**) have shown that regular intake of traditional soya foods may help to prevent breast cancer, prostate cancer, colon cancer and menopausal problems of women (**Kaushik and Jaiswal 2010**). Due to presence of isoflavones and phytoestrogen in soyabean, it helps to prevent cancer by inhibiting the growth of existing tumor cells, and the risk of endometrial cancer.

Regular intake of soya product helps to prevent disease by lowering total cholesterol, low density lipoprotein, blood pressure and prevent plaque built up in arteries (atherosclerosis) (**Messina 1997**).

Soyabean contains fairly large amount of carbohydrates and very low quantity of starch hence it can be very suitable for diabetic patients. The other health benefits of soyabean are it prevents osteoporosis due to presence of isoflavones. It can be used in lactose intolerance conditions. Soyabean is a good source of lecithin which acts as an emulsifier and helps to dispose fatty material from vital organs.

### **Significance of Soyabean:**

Soyabean is very much popular food crop in most of the countries of the world where a large number of people use soya products are prepared from soya seeds. Soyabean is now getting wide acceptance in India. The soyabean has the potential to become industrial raw material in dairy products and agricultural stuff. Table 1.2 and 1.3 give an idea about nutritional significance of soyabean.

**\*Principal, Women's College of Home Science and BCA Loni, Tal Rahata, Dist Ahmednagar**



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## THE WAYS OF IMPARTING VALUE EDUCATION FOR WOMEN EMPOWERMENT

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**Anuradha Dubey\***

Almost half of the population India is occupied by women. According to Jamet Momsen that women account for roughly half of the world's population ,perform two thirds of hours worked, receive one tenths of world's population and have less than one hundredth of the world's property registered in their names.(Jamet Momsen).

Female deprivation is acute in developing countries with high levels of property though in affluent nations women also suffer low status due to conservative attitudes. There are huge number of crimes against women's reported though majority are not counted due to social stigma .It includes acid throwing ,rape, dowry, trafficking, domestic violence, eve teasing and sexual harassment , female foeticide. All these are the results of Moral Degeneration. The main causes of value degeneration are :

- Lack of respect for the sanctity of human life.
- Break down of parental control of children in families.
- Lack of respect towards people and property.
- Lack of respect for authority seen through the brazen breaking of the law.

To dissolve all these problems faced by 50 % of the population , we need value education for all which can be achieved fast and effective only through women empowerment and their higher education.

Empowerment refers to increasing the spiritual, political, social or economic strength of individual and community. It often involves the empowered developing confidence in their own capacities. It is a process that fosters power in individual for use in their own lives, their communities and in their society by acting on issues that they define as important.

“The role of women in the development of society is of utmost importance. In fact, it is the only thing that determines whether a society is strong and harmonious or otherwise, women are backbone of society.” –Sri Sri Ravishankar

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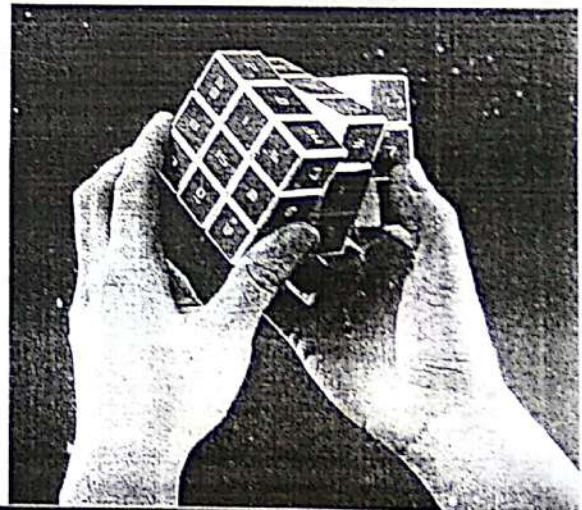
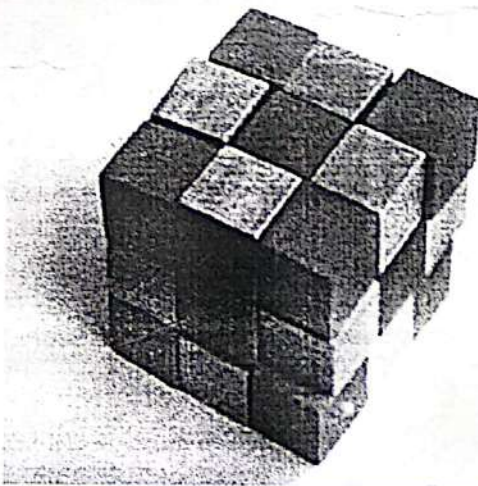
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## A Study of Emotional Maturity and Adjustment of College Students.

\*Dr. Sandip M. Mali

\*\*Anuradha Dubey

### Abstract

The aim of present study is to find out the difference between emotional maturity and adjustment level of UG and PG level male and female (N-200) students of various colleges in Nashik district affiliated to university of Pune. They were assessed on Emotional Maturity Scale (Bhargava and Singh, 1991). and Bell's Adjustment Inventory by Mohsin and Shamshad (1969). Results indicated that the Undergraduate (UG) students were less emotionally mature and poor adjustment level as compared to Postgraduate (PG) students. Male student were found less emotional maturity and poor adjustment level as compare to female student. The correlation between emotional maturity and adjustment were found positive.

