

Shri Shivaji Education Society, Amravati's

Matoshree Vimalabai Deshmukh Mahavidyalaya, Amravati

ISO 9001:2015 Certified College



3rd Cycle

Assessment and Accreditation by NAAC

CRITERION –III

RESEARCH, INNOVATIONS AND EXTENSION

3.3- Research Publication and Awards

3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years



Shri Shivaji Education Society, Amravati's

Matoshree Vimalabai Deshmukh Mahavidyalaya

Shivaji Nagar, AMRAVATI-444 603 (M.S.)

NAAC Accredited By Grade 'B' with CGPA 2.31 (2nd Cycle)

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CRITERIA III – RESEARCH INNOVATIONS AND EXTENSION

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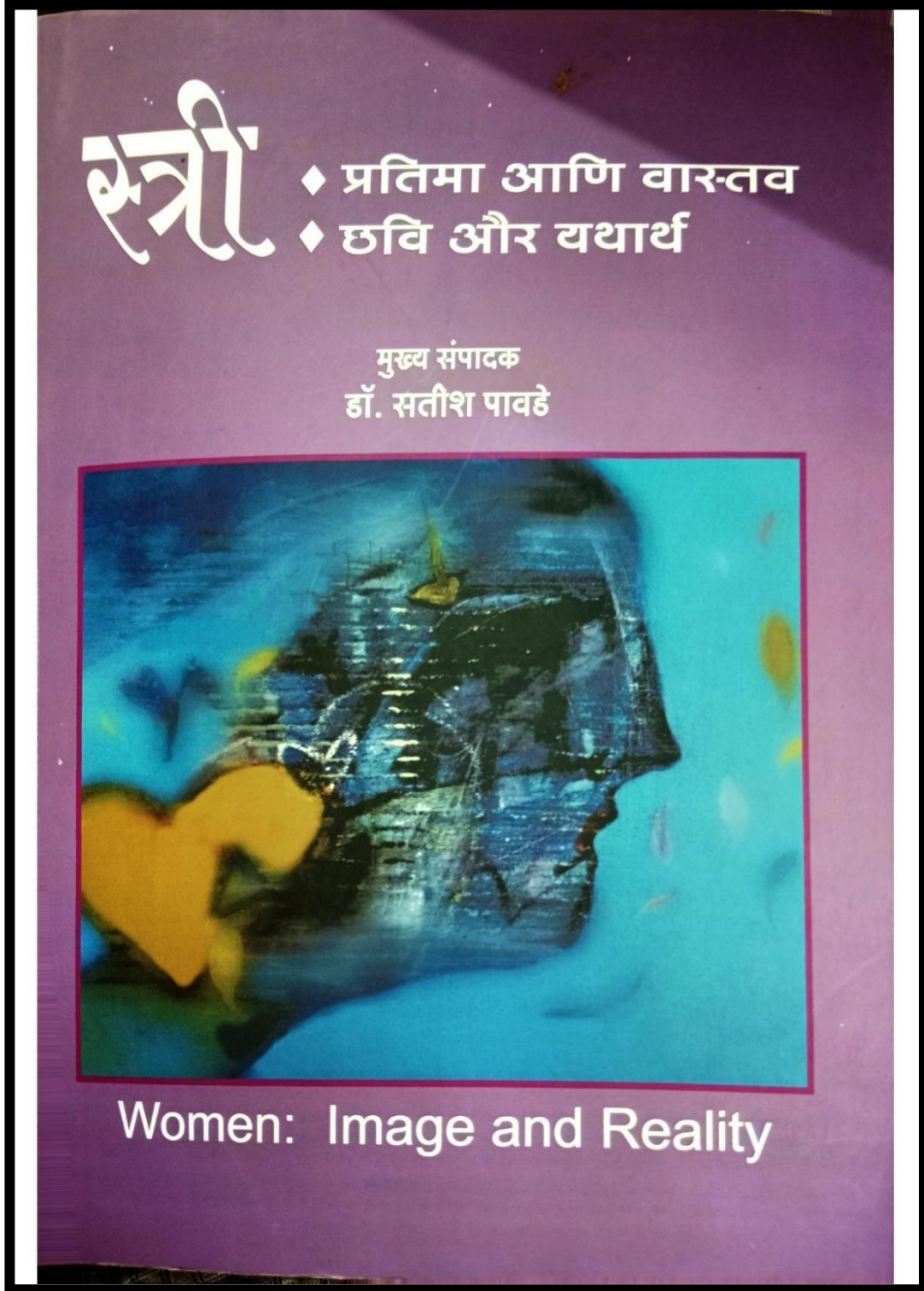
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स्त्री : प्रतिमा आणि वास्तव
स्त्री : छवि और यथार्थ
Women : Image and Reality

मुख्य संपादक
डॉ. सतीश पावडे



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स्त्री :
प्रतिमा आणि वास्तव
छवि और यथार्थ
Image and Reality

- ◆ मुख्य संपादक
डॉ. सतीश पावडे
- ◆ मुख्य सह संपादक
डॉ. निशा शेंडे
- ◆ कार्यकारी संपादक
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 - डॉ. मंदा नांदुरकर
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प्रा. प्रसेनजीत तेलंग
 - ◆ मुखपृष्ठ
किशोर इंगळे, नागपूर
 - ◆ रेखाचित्रे
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किशोर इंगळे

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सौ. संध्या राजेश बाहे
पायगुण प्रकाशन,
सराफ ले-आऊट, कलोतीनगर, अमरावती
भ्रमणध्वनी-९२२६२३३८००, ९२२५२२३८००
- ◆ मुद्रक
राजेश बाहे
शशी प्रिंटर्स
सराफ ले-आऊट, कलोतीनगर, अमरावती
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- ◆ मूल्य : पाचशे रूपये

पुस्तकात प्रसिद्ध झालेल्या विचारांशी संपादक सहमतच असेल असे नाही. लेखातील मते, आशय, टिप्पणी आणि दर्भ या संदर्भातील सर्व जबाबदारी सर्वस्वी त्या त्या लेखकाची असेल.

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डॉ. रखमाबाई : वास्तव आणि प्रतिमा

डॉ. मंदा नांदुरेकर
मातोश्री विमलाबाई देगमपु
महाविद्यालय अमरावती

डॉ. रखमाबाई : एक आर्त नावाचा एक मौलिक पुस्तक पॉप्युलर प्रकाशनाने १९८२ मध्ये प्रकाशित केले. मोहिने वंदे यांनी अतिशय मेहनत घेऊन हे संदर्भ पुस्तक लिहिले.

नाही चिरा नाही पणती... ब्रिटीश काळात भारतीय महिलांच्या आरोग्याच चित्र पुरेसं चांगल नव्हत.

डॉ. रखमाबाई जनाईन सावे. २२ नोव्हेंबर १८६४ ला जन्मलेल्या पहिल्या भारतीय महिला डॉक्टर ज्यांनी आयुष्यभर रूग्णसेवा केली. डॉ. रखमाबाई या असामान्य स्त्री चे चरित्र महत्त्वपूर्णच आहे.

१८८९ मध्ये इंग्लंडला जाऊन वैद्यक शास्त्राज्ञ एम.डी.पदवी घेऊन १८९४ मध्ये भारतात आलेल्या मुळच्या मुंबईकर असलेल्या डॉ. रखमाबाईंनी मुंबईच्या कामा हॉस्पिटल मध्ये आणि सुरत व काठेबाडमध्ये आयुष्यभर रूग्णसेवा केली. असंख्य अडचणींवर मात करत वैद्यकीय शिक्षण घेऊन त्या ज्ञानाचा उपयोग भारतीयांना आयुष्यभर कलन देण्याच्या रखमाबाईंचा बालविवाह झालेला होता. वयात आल्यावर त्यांनी मला उच्चशिक्षण घ्यायच म्हणून मी नांदायला जाणार नाही. अशी भूमिका घेतली. नवरा दादाजी न्यायालयात गेले रखमाबाई उच्च न्यायालयात अपील केल्यावरही त्या परत हरल्या.

न्यायालयाने त्यांना नांदायला जा किंवा तुरूंगात जा असे सुनावले तर मी तुरूंगात जाईन असा कडक पवित्र घेऊन तुरूंगात जायला तयार झालेल्या रखमाबाईं पूढे न्यायालयाबाहेर तडजोड झाली. त्या उच्च शिक्षणासाठी लंडनला गेल्या. स्त्री हक्काच्या इतिहासात हा खटला जगभर गाजला.

डॉ. सखाराम अर्जुन राजत हे डॉ. रखमाबाईंचे सावत्र पिता त्यांचे जन्मदाते वडील जनाईन सावे हे डॉ. रखमाबाईं लहान असतानाच वारल्यानं त्यांच्या आईन डॉ. सखाराम अर्जुन राजत यांच्याशी पुनर्विवाह केला हु. डॉ. सखाराम अर्जुन राजत यांनी वैयक शास्त्रावर ६ मैलिक ग्रंथ लिहिल्याचे आढळते.

रखमाबाईंनी डॉक्टर होण्याची प्रेरणा सखाराम अर्जुनांकडून घेतली सखाराम ने मितभाषी व संशोधक होते.

ज्या काळात स्त्रियांना नुकत्याच कोटे शिक्षण घेऊ लागल्या होत्या. त्या काळात परदेशी जाऊन. डॉक्टरीविद्या संपादन करणाऱ्या दोन महाराष्ट्रीय स्त्रियांपैकी एक डॉ. आनंदीबाई जोशी आणि दुसऱ्या डॉ. रखमाबाई आणि पेशा म्हणून डॉक्टर व्यवताचा अंगिकार करणाचा

डॉ. रखमाबाई पहिल्याच महिला डॉक्टर...

डॉक्टर होण्यापूर्वीच रखमाबाईंचे नाव एका अपूर्वघटनमुळे गाजले होते. त्यांचा बालपणी लग्न झाले होते. परंतु त्या आपल्या माहेरीच राहत होत्या बुध्दीने विचाराने तया जशजशा प्रगलत होड लागल्या त्यांचे व्यक्तित्व अनेक अंगांनी फुलू लागले... तससंगी आपल्या नवऱ्यातील व स्वतःतील वैध्दिक दण त्यांना जानवू लागले च्यसनी, अडाणी व परावलंबी पतीबराबर संसार करणे त्या तेकले स्त्रीला अशक्यप्राय होने त्यांनी या लग्नाविरूध्द बंड पुकारले... त्यांच्या भोवती एक प्रचंड वादळ निर्माण झाले त्यांच्या पतीने त्यांच्याविरूध्द खटला भरला. समाजाने विविध प्रकारचे आरोप रखमाबाईंवर केले परंतु सर्व प्रकारचे मानसिक भाव सोसून तया स्वतःशी प्रामाण्य राहिल्या. शेवटी पतीनेच माघार घेतली.

मोहिनी वंदे यांनी चिकित्सक व सत्यनिष्ठ संशोधकाच्या भूमिकया तेजस्वी स्त्रीच्या आयुचा शोध घेतला. रखमाबाईंच्या हृदयाचे आर्त वाटोव एवढया त्या रखमाबाईंच्या भावनांची विराशी, संघर्शां समरस झाल्या आहेत. रखमाबाईंच्या बरोबरच तो काळ, त्या काळातील समाजजीवन विचाररांघर्ष त्या काळाची भूमिका व टर्झीकांन मोहिनीबाईंनी जिवंत केले आहेत. वाचकांची मुक्त दाद मिळाल्याने डॉ. रखमाबाई: एक आर्त पुस्तकाची दुरची आवृती निघाली.

डॉ. रखमाबाईंचे हस्ताक्षर, डॉ. सखाराम अर्जुन व बांमे नॅचरल हिस्टरी सोसायटी चे संबंध आई जयंतीबाई वडील डॉ. सखाराम अर्ज पंडिता रमाबाई आणि रखमाबाईंनी भेटीदाखल दिलेल्या इ ह्य कास्ट हिंदु विमेन या त्यांच्या ग्रंथावरील हस्ताक्षर तसेच रखमाबाईंना डॉक्टर होण्यास प्रवृत्त करण्याच्या एडिथ पिची फिफसन या छायाचित्रांचा समावेश या पुस्तकाच्या दुसऱ्या आवृतीत केल्याच आढळतो.

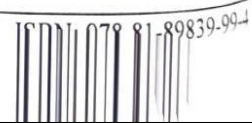
निष्कर्ष

- तत्कालीन जमाजातील टी, परंपरा यांना छेद देवून लग्नविरूध्द बंड पुकारणारी महिला आढळते.
- आयुष्यभर रूग्णसेवा करणाऱ्या डॉ. रखमाबाई सर्वांकता प्रेरणादायी ठरतात.

संदर्भ

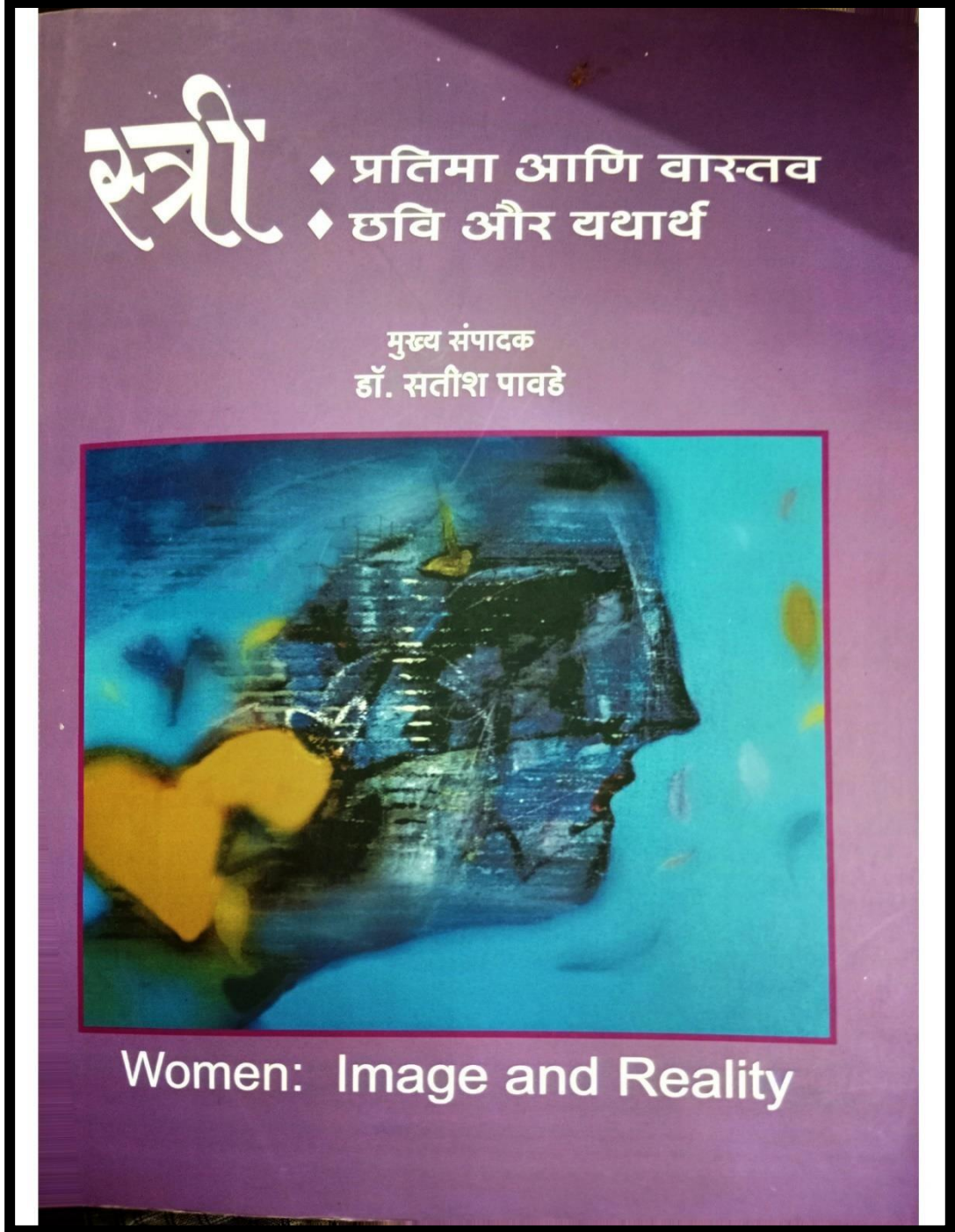
डॉ. रखमाबाई : एक आर्त, मोहिनी गद्रे, पॉप्युलर प्रकाशन, मुंबई

स्त्री : प्रतिमा आणि वास्तव / २१२



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Aadhunik Narike Samane Chunaitya :Sahityakar Vishnuprabhakarke Rachnao me.