**Keywords:** Emotional maturity, Adjustment, UG and PG level, Male and Female student.

### Introduction:

In the present era, we know that youth facing difficulties in life. These difficulties are giving rise to many psychosomatic problems such as anxiety, tensions, and frustrations and emotional upsets in day-to-day life. So, the study emotional maturity is now emerging as a descriptive science, comparable with anatomy. Emotions not only impel us to action but often serve as goals of action also; seeking pleasant ends and avoiding unpleasant ends seem to arise from emotions. One's emotional maturity also plays a significant part determining whether one's ventures are successful or not. An emotionally mature person has the capacity to make effective adjustment with himself, members of his family, and his peers in the school, society and culture. But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

Adjusting to college life immediately after school becomes a difficult transition for many students. The decision to go to college depends on many reasons. It can be for higher education, earning a degree, increasing knowledge or personal growth. Going to college gives a chance to the students to learn new things, meet new people, to deal effectively with new experiences and challenges which eventually help them in their personal growth and development. So the senior student are better emotional maturity and also adjustable. Considering all views the researcher has planned to study the emotional maturity and adjustment of UG and PG student of colleges.

### Emotional Maturity:

Emotional maturity is the result of healthy emotional development. The emotionally mature person is able to hide his feelings; such a person is not subject to swings in mood and can suffer in silence. When he does express

emotions, he does so with moderation, decently, and in good order. Emotional maturity is having proper emotion at proper time and to express it in proper form and in proper quality. Emotional Maturity is an effective determinant to shaping the personality, attitudes and behavior of the adolescents into accepting responsibility, making decision, teaming with groups, developing healthy relationship and enhancing self worth.

According to Rather T. Jerkily, "emotional maturity means the degree to which the person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh," to feel sorrow at the time of grief, to show anger when thwarted and to show fear when there is occasion to be frightened, without wearing any mask. According to Walter D. Smitson (1974), emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personally. Soundararajan (2003) has found significant difference between male and female's Emotional Maturity score. Kaur (2001) revealed insignificant difference on emotional maturity between boys and girls.

### Adjustment:

Adjustment is a behavioural process by which a person maintains balance among various needs that one encounters at a given point of time. Each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Adjustment is defined as a process wherein one builds variations in the behaviour to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment. According to Gates et al., (1950) the term adjustment has two meanings. In one sense it is a continual process by which a person varies in behavior to produce a more harmonious relationship between himself and his environment. In another sense adjustment is a state, i.e., the condition of harmony arrived at by a person whom we call "well adjusted". According to Cronbach (1953) a well-adjusted person is one who commits oneself to socially desirable goals and uses their energies effectively in working towards them. Nehra (2014) has found no significant relationship between Adjustment and emotional maturity in own study. Armin Mahmoudi found high positive correlation (0.78) between emotional maturity and adjustment.

### Research Method:

#### Statement of Problem:

To study the emotional maturity and adjustment of UG and PG level college students.

#### Objectives of the Study:

1. To study the UG and PG level difference on emotional maturity and adjustment of college student.

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## **A STUDY ON NUTRITIONAL STATUS OF PREGNANT WOMEN IN RURAL AREA, RAHATA TALUKA, DISTRICT AHMEDNAGER.**

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**Jaya B. Dabarase\***

### **Introduction**

Nutritional problems have serious public health significance impacting psychological, physical, developmental, behavioral and work performance of pregnant women. Iron deficiency is the Commonest nutritional cause of anemia. It may be associated with folate deficiency, especially during Pregnancy. Pregnant women form a large high-risk group requiring special care. Women is regarded as the nerve centre of the family and society maternal nutrition and health is consider as the most important regulator of human fetal growth (Ventura 2008). A healthy mother can produce a healthy child. Pregnancy is the period of dynamic change for a mother requiring a lot of care.

During this period the fetus is nourished directly by the mother through placenta. A woman's normal nutritional requirement increases during pregnancy in order to meet the needs of the growing fetus and of maternal issues associated with pregnancy (Lisa, 2009). In pregnancy anemia has a significant effect on the health of the fetus and the mother. According to Agarwal (1991) maternal anemia resulted in 12 to 28% of fetal loss, 30% of prenatal and 7 to 10% of neonatal death. Anemia in pregnancy is also associated with increased maternal morbidity and mortality. About two third of pregnant women in India are estimated to suffer from anemia. Rahata Taluka is an economically, educationally backward area. Women of this area were not aware about the additional nutritional requirements during pregnancy. Hence the present study is an attempt to assess their health and nutritional status of pregnant women in rural area.

The study has following objectives;

To study the socio-economic status of the selected samples, To know the food consumption pattern of the selected samples, To assess the health and nutritional status of the selected samples.

### **Materials and Methods**

The present study was carrying out pregnant women in third trimester of pregnancy belonging to rural area of Rahata Taluka. Hundred pregnant women from various hospitals constitute the

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## **POLYCYSTIC OVARY SYNDROME (PCOS) AND ITS DIET TIPS FOR INDIAN WOMEN.**

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**Kanchan S. Deshmukh\***

### **Abstract**

PCOS is a condition that affects women's ovaries. It is caused by an imbalance of a woman's sex hormones which may lead to menstrual cycle change, overweight unwanted hair growth, Infertility etc. PCOS is affecting 2.2-26% of young girls in their reproductive age due to the adoption of unhealthy eating habits and a sedentary lifestyle, therefore there is need to evoke awareness in the society on the ways to combat this disease. Women with PCOS are at a higher risk for a number of illnesses, including high blood pressure, diabetes, heart disease, and cancer of the uterus (endometrial cancer) and breast cancer. Knowing the right foods to eat as well as the kinds of food to limit can improve PCOS symptoms, therefore the main object for presenting this *article* is to evoke awareness in the society about PCOS and provide clear guideline for what to eat or not to eat.

Key word-PCOS( Polycystic Ovary Syndrome)

### **Introduction**

PCOS is currently considered as a lifestyle disorder affecting 2.2-26% of young girls in their reproductive age in India. A study conducted on 460 girls in the age group of 15-18 years from a residential college of Andhra Pradesh reported a prevalence of 9.13% in Indian adolescents<sup>1</sup>. Though globally it has an alarming incidence, its diagnosis is difficult as it manifests as a spectrum of symptoms than a specific one. It is primarily characterized by an extremely irregular menstrual cycle in which ovulation may not occur<sup>2</sup>.

PCOS is on a rise among the adolescent girls now days, due to unhealthy lifestyle practices, therefore there is need to evoke awareness in the society on the ways to combat this disease. Women with PCOS are at a higher risk for a number of illnesses, including high blood pressure, diabetes, heart disease, and cancer of the uterus (endometrial cancer) and breast cancer<sup>3</sup>.

Nearly 50% of women with PCOS are overweight or obese. Improving your diet and exercise program by making lifestyle changes may reduce your risk for developing chronic diseases

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## **ROLE OF WOMEN IN PROTECTING THE ENVIRONMENT.**

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**Meenakshi A Wandhekar.\*, Ms. Makone Komal, Ms. Nikam Pooja**

Growing technological advancement and increasing population are continuously putting a burden on country's natural resources. Our duty is to conserve and handover these resources to our next generation. In India women played a leadership role for protection of environment. The interaction of women with the environment as a farmers, food producers and household managers has a direct impact on the wellbeing of the nature. A lot of studies on women and environment have shown that women are significant actor in natural resource management and they are major contributors to environment rehabilitation and conservation. All wild animals were nourished with food and protected from intruders by the women of Bishnoi community. "Medha Patkar is the leading personality in 'Narmada Bachao Andolan'. Arundhati Roy is also linked with Narmada Bachao Andolan. Women have always played a significant role in the environmental protection. Furthermore too women can help control population explosion which has been one of the major factors in environments dreadful conditions. Women are in the best position to make maximum contribution in family planning. Women have always played a critical role in meeting household and community energy needs. Inadequate energy resources and a lack of access to efficient technologies of energy utilization force the people to depend on their own labour, animal power and bio-mass energy to meet their daily requirements. With adequate environmental education and awareness women can conserve energy resources far more efficiently as compared to men. Women are responsible for the cleanliness of the household, on which depends the health and wealth of the family members. With proper education and training one can minimize the experiences and incidences of most of the water, food and airborne diseases. Traditionally women were kept away from the powers of decision making. Their unequal access to education and lack of decision making authority at all levels has lowered their position in the society. As a result it has had adverse affects on income, nutrition, health, social support networks and domestic knowledge. Practically being close to nature, women are always able to realize environmental issues better. Since women are the prospective users of the facilities, it is necessary to consider their views in planning to save the environment and implementing projects for the same. The direct concern of Indian women with environment protection can be traced long back to 1731 A D , when Amrita Bai of Khejaralli

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## MENSTRUAL PROBLEMS AND HYGIENE AMONG ADOLESCENT GIRLS IN RURAL AREA

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**Meenakshi A. Wandhekar\* and Saurabhee Arjun Wandhekar\*\***

### **Abstract:**

Menstrual Health is women's sexual and reproductive health. She is responsible for the miracle of birth. Though menstruation is a normal physiological cycle it is often associated with genital infections and disorders due to some cultural traditions, myth, lack of information or awareness about external genitalia cleanliness specially in rural areas. Hence it is necessary to educate the girls with scientific knowledge and encouraging safe and hygienic practices for safeguarding themselves against various infections.

The present study was planned to find out the menstrual pattern of girls in rural region, as well as to determine their menstrual hygienic practices. 57 girls were interviewed from rural area of Ahmednagar District.

### **Introduction**

A Woman has been the torchbearer of the society for centuries. She is responsible for the miracle of birth. She is the image of the society and considered the guardian of the respect and corner stone of a family. As life goes on, there are lot of changes occur in women's life cycle. Major concern in woman's life is reproductive health, and need much attention than the counter parts.<sup>[1]</sup> Menarche and menopause are the turning point in the life of a woman. The word adolescent derived from of the Latin word, *adolescere* meaning "growing to maturity"[2]. WHO defines this phase from 10 years of age to 19 years Menstruation, an important part of female reproductive cycle but menstrual dysfunction in adolescent girls may affect normal life of adolescent. Menstruation is women's monthly bleeding when woman menstruate, her body sheds the lining of uterus. Menstrual blood flow from uterus through the small opening in the cervix and passes out of the body through vagina. In the Indian context, the age of onset of menstruation or menarche is generally between 11-15 years with a mean age of 13 years [3] Slight variations in the age of menarche may occur according to the nutritional status, hereditary pattern, and climate difference. After menarche, common menstrual abnormalities that the

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## WOMEN AND IT SECTOR

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**Rajashri M. Nehe\* and Mr. Tambe R. V.\*\***

### **Introduction:**

India has one of well recognized developing countries which serving the Globe with its Information Technology Industry contribution. Women personalities like Indra Nooyi (CEO, PepsiCo), Chanda Kochar (CEO ICICI Bank), Naina Lal Kidwai, Group General Manager and Country Head of HSBC India, Arundhati Bhattacharya is an Indian banker. She is the first woman to be the Chairperson of State Bank of India. In 2014, she was listed as the 36th most powerful woman in the world by Forbes, made India proud by leading from the front and they are the backbone of the recognition that India has achieved in ICT business. A silent revolution is taking place with evolution of women empowerment in the knowledge era. They are getting the best access to Information and Communication Technology (ICT) education, employment opportunity & becoming owners of IT companies.