आधुनिक नारी के सामने चुनौतियाँ: साहित्यकार विष्णुप्रभाकर के रचनाओं में

डॉ. शालिनी वाटाने
मातोश्री विमलाबाई देशमुख, महाविद्यालय अमरावती

भारतीय नारी समाज की आधार शिला है वह नित नये आव्हानों से लड़ती रहती है। नारी से समाज का धर्म, सभ्यता, संस्कृति परंपराएँ और वंश टिके है। समाज का सौंदर्य समृद्धी और सौष्ठव उसी के कारण स्थिर है। इसलिए भारतीय समाज में नारी का स्थान अत्युच्च है। “नारी तुम केवल श्रद्धा हो, जग के सुंदर आँगन में। पीयूष स्रोत सी बहा करो, जीवन के सुंदर समतल में।” पल्लवी सक्सेना के मतानुसार :- “ समाज में नारी के प्रति जागृती लाना तथा नारी के अस्तित्व की पहचान को स्थापित करने के प्रयास को ही नारी विमर्श कहा जाता है।” आधुनिक नारी लेखन निरंतर चर्चा का विषय रहा है। नारी की समाजिक जीवन, व्यक्तिगत जीवन से जुड़े प्रश्नों के साथ, साहसिक अभिव्यक्ति जहाँ समाज में स्त्री की स्थिति को स्पष्ट करती है, वही आनेवाली पीढ़ी का मार्ग प्रशस्त कर स्त्री नजर आती है। नारी विमर्श पुरुष का नहीं बल्कि नारी की अस्मिता को रौंदने, कुचलनेवाली मानसिक, विचारों का है। विमर्श अपने अधिकारों, अपने हक के लिए है। आज नारी - विमर्श ने नारी की हालत में कुछ सुधार भी किए हैं। आज का नारी - विमर्श ठीक वैसे नहीं है। जैसा पूर्व था, बल्कि आज यह विमर्श भूमण्डलीकरण से उपजी नई - नई समस्याओं को भी समेटता है। ‘नारी - विमर्श’ लेखन पर आज बहुत जोर - शोर से चर्चा हो रही है। ‘नारी - विमर्श’ पर लेखन का अर्थ केवल नारी की राजनीतिक, समाजिक, आर्थिक, स्थितियों को ध्यान में रखकर उसकी भावनाओं का किया हुआ प्रकटीकरण है। स्त्री के मन की गहराई में छिपी हुई भावना, उस पर हुआ अन्याय, अत्याचार और उसके खिलाफ उसने किया संघर्ष भी नारी-विमर्श लेखन में ही शामिल है। यह मन की भावना चाहे पुरुष साहित्यकार द्वारा प्रकट, अभिव्यक्त हो या स्त्री लेखिका के द्वारा हों। साहित्य और समाज एक दूसरे के पूरक है। साहित्य समाज के मानसिक तथा सांस्कृतिक उन्नती और सभ्यता के विकास का साक्षी है। और समाज की समग्र जीवन शक्तियों का संश्लेषण दान। साहित्य समाज की प्रेरणा का स्रोत है।

साहित्य से समाज को प्रेरणा मिलती है, तो समाज से साहित्य को अभिव्यक्ति के तत्व प्राप्त होते हैं।

आधुनिक काल के साहित्यकारों ने नारी चरित्रों को केवल नायिका के रूप में ही चित्रित नहीं किया, तो नारी के उपेक्षित जीवन को भी न्याय दिया है। नारी की व्यथा को चित्रित करने वाले आधुनिक महिला साहित्यकारों में मन्नु भंडारी, कृष्णा सोबती, उषा प्रियवंदा, शिवानी, ममता कालिया, सुर्यबाला, नमिता सेठ, मंजुला भगत, शिवानी, कृष्णा अग्निहोत्री, मृणाल पाण्डे, बानो सरताज आदि हैं। पुरुष साहित्य कारों में - मैथिलीशरण गुप्त, पंत, निरला, प्रेमचंद, यशपाल, जैनेंद्र कुमार, भगवतीचरण वर्मा, अज्ञेय, विष्णु प्रभाकर आदि महत्वपूर्ण लेखकों का समावेश होता है। आधुनिक काल में नारी - विमर्श का साहित्य प्रचुर मात्रा में मिलता है।

महिला लेखन की शुरुआत कविता से हुई, जो अति कतर राष्ट्रिय भावना से युक्त थी। हिन्दी के साथ अन्य भारतीय भाषाओं में भी कविता में स्त्री चेतना तथा नारी के संघर्ष का जोशपूर्ण स्वर सुनाई देता है। कविता में व्यक्त संवेदना की व्यापकता मिलती है। यदपी कथा लेखन की शुरुआत देर से हुई किंतु शुरु होने के बाद स्त्री चर्चा के केंद्र में निरंतर रही।

नारी विमर्श का विषय जितना ज्वलंत पहले था उतनाही ज्वलंत आज भी है। हिन्दी साहित्य में आज भी अनेक कविता, उपन्यास, कहानी, नाटक, एकांकी आदि विधियों के द्वारा इस प्रश्न को उद्घटित होते हुए पाया है। कथा - कहानी के प्रती मानव का मोहाकर्षण अति प्राचिन है। कहानी कहना, कहानी सुनना और स्वयं कहानी बनना यह मानव स्वभाव की एक विशेषता रही है। साहित्य में कथा साहित्य अत्यंत लोक प्रिय रहा है। आधुनिक साहित्य में साहित्य की यह विधा अति समृद्ध एवं जनप्रिय है। कथा साहित्य मनोरंजन और आनंद प्रदान करने के साथ ही एक जीवन - दृष्टी भी प्रदान करता है।

आधुनिक कालजयी रचनाकारों में विष्णु प्रभाकर जी का नाम उल्लेखनीय है। विष्णु प्रभाकर जी ने

अपनी अनेक कहानियों में नारी जीवन की विभिन्न समस्याओं को प्रस्तुत किया है। विवाह पूर्व की समस्याएँ, बाल्यकाल का वातावरण, आर्थिक विषमताएँ, विवाह पूर्व प्रेम संबंध आदि को लेकर नारी - विमर्श के अंतर्गत इन समस्याओं पर नजर डालना और उनकी समस्या समाधानों पर ध्यान आकृष्ट करना अति आवश्यक हैं।

१. विधवा समस्या :- यह भारतीय समाज की ज्वलंत समस्या है। सास एवं परीवार के व्यंग्य बाण समाज की आलोचना, सामाजिक प्रतिबंधों में जीवित विधवा का जीवन अभिशाप बन जाता है। समाज में विधवा विवाह का सिद्धांत प्रसिद्ध है। इसका चित्रण विष्णु प्रभाकर जी ने 'आश्रिता' में विधवा विवाह के पक्ष में किया है।

२. दहेज समस्या :- वैवाहिक समस्याओं के अंतर्गत वैवाहिक जीवन की कुप्रथाओं के कारण समाज में कितनी ही गुणवती कन्याओं का विवाह नहीं हो पाता। कन्या के विवाह को लेकर परिवार चिंतित हो उठता है। दहेज प्रथा के कारण मध्यवर्ग की नारी के विवाह का प्रश्न आर्थिक समस्या बन जाता है। विष्णु प्रभाकर जी की 'पुगांतर' कहानी में नायिका अपने विवाह के प्रश्न पर दहेज के विरुद्ध मानों अभियान छेड़ देती है।

३. वैवाहिक जीवन समस्या:- आधुनिक युग की सबसे ज्वलंत समस्या में असफल वैवाहिक जीवन की समस्या, विवाह विच्छेद, परित्याग, अविश्वास जैसे भी समस्याएँ हैं। विष्णु प्रभाकरजी ने 'कैक्टस के फूल', 'सच, मैं सुंदर हूँ' कहानी के माध्यम से संयुक्त परिवार की समस्याएँ दर्शायी हैं। दांपत्य प्रेम की अभावमयता, नारी उपेक्षा आदि समस्याएँ चित्रित हैं।

४. वेश्या समस्या:- विष्णु प्रभाकरजी ने पतिता नारी की समस्या को भी अपनी कहानी का विषय बनाया है। जीवन की विवशताओं के कारण वेश्या कही जानेवाली नारी को समाज बहिष्कृत करता है। समाज ये स्वयं नारी को वेश्या बनाता है। फिर उसका तिरस्कार करता है समाज में उचित सम्मान पाकर नारी का पथ भ्रष्ट हो जाना नितांत स्वाभाविक है। इस प्रकार सामाजिक अन्याय के कारण तिरस्कार तथा अपमानित नारी यह घृणीत मार्ग अपनाती है। वेश्या के साथ वेश्यापुत्री की समस्या का घनिष्ठ संबंध है। इन सभी बातों का चित्रण उन्होने अपनी 'समझौता' इस कहानी के अंतर्गत किया है।

५. नारी की आधुनिकता समस्या:- आधुनिक नारी की उग्र समस्या फैशन परसती की है कुछ अलग दिखने, आकर्षण व्यक्तीरूप की बढ़ती चाह ने आधुनिक नारी को फैशन की ओर प्रेरित किया है। ऐसी नारी के सामने होने वाली समस्या का चित्रण विष्णु प्रभाकरजी की 'मारिया' कहानी में रोचकता से करते हैं।

६. अन्य समस्या :- एक शिक्षित नारी। आधुनिक नौकरीपेशा नारी किस तरह मुखौटा चढ़ाये रहती है, जब नारी समाज में विचरण करती है, तब नारी का शोषण भी होता है। बस में, कार्यालय में, सड़क पर, बाजार में, हर जगह शोषण के साये में जीती है। इसकी झलक हमें उनके 'पाषाणी' कहानी में मिलती है।

विष्णु प्रभाकरजीने अपने साहित्य के माध्यम से नारी समस्या का चित्रण कर उनका समाधान भी नायिका द्वारा चित्रित किये हैं।

इसी प्रकार साहित्यकार कोई भी हो स्त्री या पुरुष वह अपने साहित्य के माध्यम से यथार्थ जगत को अपना विषय आधार बनाता है। और पाठको के समक्ष प्रस्तुत करता है, ताकी पूरे समाज तक यह प्रसारीत हो।

विष्णु प्रभाकरजी का साहित्य अपनी नवीनतम विशेषताओं के कारण ही कथा साहित्य के जनमानस में अपना एक महत्वपूर्ण स्थान बनाने में सफल रहे हैं।

फलस्वरूप आज हम सब यह खुली आँखों से देख सकते हैं की - नारी विमर्श के महत्वपूर्ण विषय आज भूमण्डलीकरण के चलते स्वरूप बदल रहे हैं। नारी विमर्श में नारी अपने ऊपर हो रहें अत्याचारों, शोषण आदि का विरोध करती हैं। वह अपने शरीर पर अपना वश चाहती हैं। प्रत्येक क्षेत्र में पुरुषों के बराबर अधिकार चाहती हैं। वे पारिवारिक, राजनितिक, सामाजिक, आर्थिक, दैहिक आदि क्षेत्रों में समानता व स्वतंत्रता की मांग उठा रही है।

विभिन्न क्षेत्र में उनके आंदोलनों के विषय -

१. पारिवारिक क्षेत्र
२. नारी घर से दूरी होने पर शोषण
३. घरेलू हिंसा का विरोध
४. सामाजिक क्षेत्र
५. आर्थिक क्षेत्र - १) समान वेतन
२) आर्थिक शोषण का विरोध
६. राजनीतिक क्षेत्र - १) पुरुष के समान स्वतंत्रता का

विरोध २) आरक्षण नीति
 ७. दैहिक क्षेत्र
 ८. अनैच्छिक यौन - संबंधों का विरोध
 ९. बलात्कार यौन - उत्पीड़न संबंधी विरोध
 १०. अनचाहे गर्भधारण, गर्भपात, प्रसव आदि का विरोध।
 साहित्य समाज का दर्पण है। समाज के नग्न यथार्थ को प्रकट कर उसे आदर्शोन्मुख करने में आधुनिक हिन्दी साहित्य का अधिक महत्व है। साहित्य का महान उद्देश्य समाज को कुमार्ग छोड़कर सन्मार्ग पर चलने की प्रेरणा देना है। इस प्रकार समय-समय पर देश की माँग के अनुसार देश का साहित्यकार अपनी कृतियों से देश के निर्माण में सदा योगदान देता रहा है, दे रहा है और देता रहेगा।
 वर्तमान समय आपाधापी का है। जीवन के प्रत्येक पग-पग पर संघर्षों की स्थितियाँ दृष्टीगोचर हो रही हैं। आज नारी के समक्ष अनेक प्रश्न इस प्रकार खड़े हो गये हैं, जिनके समाधान की आसान स्थिति उसके लिए नहीं रह गई है। आजीविका का प्रश्न तो सबसे भयंकर है ही साथ-साथ अस्तित्व रक्षा का भी सवाल उसके सामने चुनौती के रूप में है। पारिवारिक, समाजिक संबंधों से अपने को जोड़े रहने में भी उसे काफी

परेशानी महसूस हो रही है। ऐसी स्थिति में उसका जीवन के प्रती दृष्टिकोण बदल गया है। इसी लिए संघर्ष, तनाव, वृद्ध, कड़वाहट, शुष्कता, नीरसता, आत्मकेन्द्रीयता, स्वार्थ मुखरता आदि के जाल में वह स्वयं फँस चुकी है। यह स्थिति को अपने साहित्य द्वारा प्रस्तुत कर 'नारी - विमर्श' को समाज के सामने लाना साहित्य का प्रथम कर्तव्य है।

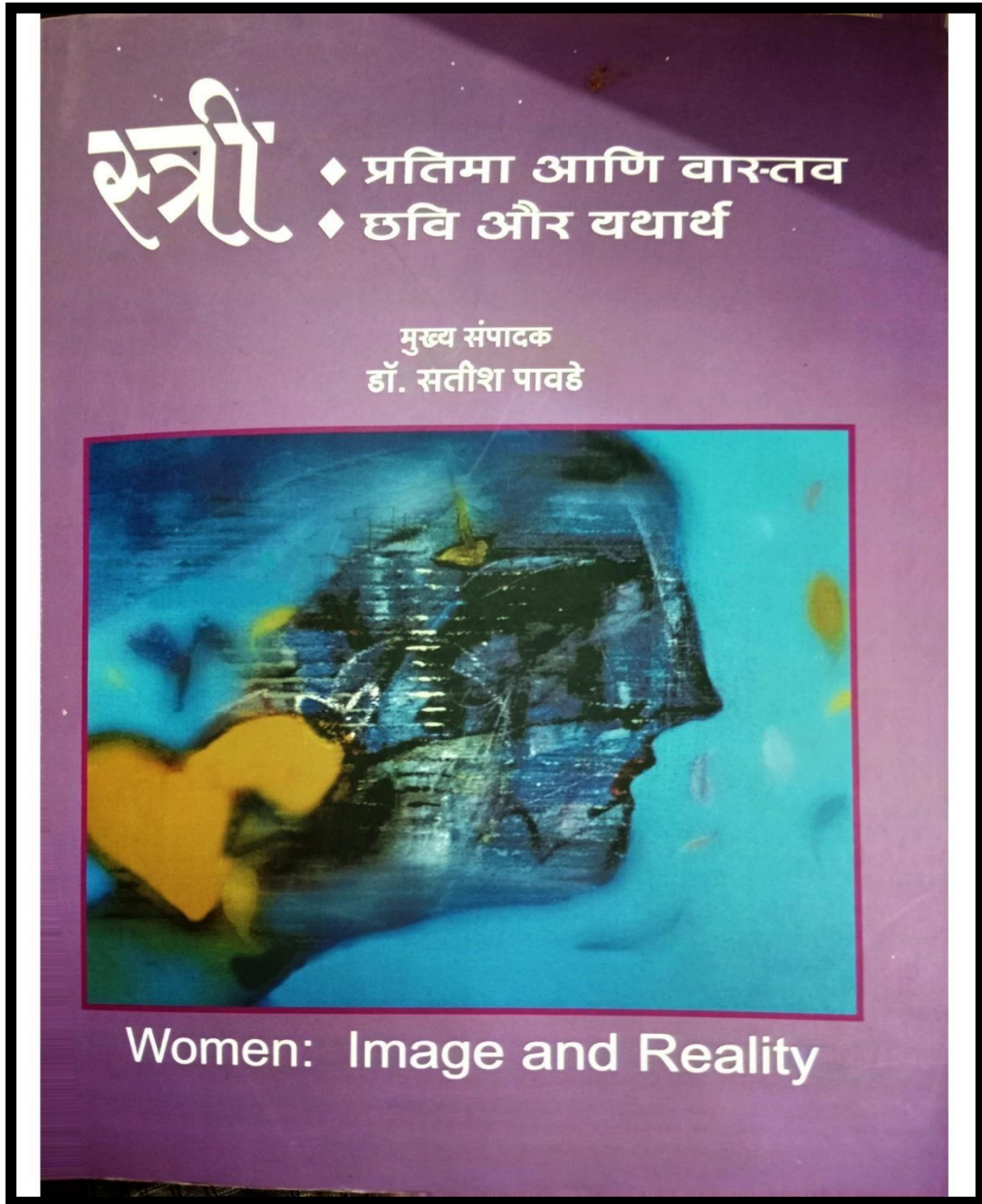
संदर्भ ग्रंथ

- | | |
|---|----------------|
| १. परिधि पर स्त्री | मृणाल पाण्डे |
| २. अतीत होती सदी और स्त्री का भविष्य | राजेन्द्र यादव |
| ३. नारी प्रश्न | सरला माहेश्वरी |
| ४. भारतीय नारी, दशा, दिशा | आशारानी व्होरा |
| ५. स्त्री, देह की राजनीति से देश की राजनितिक | मृणाल पाण्डे |
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| ७. कथाकार: विष्णु प्रभाकर | रामजी हाके |



Sadhana Mohod

Women's Image in advertising and modelling its commodification with shifting clothing trends



● विनम्र अभिवादन ●



“

कुठलाच पर्याय न निवडणे, गप्प राहणे,
किंवा पुटपुटणे अस्पष्ट शब्दांतून
किंवा सोपा-सुरक्षित मार्ग शोधून काढणे
विरोध करण्यासाठी. हे सगळं रानटीपणाच्या बाजूने
उभे रहाण्याशिवाय दुसरे काहीच नाही !

”

– विद्रोही पत्रकार
स्मृतिशेष गौरी लंकेश


पायबुण
प्रकाशन
अमरावती
मोबा. ९२२६२ २३८००
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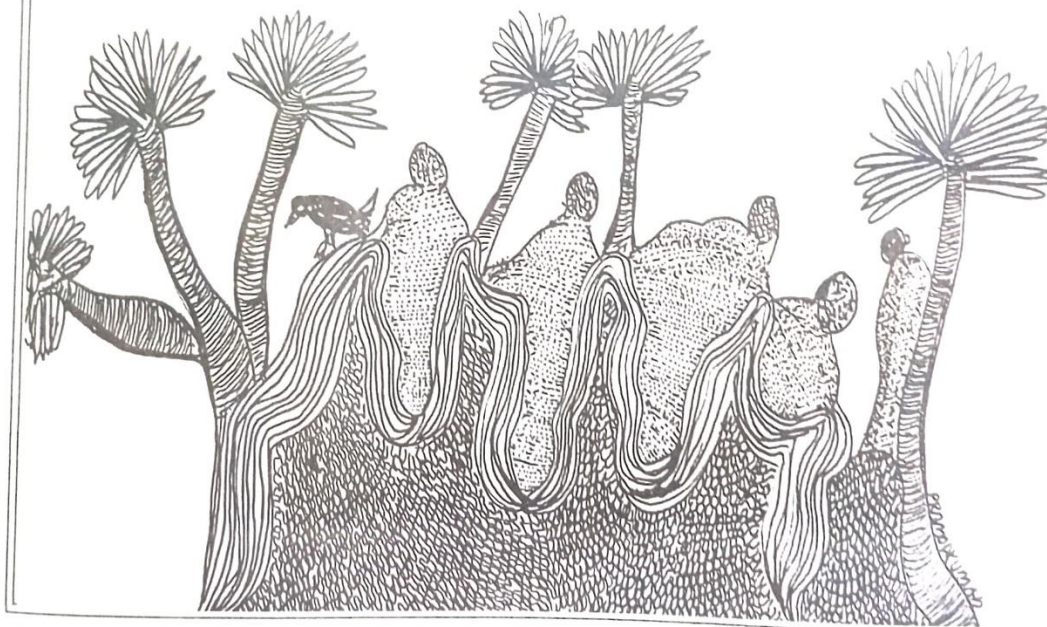
Women: Image and Reality / ISBN:978-81-89839-99-4

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ENGLISH SECTION



Women : Image and Reality / 1

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Women's Image in Advertising and Modeling: Its Commodification with Shifting Clothing Trend

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Advertisements, movies, and modeling, or for that matter media in general, are often said to be the reflection of a society. While it is arguable whether the media truly reflect the society or not, there is no doubt that media have a big sociocultural influence on the society. Or at least that is what majority of people in India consciously or unconsciously tend to believe. Media always have a role to play in the struggle for gender transformation and bridging gap between social identities of women and men. The role of women in media is reflected in the poor representation of women's issues and concerns. The relationship between media and women has a certain structure where woman is trapped as an object and depicted in unrealistic clothing style and appearance. The problem of overall women's image portrayal in advertisements and modeling has many dimensions. In this paper, I intend to present with one of these dimensions: The commodification of women in advertisements and modeling with shifting clothing trend. The purpose of this paper is to alert the mass to some of the common stereotypes in the way women are displayed in popular culture media and to help people become aware of some of the obvious ways in which women are visually dominated.

INTRODUCTION

Advertisement is one of the major weapons used by various national as well as international brands to gain popularity for their products. Advertisement is similar to a phenomenon presented by a French philosopher Baudrillard, "it is no longer the territory that provides the model for the map, but the map that defines the territory". The basic explanation for the critical

focus on gender role portrayal in advertising lies in the close relationship, which exists between advertising, the consumer goods industry and the crucial economic role of women as consumers. Culture ideas, symbols, norms, and values also play a significant role in the creation of women images and the differentiation of gender roles. Especially the television commercials are more attention-seeking as most of the women population spends at least some of their time watching television. Overall, from the images of women shown over the generation, women were once non-existence when it came to advertisements, but now has become an object for the product. Women models in the old times were used to portray only delicacy and tenderness with subtle clothing statement. Even in the movies, they were portrayed to be delicate and soft by heart. Today, women models are not just a symbol of delicacy and tenderness but portray sensuous as well as strong roles on the television with bold and strong clothing style. Media market of advertisements and modeling on one hand has expanded opportunities for women but the kind of jobs that are assigned to women is questionable. There is a universe of female symbolization in advertisements. Ranging through pictures of women on fairness creams to eroticized depictions of models with audacious clothes adorning magazine covers, women's charm and charisma is unfairly used to market various products. The extreme roles which women portray in advertisements is the subject of much public criticism. The women models shown in advertisements are too often only housewives, subordinate and incompetent individuals, decorative objects, passive and not decision makers. On the

other extreme end, women are glorified as ideas of flawless beauty. The studio lighting, photo doctoring, air brushing glamorizes women into beautiful ornaments. This unreal exactness in form of perfect pearly teeth, deep dark eyes, silky hair, wrinkle free face and astonishing yet impractical clothing statement, transforms woman into something like a doll or puppet, rather than a real human being. A woman is broken down into parts, with each part packaged as an attractive and alluring good emphasizing that women are not valued for their intellect, but for their external form. Advertisers create a fake image of what it means to be an ideal desirable woman. The consumers are thus surrounded by an ideal of female beauty which is impossible to achieve because it is artificial. Yet, despite being so unrepresentative of real women, this artificial image tends to be the only female body type we see in today's mass media.

WOMEN'S IMAGE: COMMODIFICATION WITH SHIFTING CLOTHING TREND

Commodity feminism has become pervasive and inevitable in the modern world. Women are often presented as desirable commodities. Often a visual association is made between some product and the woman. Thus, the woman and the product become equivalent and interchangeable, and both are promoted as a pleasure object. Women's appearance is less likely depicted as regular real Indian woman and more likely to be shown as an embellishment object with unrealistic clothing style. When women are presented as a commodity their humanity and subjectivity is denied. This commodification culture also has a huge social cost associated with it [1].

Crime and Violence Against Women

Eroticized images of models in advertisements can escalate incidents of violence against women. Such descriptions fuel the perception that women are lifeless objects designed for individual pleasure. Pictures of women in provocative and progressive clothes and roles often ends into victimhood for the entire woman-folk.

Assumption of Women as Lifeless Decorative Objects

Women have been measured against age-old ideals of beauty and unfortunately modern advertising reinforces this notion. In earlier times, advertisements were once shown to sell a product, however, as years passed, advertisements have begun to objectify women and begin to use women to sell products. Actors and models are shown as divine beauties with clothing style which general public never follow. This unreal image forces many to think that women are nothing more than non-thinking decorative items.

Limited View of Women's Skills

Number of ads show women portrayed in traditional female roles like cooking, cleaning, babysitting. Some are depicted as housewives obsessed with spots on dishes and stains on clothes. Others are presented as supermoms who can juggle magically between household and office. The real woman is never portrayed. This falsification also puts women's capacities under a narrow-minded view besides measuring them against inhuman ideals.

Distorting Women's Self-Image

One of the aims of advertising is unarguably making people dissatisfied with what they have. This idea of establishing a defect often has serious consequences on a woman's self-image. They often feel unattractive when they compare themselves with unattainable standards of clothing fashion and beauty set by ads. As a result, they experience a sense of disappointment, guilt and embarrassment.

In a combined analysis conducted in 2015 [2], researchers looked for reliable patterns of gender portrayals over many advertisements. Overall, they found reliable evidence that conform to traditional gender roles and stereotypes. Here's a sampling of what the analysis revealed:

- Women models were 4 times more likely than men models to not have a speaking role

- Women models were 3 times more likely than men models to be presented as a product user rather than an authority

Women models were 3.5 times more likely than men models to be presented at home or in a domestic environment (vs. at work)

Women models were 2 times more likely than men models to be associated with domestic products like body care and home goods

Overall, there is clear evidence that portrayals of men and women in advertising are not equal but instead follow common beliefs about appropriate gender roles and gender stereotypes.

CONCLUSION

Looking at the current trends of advertisements and changing clothing style of women models in media, women continue to be used as one of the main commodity for glorifying a product. The women's image in advertising and modeling trends are shown as unrealistic, insecure and vulnerable. However, the men are always shown with control and high status. Whether these trends in advertising simply reflect the values of the era or dynamically shape them, it is clear that there is bias in how men and women are presented in media. It is worth questioning why this is the case and consider what can be done about it. There is no doubt that many of these criticisms were, and still are, valid. There also is no doubt that many

advertisers have attempted to respond by discarding stereotypes and tried to create more appealing role occupants. Even though advertisers act in good faith, their efforts at discarding stereotypes while appealing to today's woman may encounter wholly unexpected criticism or marketplace failure. Despite this, media needs to be honest in its approach to the women's problem. Media need to portray the clothing style of models and overall women's appearance as it is in reality. They should give women's daily struggles, violence in home and at work place, and illiteracy a platform for them to speak out against. Overall, such advertisements can have a powerful impact on the psyche of both men and women nationwide. In this way, media can give women the freedom to contribute for the economy.

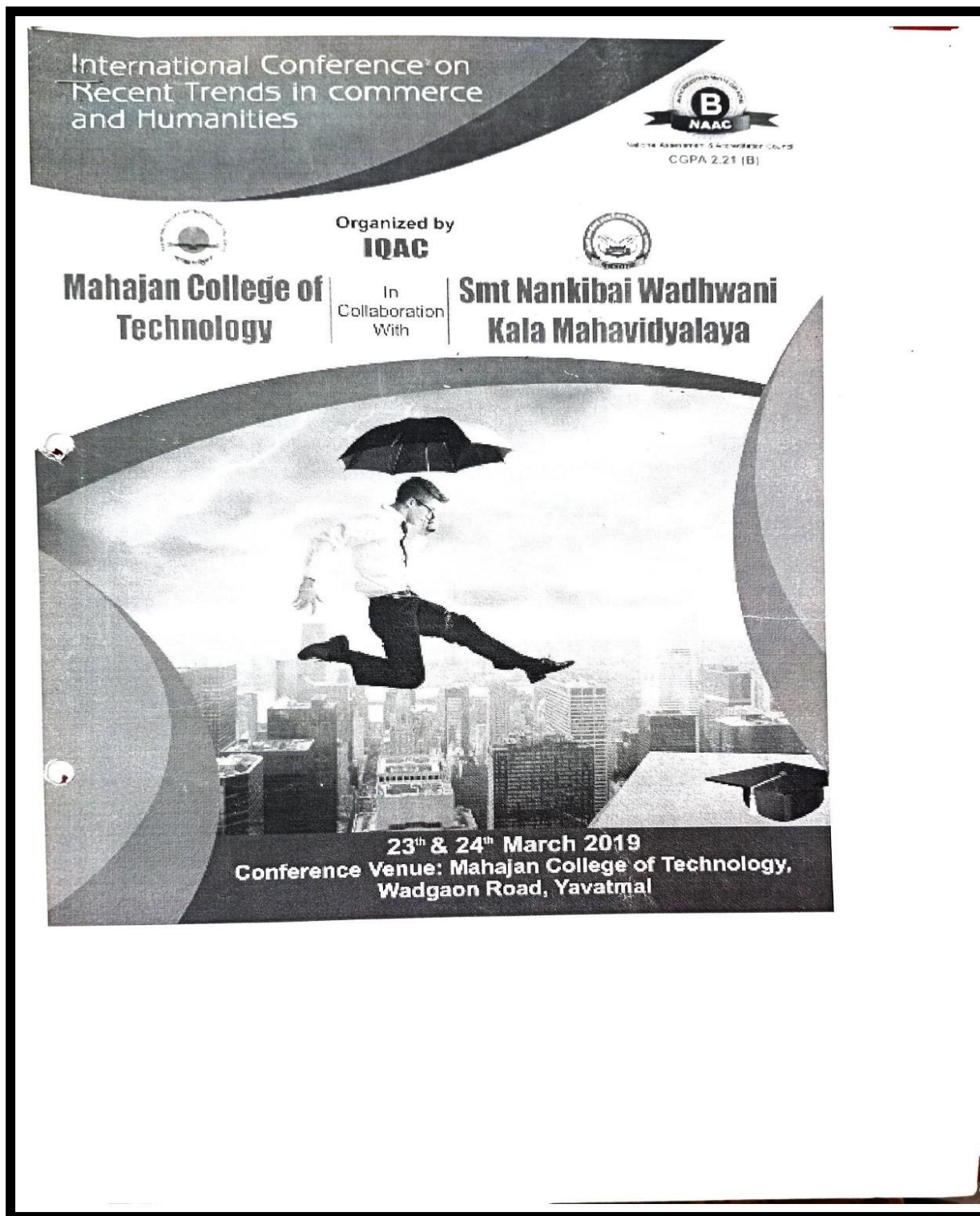
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CRITERIA III – RESEARCH, INNOVATIONS AND EXTENSION

Dr.S.R.Kubde
Urbanization and its potential impact on diet and health



3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years.