### **ICT access & emerging trend in education:**

In the India economy was more determined by Agricultural & Industrial sector growth. But last 15 Years especially from 1995, the dependency on Information Technology for building its economy is very explicitly visible. Now IT industry turnover is higher. Now the question is that Can Indian men alone could have got the economy spiral to this extent? The answer is an obvious “NO”. In our country where near about 50% of the population is women, who else could have supported this revolution. The obvious answer is “Indian Women in IT”.

In the early days means in 85's there were hardly few students who took to Computer Science, Computer Applications, Computer Engg. etc. Women amongst them were very handful. Communication infrastructure and Curriculum support for literacy in computer was at a growing stage at that time. Access to Information and Communication Technology itself was limited and was available only to those who could afford its cost. For example getting a telephone line, purchasing a computer & software were not that easy to reach the masses in India.

Twenty years down the line there has been dramatic and systematic change in access to ICT. Affordability, Reach, Current Technology, Academic support, Human Resource training,

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## HEALTH STATUS OF WOMEN IN RURAL AREA

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**Uttam Damu Anap \* and Dr. Madhuri Wakchaure\*\***

### **Abstract**

This Paper is focus on Health of rural women If health is defined 'as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity', it follows that existence is a necessary condition for aspiring for health. The girl child in India is increasingly under threat. In recent decades, there has been an alarming decrease in the child sex ratio (0-4 years) in the country. Access to technological advances of ultra sonography and India's relatively liberal laws on abortion have been misused to eliminate female fetuses. From 958 girls to every 1000 boys in 1991, the ratio has declined to 934 girls to 1000 boys in 2001. In some states in western and north western India, there are less than 900 girls to 1000 boys. The sex ratio is at its worst in the states of Punjab, Haryana, Himachal Pradesh and Gujarat, where severe practices of seclusion and deprivation prevail. Often in contiguous areas in these states, the ratio dips distressingly below 800 girls to every 1000 boys (RGI, MOHFW, UNFPA, 2003). Annexure I gives the child sex ratio in different states and union territories of India as per the 2001 census. The Present paper analysis the Nutrition and women health in India.

**Keywords:** Women, Health, Nutrition Problems.

### **Introduction**

The health of Indian women is intrinsically linked to their status in society. Research on women's status has found that the contributions Indian women make to families often are overlooked, and instead they are viewed as economic burdens. There is a strong son preference in India, as sons are expected to care for parents as they age. This son preference, along with high dowry costs for daughters, sometimes results in the mistreatment of daughters. Further, Indian women have low levels of both education and formal labor force participation. They typically have little autonomy, living under the control of first their fathers, then their husbands, and finally their sons<sup>1</sup>. All of these factors exert a negative impact on the health status of Indian women. Poor health has repercussions not only for women but also their families. Women in poor health are more likely to give birth to low weight infants. They also are less likely to be able to provide food and adequate care for their children. Finally, a woman's health affects the

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## **SOCIO-CULTURAL STATUS OF WOMEN**

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**Rajashri M. Nehe\* and Anarthe Suwarna Ramnath**

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### **Introduction:**

The lives of women shaped crucial way by the social and cultural world. In today's world, the being women depends on the person's socio-culture context. Culture can be regarded as the unwritten social and psychological dictionary that each person has memorized and through which each person unwittingly interprets themselves and other. From the paper we can identify ways in which specific features of culture influence specific aspects of the lives of women. Social life consists of two different places: Inside and outside the home. Women leave the outside world to the men, generally remaining in the home. Women get married at an earlier age than men and settle into their role of housewife and home maker. As the education level of women increases, the fertility rate decreases.

Effects of socio-culture factor on women's behavior:

The girls not staying with parents after marriage were the major reason for son preference. The study found that education place of residence and cultural factor play a role in son preference factor education study have found that a number of social, cultural and economic factor influence the relative benefits and cost of sons and daughter and ultimately effects parents gender preference. studies have also identify some factors like economic factor discontinuous from the natal family after marriage marriage related problems of daughter which act as barriers for daughter preference.

### **Harmful culture and traditional practices:**

Cultural values and tradition are important to community but it is important to realize that they can't be continued at the cost of right to health of individual. Indeed underdeveloped country the women is considered and treated as property of her husband. At paternal house, a girl is absolutely subdued to the head of the house and other member of family. The Women's Socio-Cultural Council (WSCC) is an institute established for major policy-making and planning in women's cultural and social issues in the Islamic Republic of Iran. The department of the Supreme Council of the Cultural Revolution (SCCR) and WSCC is also charged with creating the necessary coordination between these affairs. The Web based Women's Information and

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## STATUS OF WOMEN IN MASS MEDIA

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**Rajashri M. Nehe\* and Antre Prajakta Laxman**

### **Introduction:**

Mass media is one of the fastest medium of exchange of information that captures audience attention and interest. Television and radio are the major source of mass media that provide vast information towards people. It should be able to accessible to the target audience and able to hold their attention. Considering the women, media have been reflectors of dominant values and work as an active agency aiming at reinforcing and strengthening dominant value structure. There is no doubt that mass media like TVs, film, newspaper and magazines mould opinion, thinking, attitudes and behavior. As usual we know they are more powerful as their impact is greater than that of other media. Mass media do give coverage to women and their issues but truly damage done by media to women is somewhat more than help offered to them. It should focus on work, devotion, achievements and needs of women in 21<sup>st</sup> century.