Not measured in list (paper name)

47 96

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URBANIZATION AND ITS POTENTIAL IMPACT ON DIET AND HEALTH

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Abstract:

India has recently undergone rapid social and economic change which leads to rapid growth in urbanization resulted in rapid shifts from mostly a agricultural economy. Urbanization lead to rapid change in the structure of diet, physical activity pattern and are negatively associated with health.

Keywords: Urbanization, Diet, Health

INTRODUCTION

The greater wealth and economic vitality of urban areas is one of the reasons why people are migrating from rural to urban areas. The possibilities of employment to meet basic needs are another reason for the growth in urban population. It has been estimated by the United Nations that in 2007, for the first time in history, half of the world's population were living in urban areas (Leon D.A., 2008).

Urbanization have a far broader influence on eating habits. Urbanization is accompanied by shifts in a broad array of elements such as access to mass &

electronics media (mobile usage), modern technologies related to work & leisure & transportation & enhanced access to a variety of foods across all seasons of the year. Because of the multiple shared paths through which urbanization & globalization may influence food availability & choices in developing countries, it is difficult to unravel the effects of the two sets of forces on diet & health. Throughout the developing world, overweight prevalence among women tends to be highest in countries where the greatest proportion of the population lives in urban centers (Mendez & Popkin, 2007). There has been

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increasing evidence that the structure of dietary intakes & the prevalence of obesity around the developing world have been changing at an increasingly rapid pace (Popkin, 2002). History finds a resonance in contemporary concerns about the impact of cities and urbanization on health. Increasing global urbanization is classed as a threat to 'Public Health security' as the unprecedented level of population agglomeration may facilitate the spread of epidemic diseases (Leon D.A., 2008).

The effects of urbanization on dietary patterns & nutritional status are complex. Numerous studies have shown that consumption of energy-dense (high-fat, added sugar) food tends to promote excessive energy intakes (Rolls, 2000). These adverse dietary shifts have contributed to the rise in overweight & obesity.

In many urbanized intakes of processed foods, ready-to-eat meals & snacks, & street vendor, restaurant & fast food meals have

increased (Regmi & Gehlar, 2001). These eating patterns associated with higher intakes of fat, sugars & energy.

Urbanization is associated with the nutrition transition, is the shift from preindustrial agrarian economy to industrialization. This transformation then accelerates, the service sector grows rapidly, industrial production is dominated by capital intensive processes & time-allocation patterns change dramatically (Popkin B.M., 1999). Urbanization leads to modernization & industrialization, reduces the use of human efforts & energy to produce goods & services. It shows that physical activity levels are negatively associated with urbanization. Use of automation in manufacturing industries, computers in IT sectors & home appliances in home shows a significant change from high physical pattern seen in rural residents (agriculture) toward a moderate & low activity patterns in urban residents. Thus urbanization affects job functions

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& will contribute most to changes in physical activity levels.

Urbanization & the structure of diet

Countries are rapidly becoming urbanized. By 2030, around 40% of the population will live in urban areas. This growing urbanization consequently changes the diet structure from traditional rich in fibers and grains with diets that include a greater proportion of fats and caloric sweeteners.

There have been large changes over time in diet and physical activity, especially their structure and overall composition. These changes are reflected in nutritional outcomes such as stature and body composition. Furthermore, these changes are paralleled by changes in life-style and health status, as well as by major demographic and socioeconomic changes. People living in urban areas consume diets distinctly different from those of their rural counterparts. Key factors responsible for urban-rural differences in dietary intake and

resulting differences in nutritional status include:

- > better transportation and marketing systems in urban areas that provide greater availability of food during periods of seasonal shortage,
- > greater penetration of marketing activities of the processed commercial food sector into the denser urban markets,
- > greater heterogeneity of urban populations with respect to dietary pattern,
- > different occupational patterns, characterized in urban areas of reduced compatibility of jobs with home food preparation and child and elder care,
- > different household structures related to a wide range of economic and social factors

An important dimension of urban growth is its associated pattern of migration. Migration from rural to cities and international migration have affected diet profoundly (Popkin B.M., 1997).

Most researchers have focused on the shift from diets

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high in complex carbohydrates and fibre to those with a higher proportion of fats, saturated fats and sweeteners (Popkin B.M., 1997). The nutrition transition typically involves a shift from a limited number of high-carbohydrate staples to a more diverse diet that becomes available to progressively more people. As incomes grow, diets become more diverse and more people incorporate meat and fish, milk, eggs and cheese, as well as vegetables and fresh fruit, into their habitual diets. As a result, dietary diversity and the proportion of fats in the diet are sometimes directly linked. For higher rates of urbanization, model predicts a substantial increase in the consumption of sweeteners and fats. The clear implication is that a shift from 25% to 75% urban population in very low income countries would be associated with an added four percentage points of total energy from fat and an additional 12 percentage points energy from

sweeteners (Drewnowski A. and Popkin B.M., 1997).

Urbanization leads to changes in diet include increase in the level & shares of processed products to cook at home & prepared foods bought away from home. Consumption of non-grains is growing faster in urban areas.

People living in urban areas consume diets distinctly different from those of their rural counterparts and the general shifts in their diets enhance energy and fat density and lead to great potential for chronic disease-related health problems. A large descriptive literature on comparisons of urban and rural diets can be summarized as urban diets show trends toward consumption of superior grains, food higher in fat, more animal products, more sugar, more food prepared away from home, more milled & polished grains & more processed foods (Popkin & Bisgrove, 1988). Higher rates of urbanization show a substantial increase in the consumption of sweeteners & fats. Analyzing the

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impact of urbanization on diet structure is a key public health issue.

Urbanization: Health Implications

A number of striking statistics about urbanization are frequently cited in reports and research papers. It has been estimated by the United Nations that in 2007, for the first time in history, half of the world's population were living in urban areas. This follows decades of continuous increase in the proportion of the global population living in urban areas (Leon D.A., 2008).

Urbanization have profound effect on diets, nutrition & health. Urbanization & Westernization have a far broader influence on eating habits & dietary pattern results in adverse health effects of the nutrition transition include growing rates of obesity. Easy availability of fast foods in markets & restaurants has been driving the increase in fat consumption. A diet containing approximately 30% energy from fat will become or has become the global norm & high-fat

diets beyond this limit are generally regarded as unhealthy.

Diversification of diets from the traditional diet & increase use of processed foods (processing steps includes, extruding, freezing, & adding preservatives, chemicals or artificial flavors), refined carbohydrates & lower in fiber, excess consumption of sweeteners resulting in the emerging epidemic of non-insulin-dependent diabetes mellitus. Many other related diseases such as hypertension, dyslipidemia & cardiovascular diseases are on the rise. The anticipated increase in the world's urban population from 2000 to 2030 would be a key driver of the projected rise in global diabetes prevalence from 2.8% to 4.4%. A recent review of hypertension found that rates were consistently higher in urban compared with rural areas (Leon D.A., 2008).

One consequence of this nutrition transition has been a decline in undernutrition accompanied with a most rapid increase in obesity. In all age groups, there is evidence of rapid

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increase in obesity and also an array of dietary excess and body composition-related health outcomes such as glucose intolerance and diabetes (Popkin B.M., 1997).

A major changes associated with the urbanization are increase trend in population density, industrialization, transportation & pollution (air & water) results in increasing the chronic ailments like asthma & allergies. Recently a most provocative cancer study has laid a strong basis for linking the diet, activity & body composition trends discussed above to the likelihood of increased rates of prevalence for a larger number of cancers (World Cancer Research Fund, 1997). Mortality rates of urban child and infant living in slum areas is also higher due to malnutrition and common infections of diarrhoeal and respiratory diseases. In the National Family Health Survey (NFHS)-3, the under-five mortality rate was 73 for every 1000 live births among urban poor,

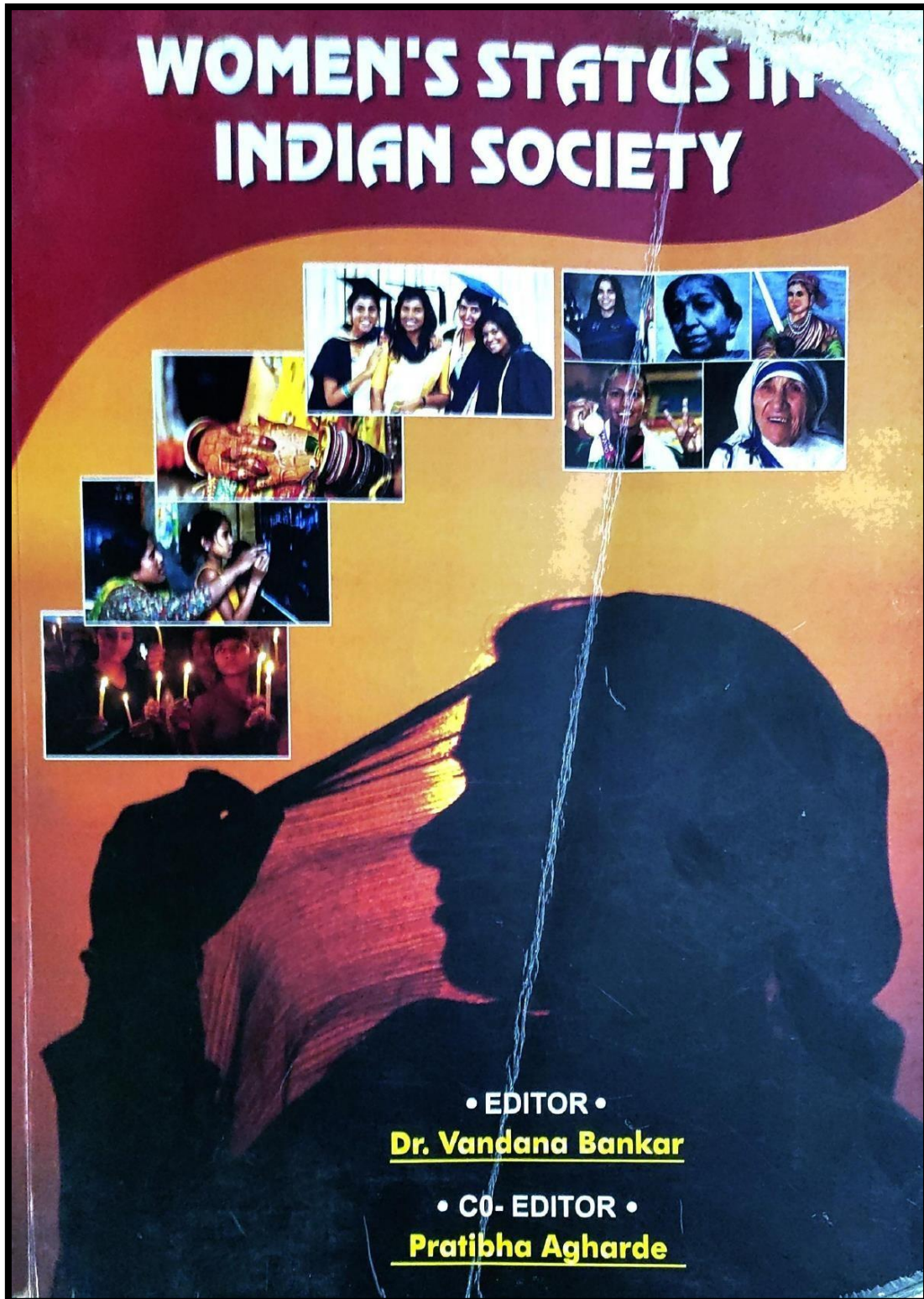
compared to the average 48 in India.

CONCLUSIONS

Economic development associated with urbanization & globalization. This paper presents the negative consequences of urbanization on dietary changes, pattern of physical activities & health. Urbanization mostly dominated by refined foods, higher fat diet, high use of sweeteners, more sedentary lifestyle resulted in reduced physical activities. Growing urbanization lead to rapid change in diet, physical activity & obesity are linked with many chronic diseases. The growing stress of non-communicable diseases is also a one of the problem associated with the urbanization.

The purpose of this paper is to understand the effect of urbanization on dietary pattern, lifestyle, physical activities & health. The impact of reduced physical activity in urban as opposed to rural societies is another issue. Urbanization developed a culture associated

Dr. M. M. Nandurkar –
Hindola Geetatan Pratibimbit Honare Banjara Striyanche Bhavvishva



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४१. हिंदोळा गीतातून प्रतिबिंबित होणारे बंजारा
स्त्रियांचे भावविश्व !



डॉ. मंदा माणिकराव नांदुरकर

मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती

सारांश

बंजारा समाजाची संस्कृती वैविध्यपूर्ण आढळते. बंजारा समाजाने आपली वैशिष्ट्यपूर्ण संस्कृती जतन करून ठेवलेली आढळते. बंजारा समाजाची स्वतःची बोली भाषा (गोर बोली) आढळते. बंजारा समाज अनेक सण व उत्सव साजरे करतांना दिसून येतात. बंजारा संस्कृती या सणांच्या निमित्ताने प्रकट होतांना आढळते. त्यांच्या चालीरिती, रुढी, परंपरा त्यांनी जतन करून ठेवलेल्या दिसून येतात. बंजारा समाजाच्या प्रत्येक सणांमध्ये वेगळेपणा आढळते. बंजारा समाज प्रत्येक सण मोठ्या उत्साहाने व आनंदाने साजरा करतांना दिसून येतात. बंजारा समाजात लोकपरंपरेने व रुढीने चालत आलेला उत्साहपूर्ण उत्सव म्हणजे तीज उत्सव. हा उत्सव मुली मोठ्या हर्षोल्लासात साजरा करतात. तीज उत्सव हा सर्जनाचे प्रतीक आहे. वैशाक शुद्ध तृतीयेला तीज उत्सव साजरा केला जातो. तीज उत्सव दहा दिवस चालतो. या उत्सवामध्ये अविवाहित मुलींच्या उत्साहाला उधाण आलेले असते. गीत, नृत्य यांची रेलचेल या उत्सवात दिसून येते. बंजारा समाजातील स्त्रियांनी गीत व नृत्याची परंपरा टिकून ठेवलेली आढळते. त्या उत्सवप्रिय व उत्स्फूर्ततेचा आविष्कार त्यांच्या ठिकाणी आढळतो. बंजारा स्त्रियांचे जीवनातील विविधतेचे दर्शन या तीज उत्सवातील हिंदोळा गीतातून घडते. हिंदोळा गीत स्त्रियांच्या सुख दुःखाला आनंदाला, उत्साहाला वाट मोकळी करते. परंपरेने चालत आलेली ही गीते अतिशय महत्त्वपूर्ण आहेत. सळ, काळ, परिसराचे वध्न लोकगीतांतून प्रकटते. निसर्गाबद्दल असणारी आसथा, प्रेम, जिद्दाळ्याची साक्ष लोकगीतांच्या माध्यमातून पटते. दैनंदिन जीवनातील रुढी, परंपरा लोकगीतांतून प्रकटतात. तीज उत्सवातील हिंदोळा गीत अतिशय महत्त्वपूर्ण आढळतात. निसर्गाची समृद्धता, निसर्गाचा मोठेपणा हिंदोळा गीतांतून प्रकट होते.

प्रस्तावना :

बंजारा समाजाची संस्कृती वैविध्यपूर्ण आढळते. बंजारा समाजाने आपली वैशिष्ट्यपूर्ण संस्कृती जतन करून ठेवलेली आढळते. बंजारा समाजाची स्वतःची बोली भाषा (गोर बोली) आढळते. बंजारा समाज अनेक सण व उत्सव साजरे करतांना दिसून येतात. बंजारा संस्कृती या सणांच्या निमित्ताने प्रकट होतांना आढळते. त्यांच्या चालीरिती, रुढी, परंपरा त्यांनी जतन करून ठेवलेल्या दिसून येतात. बंजारा समाजाच्या प्रत्येक सणांमध्ये वेगळेपणा आढळते. बंजारा समाज प्रत्येक सण मोठ्या उत्साहाने व आनंदाने साजरा करतांना दिसून येतात. बंजारा समाजात लोकपरंपरेने व रुढीने चालत आलेला उत्साहपूर्ण उत्सव म्हणजे तीज उत्सव. हा उत्सव मुली मोठ्या हर्षोल्लासात साजरा करतात. तीज उत्सव हा सर्जनाचे प्रतीक आहे. वैशाक शुद्ध तृतीयेला तीज उत्सव साजरा केला जातो. तीज उत्सव दहा दिवस चालतो. या उत्सवामध्ये अविवाहित मुलींच्या उत्साहाला उधाण आलेले असते. गीत, नृत्य यांची रेलचेल या उत्सवात दिसून येते. बंजारा समाजातील स्त्रियांनी गीत व नृत्याची परंपरा टिकून ठेवलेली आढळते. त्या उत्सवप्रिय व उत्स्फूर्ततेचा आविष्कार

त्यांच्या ठिकाणी आढळतो. निसर्गाची समृद्धता, निसर्गाचा मोठेपणा हिंदोळा गीतांतून प्रकट होते.

उद्दिष्टे :

- हिंदोळा गीतांतून निसर्गाची समृद्धता प्रकटते
- हिंदोळा गीतांतून बंजारा स्त्रियांचा अभिव्यक्त होतांना दिसून येतात
- हिंदोळा गीतांतून बंजारा जमातीच्या स्त्रियांचे जीवन दर्शन प्रतिबिंबित होते.

तीज उत्सवात झोपाळा बांधून आपला आनंद बंजारा मुली व्यक्त करतात. भक्तीच्या भावनेतून दहा दिवस श्रद्धा ठेवतात, त्या श्रद्धेतून सेवाकर्मातून घडणारे भविष्य व भविष्यांची नांदी तिच्या तीज मधून आविष्कृत होत असते. पुढील वर्षात ज्या मुलींचा विवाह संपन्न होणार आहे अशा मुलींना अधिक मान या तीज उत्सवात दिल्या जातो.

गांणी, नृत्य व वाद्यांच्या त्रिवेणी संगमात तीज उत्सव न्हावून निघतो. रिमझिमणाऱ्या श्रावण सरी व बंजारा स्त्रियांचा पदन्यास व सूर तीज उत्सवाची रंगत वाढवतो. या तीज उत्सवाला झोपाळा बांधल्या जातो. या झोपाळ्यावर बसून मुली गीत गातात. तीज उत्सवाबद्दल बंजारा स्त्रियांची असलेली अपरंपार श्रद्धा, प्रेम,

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४१. हिंदोळा गीतातून प्रतिबिंबित होणारे बंजारा
स्त्रियांचे भावविश्व !



डॉ. मंदा माणिकराव नांदुरकर

मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती

सारांश

बंजारा समाजाची संस्कृती वैविध्यपूर्ण आढळते. बंजारा समाजाने आपली वैशिष्ट्यपूर्ण संस्कृती जतन करून ठेवलेली आढळते. बंजारा समाजाची स्वतःची बोली भाषा (गोर बोली) आढळते. बंजारा समाज अनेक सण व उत्सव साजरे करतांना दिसून येतात. बंजारा संस्कृती या सणांच्या निमित्ताने प्रकट होतांना आढळते. त्यांच्या चालीरिती, रुढी, परंपरा त्यांनी जतन करून ठेवलेल्या दिसून येतात. बंजारा समाजाच्या प्रत्येक सणामध्ये वेगळेपणा आढळते. बंजारा समाज प्रत्येक सण मोठ्या उत्साहाने व आनंदाने साजरा करतांना दिसून येतात. बंजारा समाजात लोकपरंपरेने व रुढीने चालत आलेला उत्साहपूर्ण उत्सव म्हणजे तीज उत्सव. हा उत्सव मुली मोठ्या हर्षोल्लासात साजरा करतात. तीज उत्सव हा सर्जनाचे प्रतीक आहे. वैशाक शुद्ध तृतीयेला तीज उत्सव साजरा केला जातो. तीज उत्सव दहा दिवस चालतो. या उत्सवामध्ये अविवाहीत मुलींच्या उत्साहाला उधाण आलेले असते. गीत, नृत्य यांची रेलचेल या उत्सवात दिसून येते. बंजारा समाजातील स्त्रियांनी गीत व नृत्याची परंपरा टिकून ठेवलेली आढळते. त्या उत्सवप्रिय व उत्स्फूर्ततेचा आविष्कार त्यांच्या ठिकाणी आढळतो.

बंजारा स्त्रियांचे जीवनातील विविधतेचे दर्शन या तीज उत्सवातील हिंदोळा गीतातून घडते. हिंदोळा गीत स्त्रियांच्या सुख दुःखाला आनंदाला, उत्साहाला वाट मोकळी करते. परंपरेने चालत आलेली ही गीते अतिशय महत्त्वपूर्ण आहेत. सळ, काळ, परिसराचे वग्रन लोकगीतांतून प्रकटते. निसर्गाबद्दल असणारी आसथा, प्रेम, जिद्दाळ्याची साक्ष लोकगीतांच्या माध्यमातून पटते. दैनंदिन जीवनातील रुढी, परंपरा लोकगीतांतून प्रकटतात. तीज उत्सवातील हिंदोळा गीत अतिशय महत्त्वपूर्ण आढळतात. निसर्गाची समृद्धता, निसर्गाचा मोठेपणा हिंदोळा गीतांतून प्रकट होते.

प्रस्तावना :

बंजारा समाजाची संस्कृती वैविध्यपूर्ण आढळते. बंजारा समाजाने आपली वैशिष्ट्यपूर्ण संस्कृती जतन करून ठेवलेली आढळते. बंजारा समाजाची स्वतःची बोली भाषा (गोर बोली) आढळते. बंजारा समाज अनेक सण व उत्सव साजरे करतांना दिसून येतात. बंजारा संस्कृती या सणांच्या निमित्ताने प्रकट होतांना आढळते. त्यांच्या चालीरिती, रुढी, परंपरा त्यांनी जतन करून ठेवलेल्या दिसून येतात. बंजारा समाजाच्या प्रत्येक सणामध्ये वेगळेपणा आढळते. बंजारा समाज प्रत्येक सण मोठ्या उत्साहाने व आनंदाने साजरा करतांना दिसून येतात. बंजारा समाजात लोकपरंपरेने व रुढीने चालत आलेला उत्साहपूर्ण उत्सव म्हणजे तीज उत्सव. हा उत्सव मुली मोठ्या हर्षोल्लासात साजरा करतात. तीज उत्सव हा सर्जनाचे प्रतीक आहे. वैशाक शुद्ध तृतीयेला तीज उत्सव साजरा केला जातो. तीज उत्सव दहा दिवस चालतो. या उत्सवामध्ये अविवाहीत मुलींच्या उत्साहाला उधाण आलेले असते. गीत, नृत्य यांची रेलचेल या उत्सवात दिसून येते. बंजारा समाजातील स्त्रियांनी गीत व नृत्याची परंपरा टिकून ठेवलेली आढळते. त्या उत्सवप्रिय व उत्स्फूर्ततेचा आविष्कार

त्यांच्या ठिकाणी आढळतो. निसर्गाची समृद्धता, निसर्गाचा मोठेपणा हिंदोळा गीतांतून प्रकट होते.

उद्दिष्टे :

- हिंदोळा गीतांतून निसर्गाची समृद्धता प्रकटते
- हिंदोळा गीतातून बंजारा स्त्रियांचा अभिव्यक्त होतांना दिसून येतात
- हिंदोळा गीतातून बंजारा जमातीच्या स्त्रियांचे जीवन दर्शन प्रतिबिंबित होते.

तीज उत्सवात झोपाळा बांधून आपला आनंद बंजारा मुली व्यक्त करतात. भक्तीच्या भावनेतून दहा दिवस श्रद्धा ठेवतात, त्या श्रद्धेतून सेवाकर्मातून घडणारे भविष्य व भविष्याची नांदी तिच्या तीज मधून आविष्कृत होत असते. पुढील वर्षात ज्या मुलीचा विवाह संपन्न होणार आहे अशा मुलींना अधिक मान या तीज उत्सवात दिल्या जातो.

गांणी, नृत्य व वाद्यांच्या त्रिवेणी संगमात तीज उत्सव न्हावून निघतो. रिमझिमणाऱ्या श्रावण सरी व बंजारा स्त्रियांचा पदन्यास व सूर तीज उत्सवाची रंगत वाढवतो. या तीज उत्सवाला झोपाळा बांधल्या जातो. या झोपाळ्यावर बसून मुली गीत गातात. तीज उत्सवाबद्दल बंजारा स्त्रियांची असलेली अपरंपार श्रद्धा, प्रेम,

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जिहाळा, आत्मियता व निकटता व रसिकता भरभारून असलेली दिसून येते. तांड्यामध्ये झोपाळ्यांवर झोका घेणाऱ्या मुली ठिकठिकाणी दिसून येतात. झाडांला बांधलेले झोपाळे झुलू लागतात, आणि ओंठांवर तीज ची गाणी स्फुरतात. एका क्षणात उंच जाणारा झोका पुढच्या क्षणी जमिनीला होणारा सुखद स्पर्श जीवनाची अनुभूती देत असतो. ज्या मुलींचे लग्न होणार आहे. त्यांच्याकरता माहेरची ही तीज शेवटची ठरणार असल्याने उत्साहाने गाणाऱ्या मुली, झोपाळ्यावर झुलतांना गाते....

सावन भादेरी असत मीना
आईरे हरीयाळी तीज
झुलरं झुलरं
झुल झुल रे मारोळी नारी
झुलवा झुलरं
झुल झुल ये मारोळी नारी
झुलवा झुलरं
कसेर बाणो ओरो रंगी झुलण
केती बण ओरी डोर
चंदणेरो वणो रंगी झुलण
रेशमेरी रंगी डो
झुलणो झुलरं

प्रत्येक मनाला तरुण, उत्साही ठेवणारा हा झोपाळा जीवनाच्या विविध छटा उलगडून दाखवतो. या हिंदोळ्यावर झोके घेणाऱ्या सर्व सख्या एकत्रित आलेल्या आहेत. हिंदोळ्याला त्यांनी सजवलेले आहे, रंगबिरंगी झोपाळा, चंदनाच्या लाकडाने बनवलेला हा हिंदोळा त्यांची डोर रेशमाच्या रंगीबेरंगी धाग्याने विणलेले आहे. झोका घेतांना सख्यांना होणारा आनंद वरील लोकगीतातून त्या व्यक्त करत आहेत.

निसर्गातील आल्हाददायकता, विविध रंग निसर्गाचे वैविध्यपूर्ण, वर्णन तर गतकाळातील आठवण या डूंबलेली सखी म्हणते

सावन भादेरी लागी झडी
आडेरी घडी
आज मारो जीवडा हुसी भरो
झक झोका खारी
लक लेरा लेरी
तम हबोलो हरी आज
मारो जीवडा हुसी भर
हासलो लाये लाडी
येई घडी आजेरी घडी
आज मारो जीवडा हुसी भरो
तीतरी लोवडी भुरीया बांगडी
लाये यादी येई घडी आनेरी घडी
आज मारो जीवडा
हुसी भरो

बंजारा सख्यांचे अलंकार वैविध्यपूर्ण आढळतात. तितरी म्हणजे गळ्यातील अलंकार तर हासलो हे दंडातील अलंकार लोवडी म्हणजे चुनरी, ओढणी, श्रावण सरीची आल्हाददायकता सखीला स्पर्शूनजाते. आनंदाने

ती न्हावून निघते व त्याचवेळी तिच्या ओंठांवर उमलणारे गीत नादमयता मधूर भासते. श्रीहरी चे तिला होणारे स्मरण आणि अलंकारासाठी तिने केलेला लडीवाळ हट्ट वरील लोकगीतांतून प्रकटतो.

हिंदोळा गीतातून निसर्गातील स्थळ, वृक्ष परीसर या सर्वांचे वर्णन ओघाओघाने व्यक्त होते. बंजारा जमात कष्टप्रिय आहे. अपार कष्ट व प्रयत्न करत आनंदाने जगण्याची व निसर्गात रममाण होण्याची त्यांची अदाकारी विलोभनीयच नाही कां ? भूक, तहान पार विसरून हिंदोळ्यावर रममाण झालेल्या मुली म्हणतात,

सातणों, पिलीया पिळानेरी
वेल ये

सातणों पाणीयान जावजो
मोती बोलजो

ये सातणों एक तुंगेन
देई खावा ये ये सातणों पिलीया
पिलाणेरी वेलं ये

पाणवठ्यावर जातांना मलाही हाक देशील म्हणेच मला सांग मी सुध्दा येईन, मलापण पिवळ्या वेली आणायच्या आहेत.

आंब्याच्या व चिंचेच्या डेरेदार झाडाला बांधलेले झोपाळे व त्या झोपाळ्यावर झुलणारी मैत्रीण म्हणते, पूर्वी या झोपाळ्याला सोन्याची साखळी होती, ते जीवन यापेक्षाही सुंदर होते असा भाव प्रस्तुत गीतातून प्रकटतांना दिसून येते.

आंबा आमली के डाळ
मै तो हीच तिती
सोनेरी साकळ लगा मैं
तो हीच तिती

निसर्ग हा आपला सखा आहे. सोबती आहे त्यांची काळजी आपण घ्यायला हवी. त्याला दुखवतात कामा नये त्यांची विशालता महत्तम आहे. निसर्गाला केवळ देणेच माहिती असते. दानशूरा धीरोदात्ता अशा निसर्गाबद्दल भावना व्यक्त करतांना आपल्या भावाला सखी म्हणते,

विरेणां सागूनरी झडी मत तोजेरे
विरेणां चांदी सोनेरं खांब गाडोरे

हे वन सागाचे आहे. ते तोडू नका, सागवान हे सोन्या चांदीसारखे मौल्यवान आहे. झोके घेण्यासाठी खांब उपयुक्त आहेत. झाडी मत तोडो रे हा महत्वपूर्ण संदेश या गीतातून सखी देते. पूर्वापार परंपरेने चालत आलेला हा लोकगीतांचा वारसा, पण या लोकगीतांतून निसर्ग हा मित्र आहे. झाडे तोडू नका, हा बोध तीज उत्सवाच्या हिंदोळा गीतातील मौलिकता आहे.