### **Impact Of Mass Media Communication On The Development Of Rural Women:**

In the developing country like India, access to communication and technology, mass media paves way for modernization and social change. Being the important factory in the process of development the mass media not only serve as the media of intimation and entertainment but also act as an agent of social change and pass new ideas and information. Although, the country has made great strides in many fields since it attained independence, the literacy rate is still authentically low. Analysis of the female population in India reveals that rural women comprise the bulk of female population and as many as 80 percent are engaged in agriculture. It becomes imperative to use the print and broadcast media effectively to motivate them to participate in development of country. Here mass media plays a very important role in serving the information to these women.

### **Women In Film Media:**

First lady Florence Harding operates a film camera on the White House Lawn. It shows how popular film had become by the 1920s and how women remained involved in and out of the film studio. Women have influenced the trajectory of the film industry.

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## CURRENT HEALTH STATUS OF WOMEN

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**Rajashri M. Nehe\* and Tambe Karishma K.**

### **Introduction**

India is one of the few countries in the world where women and men have nearly the same life expectancy at birth. The fact that the typical female advantage in life expectancy is not seen in India suggests there are systematic problems with women's health. Indian women have high mortality rates, particularly during childhood and in their reproductive years. The health of women depends on their emotional, social and physical well-being which are determined by different social, political and economic contexts of their lives. India being large country, has a diverse population- socially, culturally and economically; yet, the common major problem that women here face in availing healthcare, is inequality, between men and women; among women of different geographical regions, social classes and indigenous and ethnic groups across the country. In many areas women's health issues mirror those of the population as a whole, in other areas there are important differences. It includes trends in illness and disease, use of clinical preventive services, and trends in personal behaviors. It shows how women are doing in key areas, and allows us to compare to the nation and to *Healthy Vermonters 2010* public health goals.

### **General Information**

In India, gender-based health indicators have shown improvement over time, however, these developments are still far from optimal. In comparison to the European states, the difference in gender based indicators is enormous. For example, among cause-specific mortality rates, maternal mortality rate in India is 16.6 times, TB among the HIV positive population is 2.8 times, and age-standardized mortality rate from non-communicable diseases is 1.2 times the comparable rates in Europe. There are wide variations among cultures, religions and levels of development among India's 25 states and seven union territories. Hence, women's health also varies greatly from state to state. India is a massive country in terms of its diversity and cultural practices.

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## WOMEN AND IT SECTOR

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**Rajashri M. Nehe\* and Mr. Tambe R. V.\*\***

### **Introduction:**

India has one of well recognized developing countries which serving the Globe with its Information Technology Industry contribution. Women personalities like Indra Nooyi (CEO, PepsiCo), Chanda Kochar (CEO ICICI Bank), Naina Lal Kidwai, Group General Manager and Country Head of HSBC India, Arundhati Bhattacharya is an Indian banker. She is the first woman to be the Chairperson of State Bank of India. In 2014, she was listed as the 36th most powerful woman in the world by Forbes, made India proud by leading from the front and they are the backbone of the recognition that India has achieved in ICT business. A silent revolution is taking place with evolution of women empowerment in the knowledge era. They are getting the best access to Information and Communication Technology (ICT) education, employment opportunity & becoming owners of IT companies.

### **ICT access & emerging trend in education:**

In the India economy was more determined by Agricultural & Industrial sector growth. But last 15 Years especially from 1995, the dependency on Information Technology for building its economy is very explicitly visible. Now IT industry turnover is higher. Now the question is that Can Indian men alone could have got the economy spiral to this extent? The answer is an obvious “NO”. In our country where near about 50% of the population is women, who else could have supported this revolution. The obvious answer is “Indian Women in IT”.

In the early days means in 85's there were hardly few students who took to Computer Science, Computer Applications, Computer Engg. etc. Women amongst them were very handful. Communication infrastructure and Curriculum support for literacy in computer was at a growing stage at that time. Access to Information and Communication Technology itself was limited and was available only to those who could afford its cost. For example getting a telephone line, purchasing a computer & software were not that easy to reach the masses in India.

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## PORTRAYAL OF WOMEN IN MEDIA

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**Sanjay T. Wani\* and Sonia M. Talreja\*\***

“There is no chance of the welfare of the world unless the condition of women is improved. It is not possible for a bird to fly on one wing”

**- Swami Vivekanand**

### **Introduction**

The primary goal for women empowerment is to improve the quality of life of women but it has also deep ramifications in social, economic and political scenario of body polity. The media through its reach to people at large has been instrumental though not to the extent desired in supporting the movement for women emancipation by focusing neglect and marginalization of the position of the women in society. The woman in India has been relegated to a secondary position. It would be a sad commentary on the subordinate role of women in India when woman is ideally viewed as *Shakti* (Power), the origin of power itself but in reality found as helpless, hapless woman without any identity except that of a wife, or the mother who has very little voice in decision making and has very little by way of her own basic choice. Although discrimination against and exploitation of women are global phenomena, their consequences are more tragic in the some parts of the globe particularly in under developed countries where, ignorance, deprivation of the basic necessities of life, and the ever-growing pressure of transition from tradition to modernity- all combine to aggravate the inequalities that women suffer to a point at which their existence is reduced to a continuous battle for survival. Improving the status of women is regarded as the key to narrowing the gender gap and achieving a better quality of life.