बंजारा स्त्रियांचे जीवनातील विविधतेचे दर्शन या तीज उत्सवातील हिंदोळा गीतातून घडते. हिंदोळा गीत स्त्रियांच्या सुख दुःखाला आनंदाला, उत्साहाला वाट मोकळी करते. परंपरेने चालत आलेली ही गीते अतिशय महत्वपूर्ण आहेत. सळ, काळ, परिसराचे वर्णन

उत्तराखण्ड 278 23 88156 03 9

जीवनीशास्त्र प्रकाशनी विद्यार्थीसहित संशोधनी कार्यका
एक शिक्षाकाराणी संकाय जीवनीशास्त्र संशोधनसंग संशोधनी
दृष्टिकोण जीवनीशास्त्र संकाय संशोधनी जीवनीशास्त्र
प्रकाशनीका

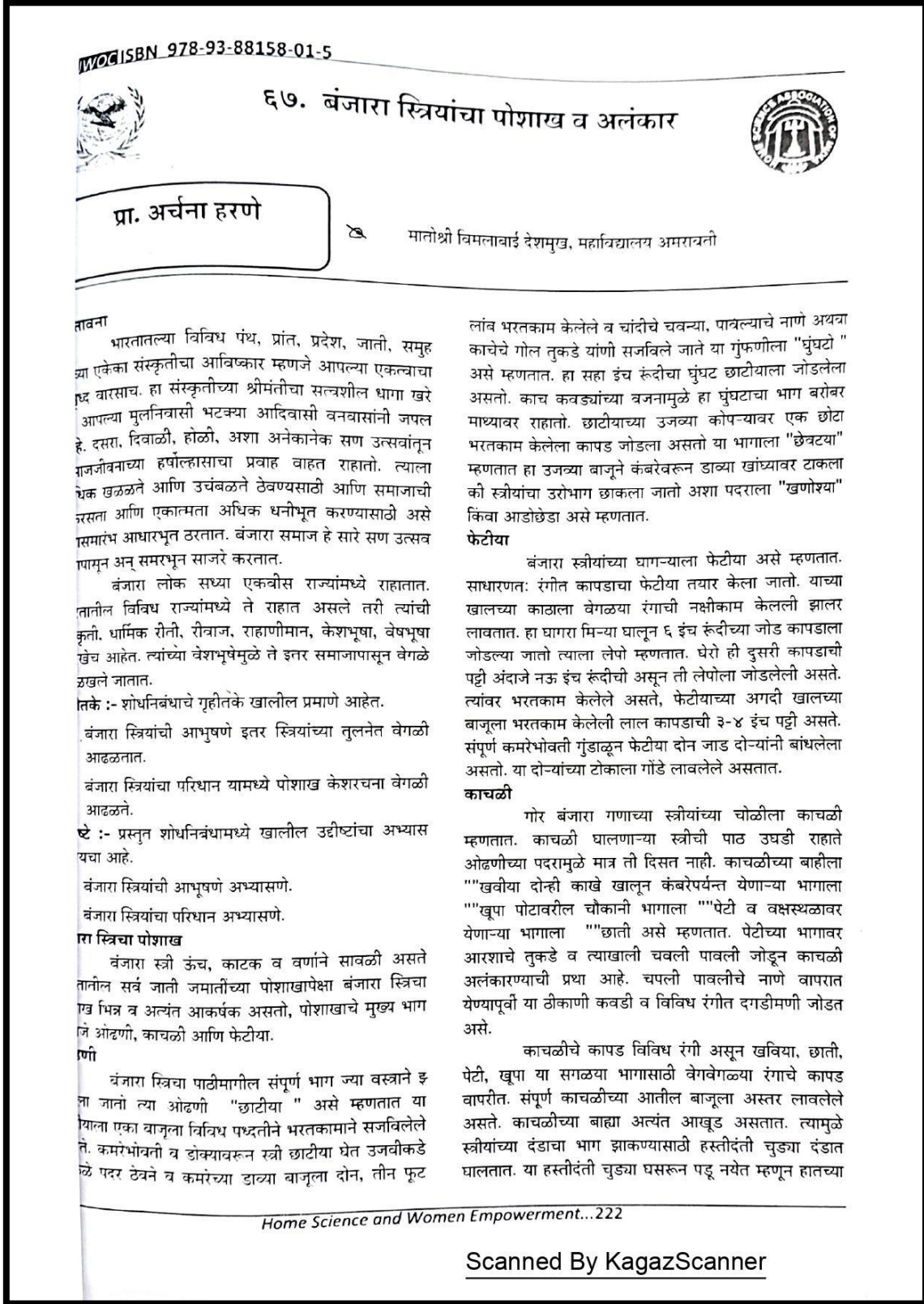
विषय

- शिक्षाका जीवनीशास्त्र संशोधनी विषयका अनेक
कार्यकाणी संशोधनी प्रकाशनी विद्यापीठ विद्यापीठ
 - विषयका जीवनीशास्त्र संशोधनी संशोधनी कार्य
प्रकाशनीका एक संकाय शिक्षाका जीवनीशास्त्र प्रकाशनीका
 - संशोधनी विषयका प्रकाशनीका संशोधनी कार्यका
संकाय शिक्षाका जीवनीशास्त्र प्रकाशनीका
 - संशोधनी प्रकाशनीका संशोधनीका संशोधनी शिक्षाका
जीवनीशास्त्र प्रकाशनीका
- संशोधनी शिक्षाका जीवनीशास्त्र संशोधनी विषयका संशोधनी
प्रकाशनीका संशोधनी विद्यापीठ

संशोधनी

1. सुशोधनीका संशोधनीका संशोधनीका संशोधनीका
2. संशोधनीका संशोधनीका संशोधनीका
3. सुशोधनीका संशोधनीका संशोधनीका
4. संशोधनीका संशोधनीका

Mrs. A. P. Harne –
Banjara Striyancha Poshakh va Alankar



NEW ISBN 978-93-88158-01-5

कोपराला लागून चांदीची घट्ट चुडी वापरतात. त्याला ""बोदलू असे म्हणतात. अलिकडे बोदलू प्लॅस्टीकच्या मिळू लागल्या असून या बांगडीला ""कपूरे म्हणतात. बोदलू वापरण्याची ऐपत नसलेली स्त्री कापडाला पोळ देवून त्यावर विणकाम करून ते बाजूदंडावर घालते या बांगडीला ""कस म्हणतात.

बंजारा गणातील विधवा स्त्री हस्तीदंती चुडी घालू शकत नाही. चुडी हा सौभाग्याचा अलंकार आहे विधवा स्त्री बाजूदंडावर ""कोपऱ्या नावाचा चांदीचा अलंकार घालतात. अलंकार

गोर बंजारा गणाची स्त्री हाताच्या सर्व बोटात चटकी - फुलीया नावाची आंगठी धारण करतात या चटकी फुलीया ला लहान लहान घुंगरू जडविलेले असतात पायाच्या बोटात व आंगठ्यामध्ये माचळी घालतात माचळी म्हणजे मासळी. आंगठ्याजवळील बोटात विवाहीत स्त्रीया जोडवा वापरतात.

स्त्रियांच्या पायातील पैजणाला ""पायजोबा म्हणतात. याशिवाय बंजारा स्त्री पायात घुंगरूही बांधीत त्यांना छमऱ्या घुंगरा असे म्हणतात याशिवाय पाकडी, कलडा हे अलंकार पायातच घातले जातात.

बंजारा स्त्रिया गळ्यात चांदीची हासली म्हणजे सरी व सतलडी परीधान करतात सरीला विविध आकाराच्या पभ्या जोडून ती अधीक श्रृंगारल्या गेली की अशी सरी ""तितरीबाळ हासली सतलडी म्हणजे चांदीची सात पेडी साखळी - या शिवाय गळ्यात मूंगा या लालभडक रंगाच्या अनेक माळ घालीत.

मुंगाप्रामणेंच कवड्या जोडलेले वस्त्र वा कवड्यांच्या माळा या स्त्रीयामध्ये प्रिय आहेत.

मौल्यवान सुवर्णाचे ""भूरीया म्हणजे नथ त्यातही ""कमाणी, भूरीया, विशेष प्रिय नाकात फुली अर्थात बेसर व पुतळी म्हणजे सोन्याच्या बदामी पत्र्याची माळ या स्त्रीया वापरीत. कर्णफुले - बंजारा स्त्री कानात कर्णफुले घालीत असे.

केशरचना

लदनी काळात गोर बंजारी स्त्रीची केशभूषा केसांचे पाच भाग करून केल्या जाई, ही पध्दत आजही तशीच आहे त्यासाठी मधोमध भाग काढत केस कानावर सोडले की, दोन्ही कानावर येणाऱ्या केसापासून डोळ्याकडील सर्व केसांचे दोन भाग करून त्याच्या दोन वेण्या करतात या वेणीतच डोळ्यांच्या

बाजूला व कानाच्यापुढे येईल अशा वेताने ""घुंगरी टोपली अलंकार गुंफतात प्रत्येक वेणीत एक घुंगरी व दोन टोपली घुंगरी हा सौभाग्य अलंकार आहे. विधवा स्त्री आपल्या केवळ टोपली गुंफते. घुंगरी टोपली गुंफायच्या या वेणीत ""चोटला म्हणतात.

चोटला गुंफून उरलेले केस मागे घेऊन त्यांना गुंफतात आटीची वेणी तीन पदरी असते आटीचे तीन बाजारात तयार मीळतात या सरांवर बंजारा स्त्री गुंफणाचे संस्कार करते याला ""आटी खीलेरा म्हणतात. शंवटी रंगी लोकरीच्या धाग्यांचे गोंडे शिवले जातात. खूप गोंडे केल्याने आटीचा हा भाग खूप फुलून मोठा होतो. गोंड्यांच्या विरूध्द भागाला एकत्र शिवणीला चंदोला म्हणतात. चंदोल्यांचे कापड लाल रंगाचे असते. बंजारा स्त्रीच्या डोक्यावर दोन गिण सरळ सहा इंची लाकडी काड्यांने बनविलेली व चांदीच्या धानू मढविलेली भरीव कापडी चंदोला मध्ये फसवून डोळ्यांच्या मागील केसात धारण करते या दोण शिंगानाच ""ढोळोछ असे म्हणतात.

निष्कर्ष

- गोर बंजारा आदिवासी स्त्रियांचा पोशाख अत्यंत आकर्षक व वैशिष्टपूर्ण आढळतो.
- बंजारा स्त्रियांचा पारंपरिक पोशाख असून त्यामधून त्यांच्या सौंदर्य भावनेचे व सृजनशीलतेचे स्वाभाविक पत्रटीकरण होतांना दिसून येते.
- बंजारा आदिवासींच्या लोकजीवनाला सौंदर्यपूर्ण आकार त्यामुळे मिळालेला आढळतो.
- बंजारा स्त्रियांच्या पोशाख निर्मितीमध्ये त्यांची कल्पकता, सौंदर्यभावना, व नवनिर्मातीची कौशल्याची प्रतिविंब आढळते.

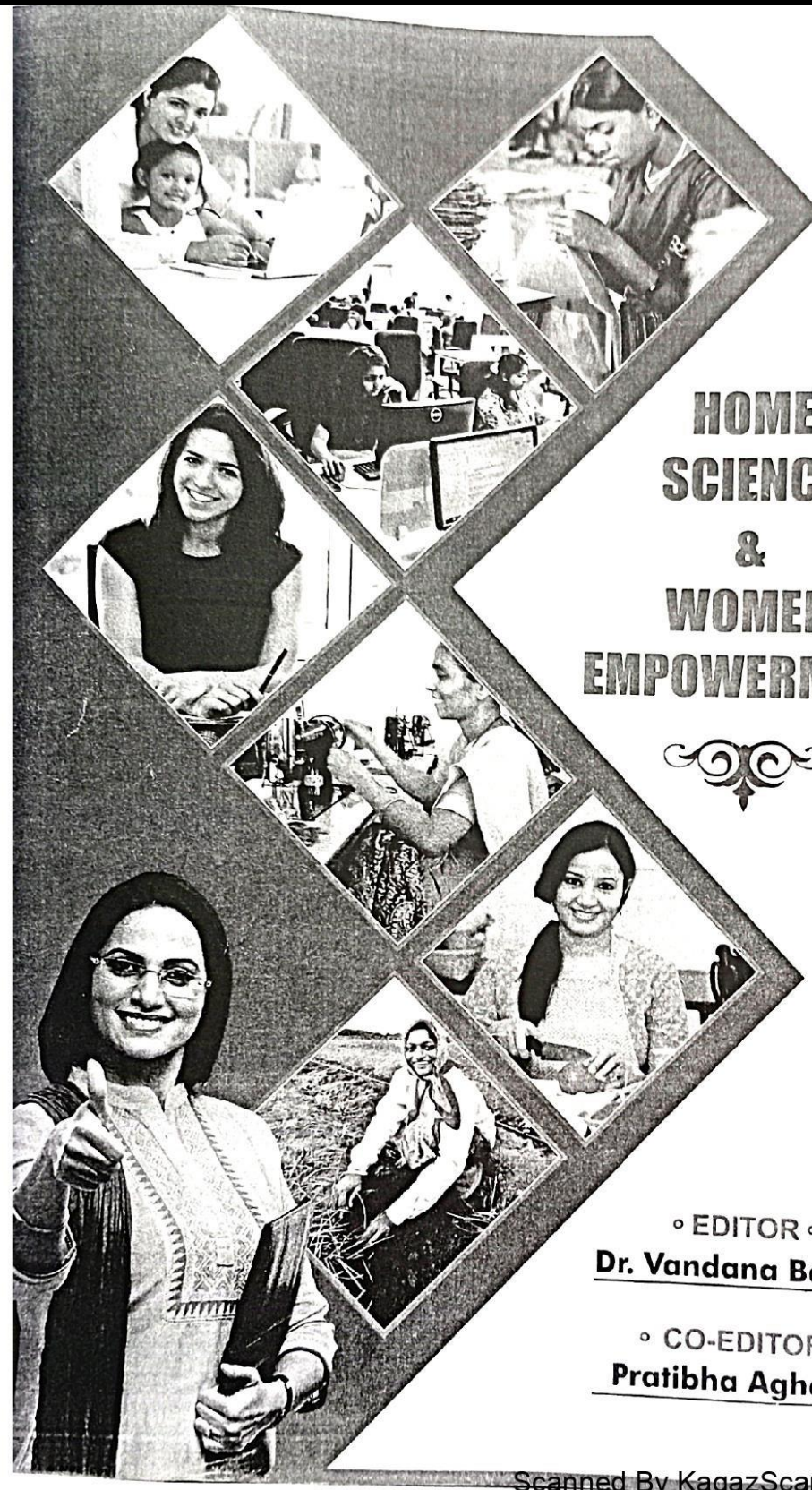
बंजारा स्त्रियांचे अलंकार वैशिष्ट्यपूर्ण आहेत हे अलंकार बणवून देण्यासाठी त्यांच्या तांडयामध्ये सोनार आढळतात. व हा सोनार त्यांच्या तांडयाचा एक घटक असतो.

संदर्भ

१. वेदभौय आदिवासी किव्या आदिवासींची संस्कृती - सौ शैलजा देवगावकर
२. लोककला - धोंडीराम वाडकर दास्ताने रामचंद्र आणि कं. सदाशीव पेठ पूणे
३. मूर्त्तनवारसी बंजारा - डॉ. अमरसिंग राठोड वेद मुद्रा अमरावती
४. भारतीय संस्कृतीकोश सहावा खंड - महादेवशास्त्री जोशी

Home Science and Women Empowerment - 223

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**Dr. S. R. Kubde –
Contribution of Yoga Therapy for fitness**

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Contribution of yoga therapy for fitness

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Introduction:

The word yoga has its root in the sanskrit word 'yuj' which means to merge, join or unite. Yoga is the union of the soul with the eternal truth, a state of unalloyed bliss, arising from conquest of dualities. Yoga frees one from life's sorrows and from the diseases and fluctuation of the mind. It gives serenity and composure, an inward unity amidst the diverse struggles of life. It is an art of knowing oneself and knowing the eternal truth. Yoga is the study of the functioning of the body, the mind and the intellect in the process of attaining freedom. The science of yoga consists of acquiring knowledge through observation and experiment. It is a science which deals with the body and the mind, where the rhythm of the mind is conquered by controlling the body. Through the practice of yoga, health and strength of the body and the mind are acquired. Only when a state of equilibrium is reached between the body and the mind, one becomes fit for self-realisation.

The modern life pattern is full of stress and strain. The increasingly complex civilization of modern time brings the average citizen in more and more problems. The whole world has been reduced to a small community and people are living like machines. Our ancient scientists have observed our body in six chakras and these are the energy centers in our body. Through stimulation of these chakra we can get the physical, mental and spiritual powers but our erratic lifestyle with irregular sleeping habits, smoking, drinking, over indulgences on faulty and non vegetarian foods and a highly responsible executive job without enough relaxation has made our body like a machine which is the main cause for various ailments in life.

No amount of wealth can equal health. Between the two, the choice is always with health, since wealth cannot be enjoyed without health, whereas wealth can be commanded if one has sound health. Without health there is no strength. Strength is preserved only when health is maintained. Health of the body means both physical and mental. It is the sign of a peaceful state of the body and the mind when one is able to follow ethical codes, maintain moral standards and fulfill social obligations. Life without happiness is mere existence. A concise definition of good health is that it pervades all aspects of our physical, physiological and psychological being. This means freedom from illness, absence of disease, perfect harmony in the functions of the body and the mind.

Yogasanas exercise the entire body and revitalize all the physiological system resulting in a sound mind in a sound body, as each asana cultivates the body and the mind evenly. Yogasanas and pranayama have stood the test of time for centuries and are helpful for all the needs of men and women in their pursuit of perfect health and supreme happiness. During the performance of yogasanas and pranayama, total attention is brought to bear on all the sheaths, from the anatomical to the spiritual and vice versa. All types of exercise have two features, motion and action. Asana exercise anterior, posterior, lateral and interior portions of the body equally. Every posture is a complete entity in which each part of the body has a particular role to play and no part is forgotten. Motion is constant movement from position to position or from place to place. Asana, though appearing static externally are full of dynamic action within. A full range of movements and actions such as horizontal, vertical, diagonal and circumferential extension and expansion are created while performing the postures. This

requires skill, intelligence and knowledge. No portion of the body or the mind is left untouched when an asana is carefully and correctly performed. Asana and pranayama are of great help for the proper functioning of the brain, nerves, and spine. Yoga thus has unique quality of being able to soothe the nerves and brain and makes the mind quiet, fresh and peaceful. Yoga also plays an additional role which not only is preventive but also curative. Yoga is a naturopathic process of treatment. The progress is slow but certain. No one can deny the advances of modern medical science.

Asanas are most helpful in eradicating fatigue, aches and pains. Yoga has a special gift to offer to athletes. The asana can help to correct the faulty movement of muscles which cause strains and sprains. They create freedom from pressures and tensions and give speed, elasticity, strength, endurance and coordination to the entire system. Thus the art of yoga is unique in nature. The practice of yoga has a tremendous effect on character and makes one morally and mentally strong. The approach to life becomes more positive and tolerant. Many diseases are due to mental depression, anger, grief, anxiety, discontent, distrust and other psychosomatic disturbances. By developing qualities such as good thoughts, enthusiasm, courage, hope and optimism, even the weak body and mind can turn into strong and healthy ones.

Conclusion:

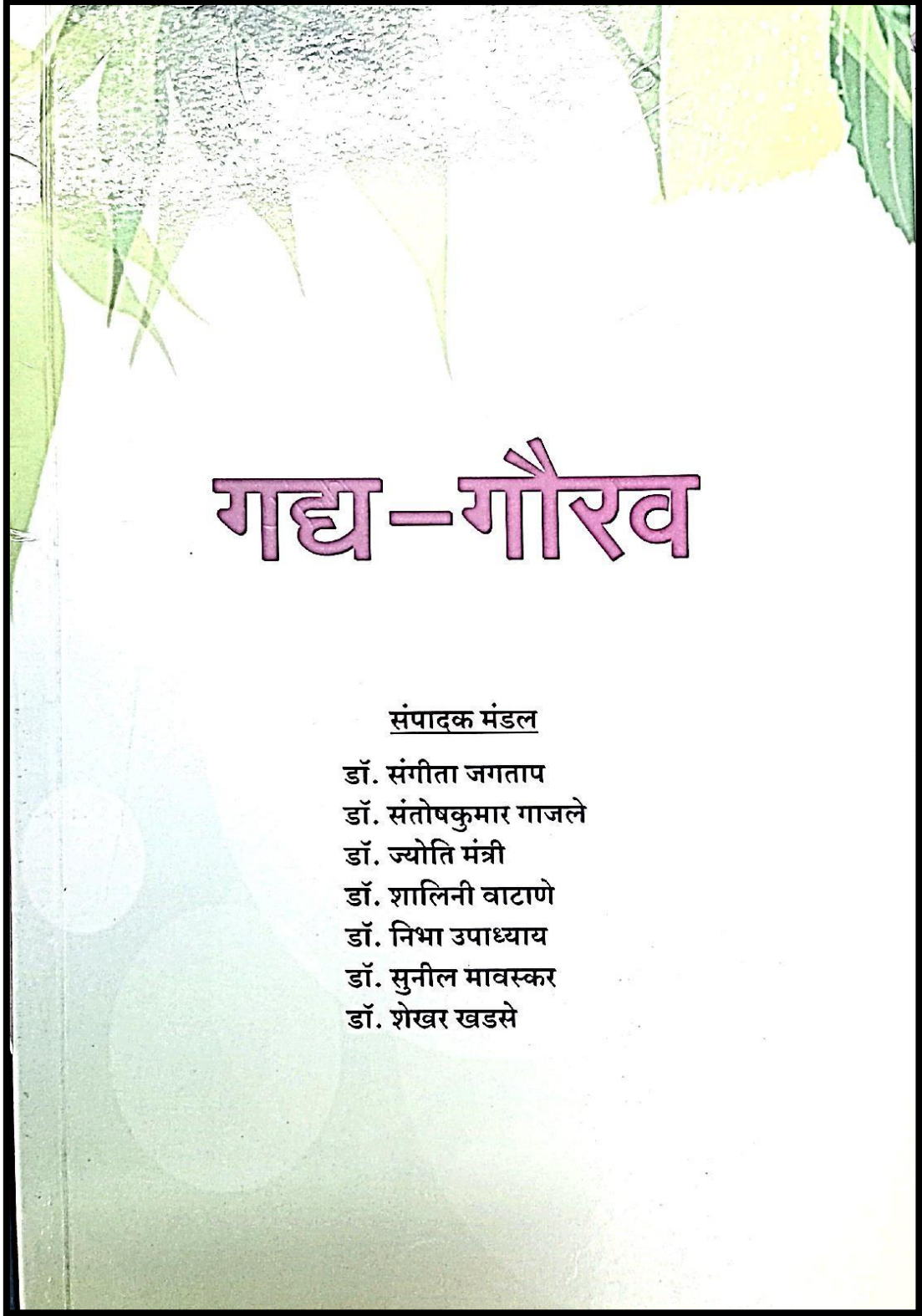
Practice of yoga brings a perfect balance in body and mind. It makes the body healthy to cooperate with the mind, so that steadiness, composure and firmness are developed. The great sage and yog Guru Patanjali explains that the practice of yoga enables one to avoid the pain. Hence practice of yoga brings not only physical health, but also mental health. It teaches how to conquer obstacles so that one can live peacefully and in perfect happiness to achieve the goal of life self realization.

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Dr. S. B. Watane

Gadhya Gaurav



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(सत्र-५ एवं सत्र-६)

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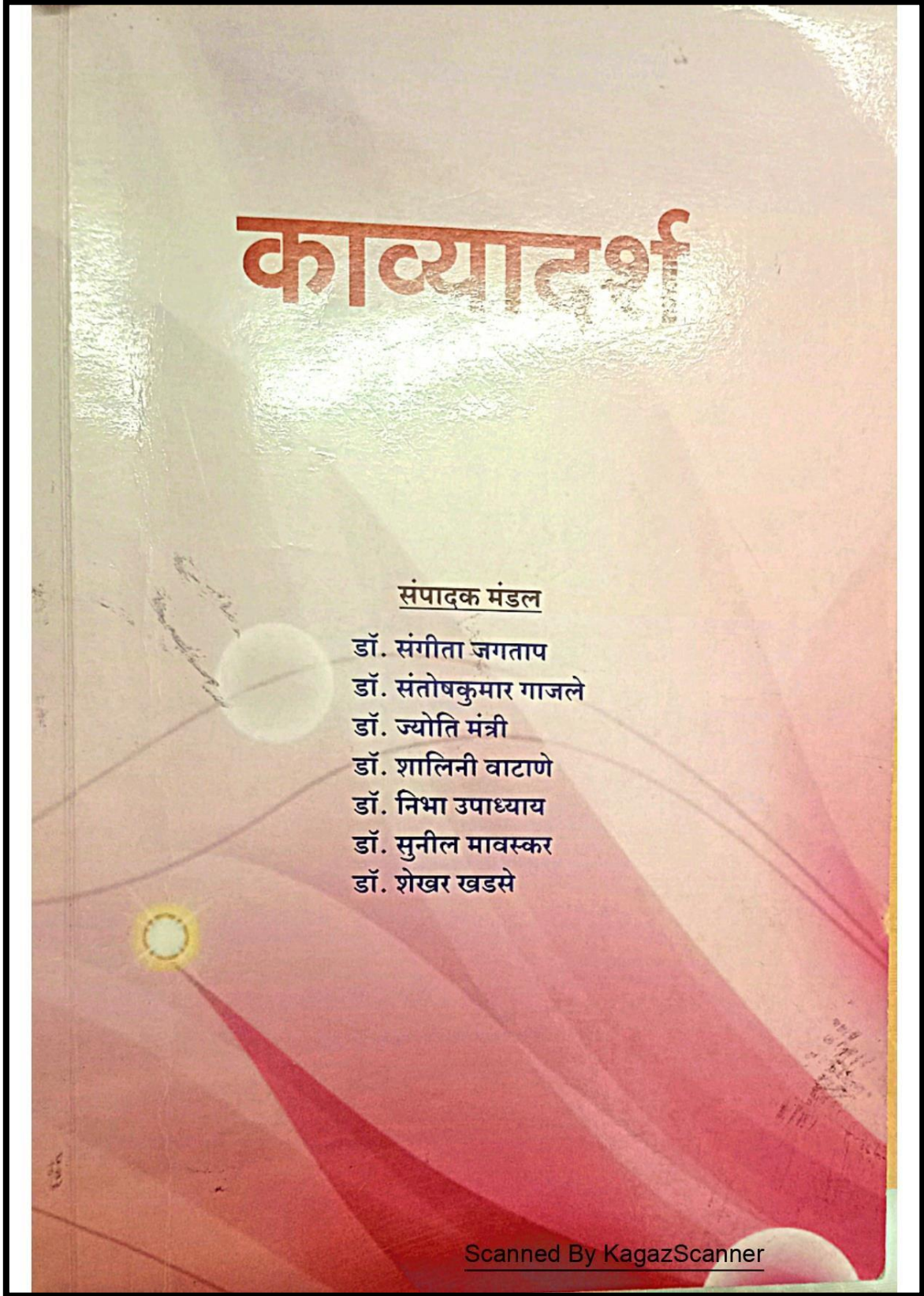
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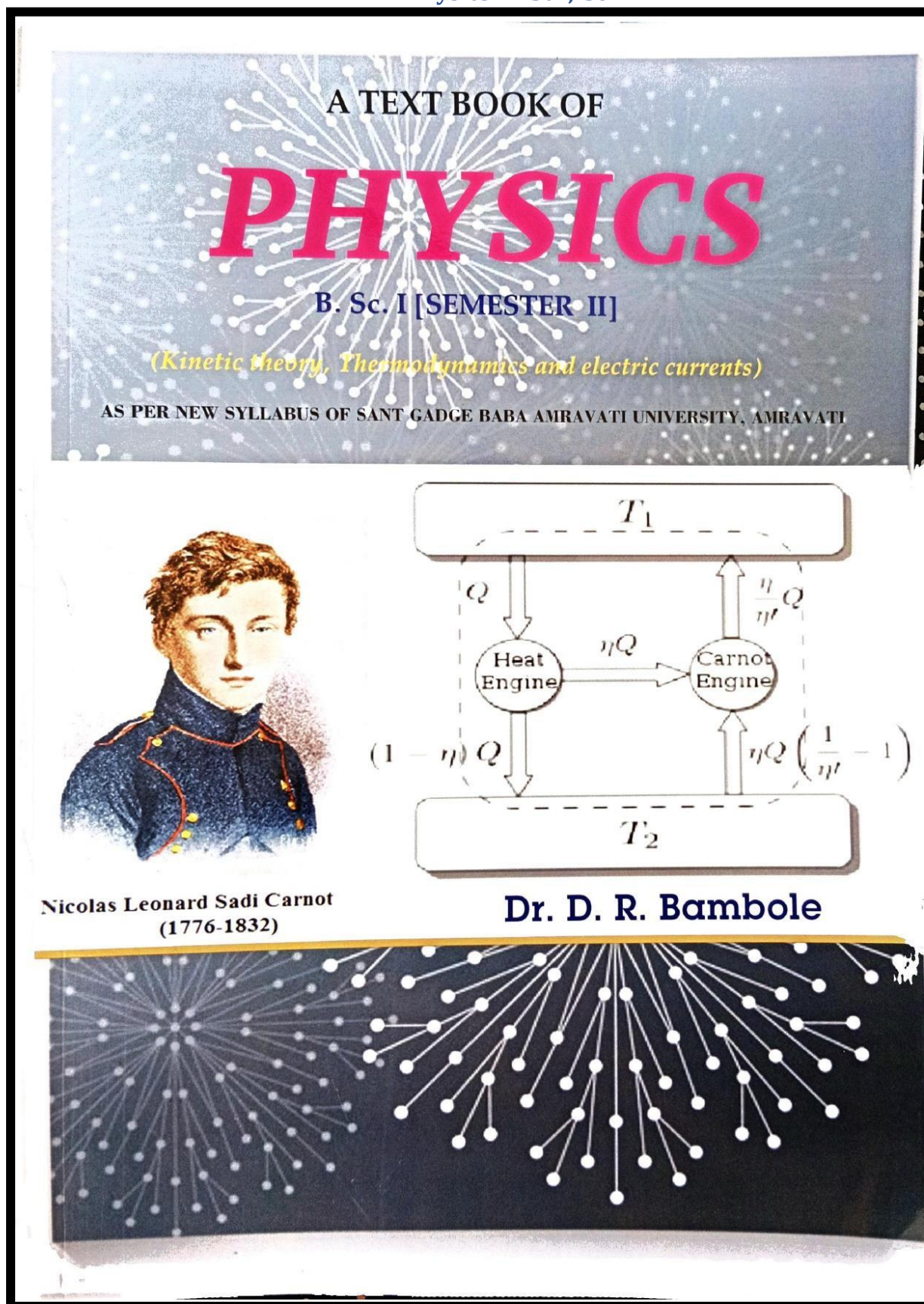
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- *Question bank*
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Textbook of Physics - B.Sc.I, Sem-I