### **Gender Inequality**

A vast majority of Indian women work throughout their lives but the fact is that it is not officially recognized. Statistics on work force shows low figure of women workers. There is a serious underestimation of women's contribution as workers even though when given a chance they have convincingly proved their ability. Women's workforce participation - the percentage of adult women who are actually working is accepted indicator of women's status and

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## ROLE OF WOMEN AS SCIENTISTS AND TECHNOLOGISTS IN NATIONAL DEVELOPMENT

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**Dr. P.S.Vikhe\*, Mr. R.S.Vikhe\*\* and Mr.Kale S.K.\*\*\***

### **Abstract**

Increasing the participation of women in Technology and increasing the positive impact of Technology on women are two sides of the coin . They are beginning to step out and establish their own identity. More and more women are opting for courses in science and engineering. There is change in attitude of society Women's development is now inextricably linked with technology. In addition to encouraging education of girls, young mothers in the rural India should be given basic science education. They are determined to overcome these stumbling blocks and believe that with training and exposure they will be further enabled. Governmental schemes are to be intensified both for technology transfer in improving lifestyles and for upgrading skills to achieve greater productivity. More than anything, scientific, technical training is essential in capacity building and empowerment of women will play important role in developing India.

**Keyword:** Technologists, stumbling, inextricably

### **Introduction**

India, along with Italy and Egypt, has the largest number of women scientists compared to some of the western countries. This could be because men are moving from the universities to higher paid jobs in the private sectors. Most of us - women scientists, doctors and engineers, have been fortunate to be born into families which encourage education of women and do not discriminate against women; neither has there been discrimination at our work places in terms of salary, resources and benefits, unlike many of the universities and institutes in the west. We have an excellent Human Resource (men and women power) in our country, which can be developed to achieve very high level of productivity by proper education, training and guidance. Both studies and evaluations of the real world indicate that when resources are given to women they are likely to be used for the betterment of the entire community. This is true whether the resources are education or money. The environment must assure that women of all backgrounds can bring

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## SOCIO CULTURAL STATUS AND WOMEN EMPOWERMENT

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**Manisha S. Adik\* and Archana S. Ghogare\*\***

### **Abstract**

To equip or supply with an ability to women. WOMEN EMPOWERMENT is the ability of women to exercise full control over one's actions. Empowerment is increasing the spiritual, political, social or economic strength of individuals and communities and often involves developing confidence in one's own capacities.

### **Introduction**

Women's empowerment is not a Northern concept. Women all over the world, including countries in the South, have been challenging and changing gender inequalities since the beginnings of history. These struggles have also been supported by many men who have been outraged at injustices against women.

According to the UN definition, women's empowerment has five components. Women's sense of self-worth. Right to have and to determine choices. Right to have access to opportunities and resources. Right to have the power to control their own lives, both within and outside the home. Ability to influence the direction of social change to create more social and economic order, nationally and internationally.

- *To give certain rights or authority.*
- *To invest with power, especially legal power or official authority.*
- The empowerment of a person or group of people is the process of giving them power and status in a particular situation (Collins Dictionary).

Reflecting into the "Vedas purana" of Indian culture, woman is being worshiped such as LAXMI MAA, goddess of wealth; SARASWATI MAA, for wisdom; DURGA MAA, for power. The status of women in India, particularly in rural areas needs to address the issues of empowering women. Leaving a major number of urban and suburban women, the Indian women are still crying for simple justice. Which is not even allowed to have been accessed to them. Ironically, women have not actively participated in their own emancipation mainly due to low

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## WOMEN IN MATHEMATICAL SCIENCE

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**Vaishali R. Korade\***

### **Introduction:**

Mathematics as a field of science or philosophy was largely closed to women before the twentieth century. However, from ancient times through the nineteenth century and into the early twentieth century, a few women have achieved notably in mathematics. Here are few women of note in early math -- their life stories and their achievements documented in the article.

**1 Hypatia Alexandria:** Hypatia was the daughter of Theon of Alexandria who was a teacher of mathematics with the Museum of Alexandria in Egypt. A center of Greek intellectual and cultural life, the Museum included many independent schools and the great library of Alexandria.

Hypatia studied with her father, and with many others including Plutarch the Younger. She herself taught at the Neo-platonist school of philosophy. She became the salaried director of this school in 400. She probably wrote on mathematics, astronomy and philosophy, including about the motions of the planets, about number theory and about conic sections..

Hypatia dressed in the clothing of a scholar or teacher, rather than in women's clothing. She moved about freely, driving her own chariot, contrary to the norm for women's public behavior. She exerted considerable political influence in the city.

She represented heretical teachings, including experimental science and pagan religion. And she was a woman who didn't know her place.

### **2 Elena Cornaro Piscopia**

Elena Cornaro Piscopia was born in 1646 into this family. Her father was a public official who educated his children personally. A parish priest recognized Elena as a child prodigy when she was seven, and then she began to study with tutors in Latin, Greek, music, theology, and mathematics. She eventually learned Hebrew, Arabic, Chaldaic, and also French, English, and Spanish. She studied philosophy, and astronomy. Musically talented, by the time she was 17

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## THE HEALTH STATUS OF WOMEN

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**Sonia M. Talreja\* and Ms. Deshmukh Yogita T.**

### **Introduction**

**Women's health in India** can be examined in terms of multiple indicators, which vary by geography, socioeconomic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analysed in relation to global health averages and also in comparison to men in India. Health is an important factor that contributes to human wellbeing and economic growth.

Every day, approximately 1000 women die due to complications of pregnancy and childbirth — nearly all of these deaths are preventable. Access to family planning is also known to play an important role in reducing maternal mortality. Health services include all services dealing with the diagnosis and treatment of disease, or the promotion, maintenance and restoration of health. They include personal and non-personal health services. Every year, 99% of maternal deaths occur in developing countries. Despite the increase in contraceptive use over the past 30 years, significant unmet needs remain in all regions. For example, in sub-Saharan Africa, one in four women who wish to delay or stop childbearing does not use any family planning method. According to WHO, improving access, coverage and quality of services depends on the key resources being available; on the ways services are organized and managed, and on incentives influencing providers and users. This article highlights some of the basic issues of the women community in India and their remedies.

### **Gender bias in access to healthcare**

Gender inequality in India is exemplified by women's lower likelihood of being literate, continuing their education and participating in the labour force. Gender is one of many social determinants of health—which include social, economic, and political factors—that play a major role in the health outcomes of women in India. Therefore, the high level of gender inequality in India negatively impacts the health of women.

The role that gender plays in health care access can be determined by examining resource allocation within the household and public sphere. Gender discrimination begins before birth; females are the most commonly aborted sex in India. If a female fetus is not aborted, the

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## ECONOMIC STATUS OF WOMEN

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**Sonia M. Talreja\* and Ms.Gondkar Shraddha D.**

### **Introduction**

Women have made tremendous progress toward gaining economic equality during the last several decades. Nonetheless, throughout the United States, women earn less, are less likely to own a business, and are more likely to live in poverty than men. Even in areas where there have been significant advances in women's status, there is still ample room for improvement. For example, at the rate of progress achieved between 1989 and 2002, women would not achieve wage parity for more than 50 years.

In addition, the economic opportunities available to women differ tremendously indifferent regions and states. Even more profoundly, race and ethnicity continue to shape women's economic opportunities. These disparities remain central to women's economic status across the country.

There are several aspects of women's economic status: women's earnings, the female/male earnings ratio, the occupations and industries in which women work, women's business ownership, and women's poverty. Each of these factors contributes to the overall economic well-being of women and their families. Women's earnings have become increasingly important to families' financial status and often shield them from poverty. The occupations and industries in which women work have a strong influence on their earnings, benefits, and opportunities for growth. *"The commission shall study and report to the legislature on all matters relating to the economic status of women in Minnesota "*

The Office on the Economic Status of Women (OESW) advises the legislature and provides information and statistics on women in Minnesota. The office gathers information on population characteristics, educational attainment and enrolments, marital and parental status, household characteristics, labour force status and employment characteristics, and basic information on women's legal and economic rights.

### **The Issue: Women's Economic Empowerment**

Women have the potential to change their own economic status, as well as that of the communities and countries in which they live. Yet more often than not, women's economic

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# Status of Women in Emerging Social Structure

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## SOCIO-ECONOMIC STATUS OF WOMEN

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**Sonia M. Talreja\* and Ms. Kulkarni Prachi S.**

### **Introduction:**

Any assessment of the status of women has to start from the social framework, social structures, cultural norms and value systems that influence social expectations regarding the behaviour of both men and women and determine women's roles.

However during the course of history women lost their honoured place due to social, economic and political factors. Evil customs like sati, Purdah, child marriage. reveals that in Vedic times a woman was given a high status. It is an old saying, **“Where women are honoured, gods reside there.” She was known as Ardhangini’**. Enforced widowhood, dowry system, crept in the society and this led to decline in women's status inside and outside the home. During the last few years, sexual harassment at work place, eve teasing, abduction and female foeticide has given an inclination of the horrible behaviour patterns prevailing in the society. Struggle for equality, justice and parity between women and men continues with more and more literature appearing on the subject on empowerment of women.

**‘Matru Devo Bhavo’** (Mother of Goddess) is an old sentiment shared by the Indians. From time immemorial, women have been considered as goddesses like Durga, Parvati, Kali, Shakti, Vaishnomata, Bhairavi so on and so forth. Indians put them on the pedestal and offer prayers and sacrifices.

In contrast, more ‘goddesses’ are being killed in womb, burnt alive for dowry, harassed in workplaces and streets, raped, abducted, exploited and discriminated. Indian citizens venerate and salute this country as ‘Janani’ or mother. On one hand, they worship this mother and on the other hand, they disregard their sisters, mothers and wives.

### **The Status Of Women :**

Before independence ,women were prey to many abhorrent customs, traditional rigidities and vices due to which their status in the society touched its nadir and their situation was all round bleak. They were victims of widespread illiteracy, segregation in the dark and dingy rooms in the name of purdah laws, heavy domestic work, forced child marriage, indeterminable

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## “महाविद्यालयीन मुलींच्या खरेदीवर जाहिरातींचा होणारा परिणाम”

रुपाली नवले\*

**प्रस्तावना (Introduction) :-** आजचे युग हे जाहिरातीचे युग म्हटले जाते. आजच्या 21 व्या शतकामध्ये मनुष्यावर सर्वात जास्त परिणाम हा जाहिरातींचा होतो. सकाळी उठल्यापासून झोपेपर्यंत हजारो जाहिराती वेगवेगळ्या माध्यमातून उपभोक्त्यापर्यंत पोहचविल्या जातात.

सुरुवातीचे काळात जाहिरातीचे काम फक्त माहिती देणे हे होते, परंतु बदलत्या जिवन शैलीनुसार जाहिरात म्हणजे माहिती पुरविण्याबरोबरच आपला माल विकत घेण्यास ग्राहकास प्रवृत्त करणे व नविन नविन बाजारपेठा तयार करणे हा उद्देश जाहिरातीचा झाला आहे.

सि.एल.बोलींग यांचे मते, “ वस्तु आणि सेवेकरीता मागणी निर्माण करणा-या कलेला जाहिरात असे म्हणतात ”

नॅशनल असोसिएशन ऑफ मार्केटिंग रिसर्च ऑफ अमेरिका यांनी केलेल्या व्याख्येनुसार, “ किंमत देवून वैयक्तीक माध्यमातून कल्पना, वस्तु किंवा सेवा खात्रीलायकरित्या प्रस्तुत करण्याच्या प्रकाराला जाहिरात असे म्हणतात.” जाहिरातीला आपल्या आयुष्यात महत्वाचे स्थान आहे. जाहिराती ग्राहकांना वस्तु खरेदी करतांना माहितीपूर्व निवड करण्यात मदत करतात. आजची बाजारपेठ मर्यादीत नसल्याने दुरदुरचा माल विक्रीसाठी उपलब्ध होतो. मालबःलची माहिती असल्याशिवाय आपल्या जवळील पैसा कशावर खर्च करावा हे कळणे कठिण आहे. जाहिरातीचे महत्त्व वाढण्याचे सर्वात महत्वाचे आणि पहिले कारण म्हणजे बाजारपेठांचा वाढता आकार, आज बाजारपेठा संख्येने आणि भौगोलिक क्षेत्राने सारख्या वाढत आहेत. समाजशिक्षण व समाजकल्याण यामध्येही जाहिरात कलेचा फार मोठा वाटा आहे. समाज परिवर्तन आणि समाजाची घडण तयार करण्यात जाहिरातीचा उपयोग करता येतो. अनेक सामाजिक प्रश्न जाहिरातीद्वारे जनतेसमोर मांडता येतात. जनतेला समजावून सांगता येतात. उदा : कुटुंबनियोजन, अल्पबचत, पोलिओ निर्मुलन, एड्स, स्वच्छ भारत, रक्तदान इ.

आजच्या घडीला एका विशिष्ट समुहाला समोर धरून जाहिरात केली जाते. महाविद्यालयीन जाणा-या मुलींच्या खरेदीवर जाहिरातींचा कसा परिणाम होतो हे जाणून घेण्यासाठी काही सेकंदाची जाहिरात बघून वस्तुची खरेदी केली जाते का? मासिक उत्पन्नाचाही खरेदीवर परिणाम होतो का? खरेदी करतांना पुर्वानुभव, मैत्रिणींची मदत होते का ? याचा अभ्यास केला.

प्रस्तुत अभ्यास हा महाराष्ट्र राज्यातील अहमदनगर जिल्ह्यापुरता मर्यादित असून नमुना निवडीसाठी 100 महाविद्यालयीन विद्यार्थीनींची निवड केली.

### साहित्यांचा आढावा (Review of Literature) :-

जाहिरात हा शब्द लॅटिन भाषेतून आलेला असून त्याला Advertiser म्हणतात- त्याचा अर्थ “लोकांचे मन वाळविणे ”असा होतो.

“जागतिकरणाचा जाहिरातीवर होणारा परिणाम ” या विषयाचे संशोधन प्रा. हरी प्रेमा, अविनाश लिंगम डि युनिव्हर्सिटी फॉर वुमेन कोईम्बतूर यांनी आपल्या अभ्यासामध्ये जाहिरातीमध्ये वास्तविकतेपेक्षा दिखाव्यावर जास्त भर दिला जातो. जाहिरातीमध्ये छापील व टेलीव्हीजन या माध्यमांचा मोठा परिणाम जागतिकीकरणावर झालेला दिसून येतो. ग्राहक खरेदी करतांना गरजेनुसार वस्तुची खरेदी करतात. ग्राहक जागृकता हा सर्वात मोठा जागतिकीकरणाचा परिणाम आहे.

(HSIOI, 2005)

अस्मिता कोल्हे आणि सुभलक्ष्मी, पी.जी.डिपार्टमेंट ऑफ होमसायन्स, राष्ट्र संत तुकडोजी महाराज, नागपुर विद्यापिठ, नागपुर यांचा अभ्यासाचा विषय “गृहीणीमार्फत स्वच्छतेसाठी खरेदी करण्यात येणा-या साधनांवर जाहिरातींचा होणारा परिणाम ” हा होता. या मध्ये प्रश्नावलींच्या माध्यमातून 200 गृहिणींची ढोबळ मानाने निवड करून माहिती मिळवली. यामध्ये गृहीणी खरेदी केलेल्या उत्पादनावर समाधानी होत्या. कारण त्यांचा दर्जा, परिणामकारकता आणि किंमत या सर्व गोष्टी त्यांना परवडणा-या होत्या. त्यांच्या दृष्टीकोनातून टेलीव्हीजन हे माध्यम खरेदीसाठी सर्वात मोठा स्रोत होता. (HSAI XXV 2003)

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