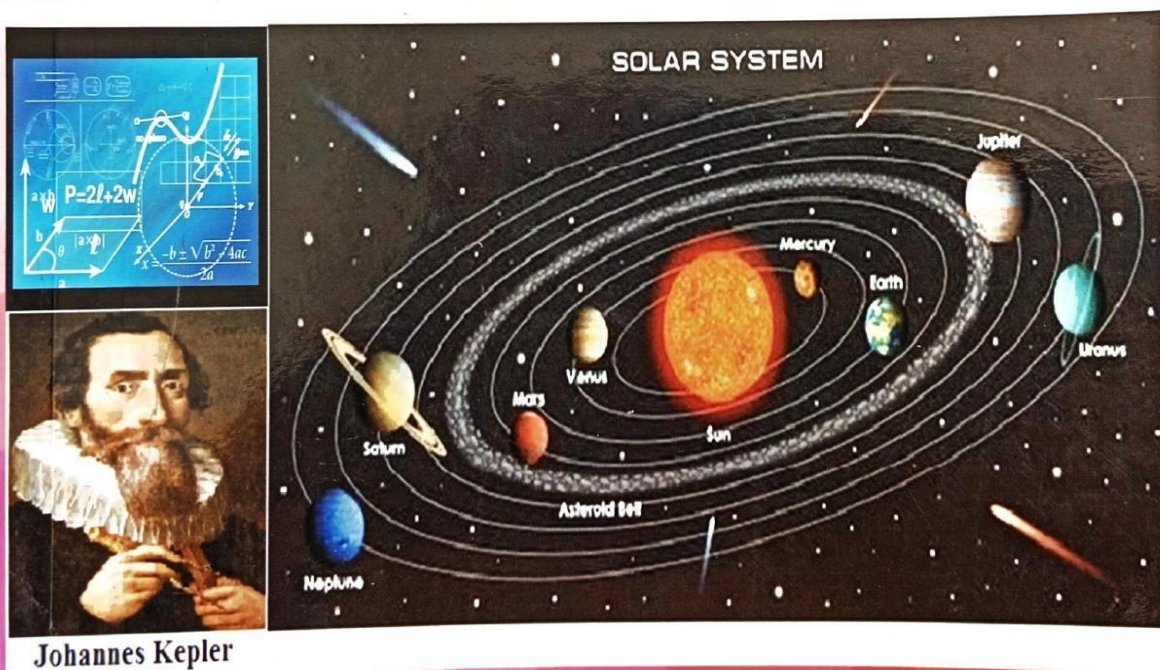
A TEXT BOOK OF
PHYSICS

B. Sc. I [SEMESTER I]

[Mechanics, Properties of Matter, Waves and Oscillation]

AS PER NEW SYLLABUS OF SANT GADGE BABA AMRAVATI UNIVERSITY, AMRAVATI

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Dr. Devidas. R. Bambole

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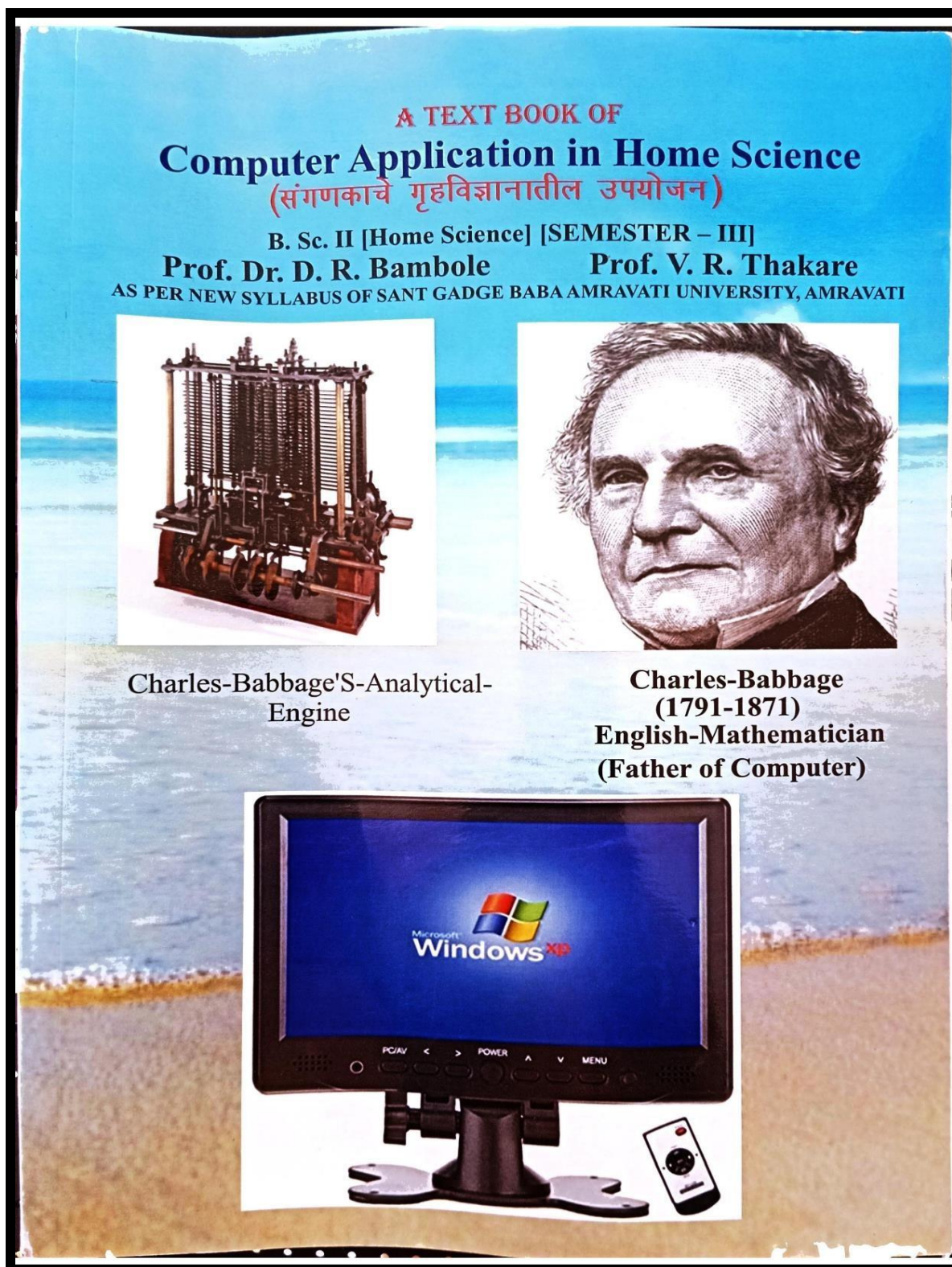
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**Dr. D. R. Bambole –
A Textbook of Computer Application in Home Science B.Sc. II,
- Sem III**



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(संगणकाचे गृहविज्ञानातील उपयोजन)

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Dr. S. R. Kubde –
Nutritional aspect of Festival Foods



Nutritional aspect of
Festive Foods



Dr. Sharmila Kubde

**Nutritional aspect of
FESTIVE FOODS**

Edited by
Dr. Sharmila Kubde

**Satyam Publishers & Distributors
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PREFACE

Human culture of this planet has always remained dynamic over the ages. In the process of globalization the traditional lifestyles were discarded at faster pace. It is therefore important that the knowledge of food practices must be preserved and properly documented as each culture gives its own unique value of food habits, combinations, choices its use and its service. From ancient times cultural patterns of food are very close to the hearts of all of us. Food has always been a central part of our social existence. In Indian life style a food culture is closely relates with religion and customs. These festivals being linked with seasonal transitions as we have treasures of spices, fruits, vegetables and milk products are readily available in our country which makes our food culture extremely rich and balanced in terms of nutrition.

This book is born out of the desire to educate the coming generations in our society about the indigenous knowledge which otherwise would have been lost and it is necessary for next generations to understand these studies, retain, and apply to their own life. For me, this book isn't just a book—it's a mission. That's why it's my personal responsibility in an age of mostly free information is vital to individual and social health. If we want our communities and our democracies to thrive, we need a healthier information diet. This book provides not only the information you require, but tells you how to apply this information for your own nutritional needs and concerns. Nutrition is a science-based discipline, so all the material included is backed up by rigorous scientific research, but it is presented in a clear, easy-to-understand fashion. We provide an overview of nutrition as an evidence-based science and explore the concepts of health, wellness, and disease. We also provide an introduction to the different

types of nutrients, health factors, personal health assessment, and the concept of sustainable food systems.

During its preliminary mapping of territory, the Indian festive foods were selected but most of the festivals are vary from region to region and the variety of foods prepared during this festive season is incomparable so to sort this out we limit our scope for the food prepared during Hindu festival celebrated in Maharashtra only. Scientifically valid data on diet and nutrition is provided in this book hence it can be beneficial for educational institutes, nutritionists, dieticians and researchers in case of reference.

Please do not use this book to substitute for professional medical care or advice.

Dr. Sharmila Kubde



Dr. Sharmila Kubde

ABOUT THE AUTHOR-

Dr. Sharmila Kubde is an associate professor in Food and Nutrition Department of Home Science at Matoshree Vimlabai Deshmukh Mahavidyalaya, Amravati, Maharashtra.

She has organised various cookery competitions and flower arrangement exhibitions in Amravati City. Her special interest fields are food science, woman health and community nutrition. She has actively associated herself with few voluntary organisations in Amravati city. She has presented number of papers at National, State and Regional level conference and seminars. She is also associated with National and State Professional Association viz. NIN, HSAI, ICWA, All India Rose Federation, Garden Club, Amravati.

ABOUT THE BOOK-

We have a culinary tradition passed on to us over the generations together, enriched by master cooks who are often simply housewives. These food preparations are described with a view to enlighten the upcoming generations regarding the ways their ancestors adopted for cooking. The festive recipes that needs due attention as it has great potential in nutritional, therapeutic, medicinal, social and economic values.

This book has manifold purposes such as providing useful information to the community, serving as a communication tool for younger generation to get aware about nutrition rich food practices used during festivals, which otherwise get completely disappear as a result of changing life style and user friendly fast foods.

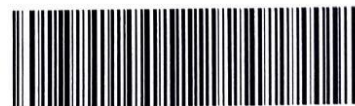
To simplify cooking, the ingredients in this book are listed in the order they are to be used, except the main ingredients. It is worth mentioning that the recipes involve the ingredients which are not costly and readily available in season. The recipes can be easily prepared and have a delicious taste. These recipes indeed hold a great importance for normal individuals and the individuals suffering from chronic degenerative diseases.

This book presents the research work and details about the nutritional aspects of festive recipes. The book is an album of beautiful festive recipes. Many of these traditional nutritive recipes are useful to fight malnutrition arising due to poor socioeconomic community in India. Further, the significance of such indigenous food is more appreciable when their nutritive value is known !



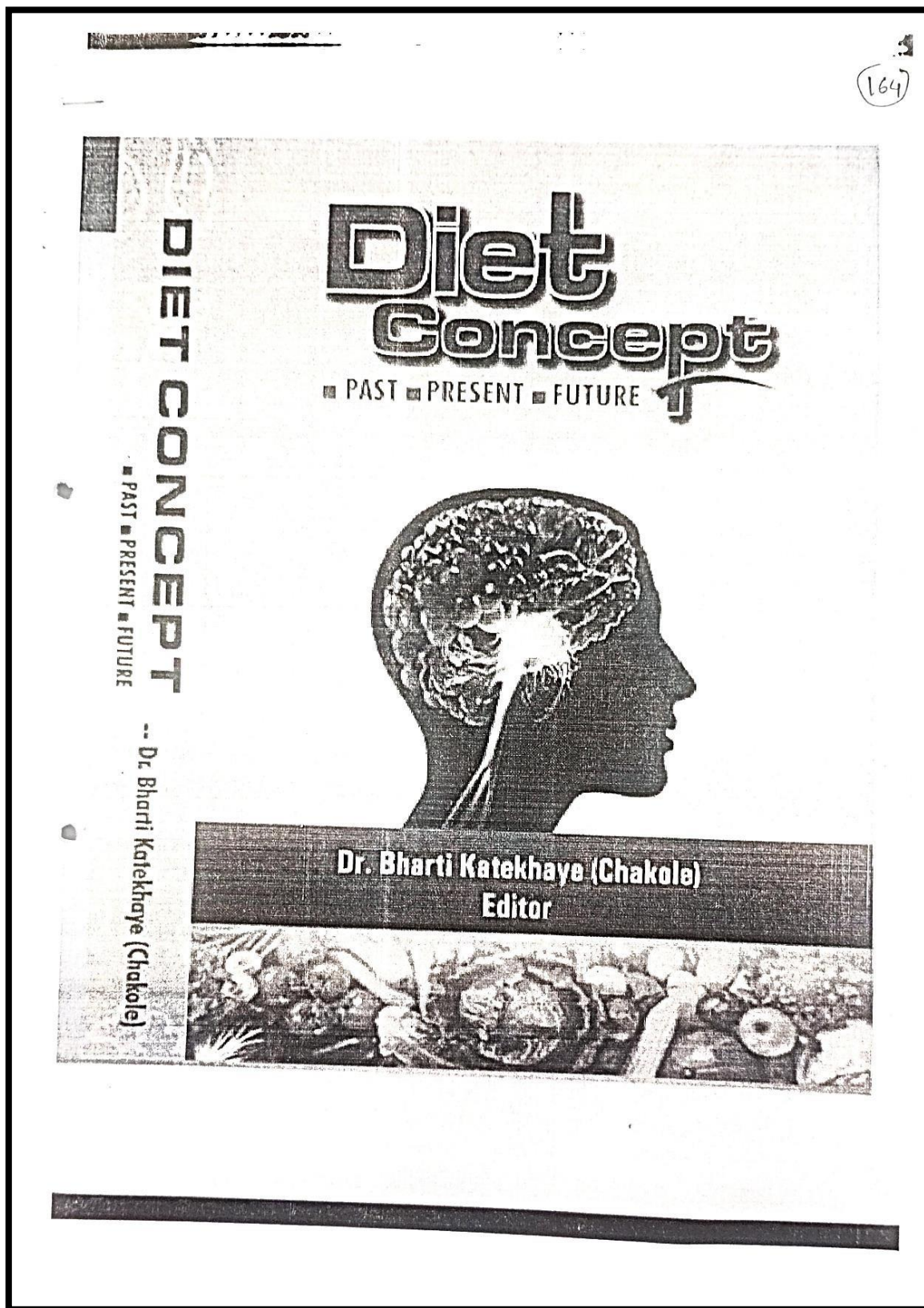
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Dr. S. R. Kubde –
Health and Nutrition During Pregnancy



HEALTH AND NUTRITION DURING PREGNANCY

Dr. Sharmila R. Kubde

Matoshree Vinlabai Deshmukh Mahavidhyalaya,
Amravati.

Abstract:

The quality and quantity of nourishment during pregnancy is very important because in this period of time a new human being is growing and will set the stage for the health of future generation. Optimal nutrition during pregnancy includes adequate amounts of all of the required vitamins, minerals and energy providing micro and macro nutrients because developing foetus depend solely on the transfer of nutrition from their mother. Nutrition plays a very important role during pregnancy because nutritional deficiency can result in premature labour. Women with a BMI less than 20 have an increased risk of anovulation. Nutritional awareness and education to expectant mothers on mass scale will contribute to better health for both the mothers as well as for their babies. This will result in lowering of maternal and infant mortality rates. Therefore this article focuses on creating awareness and providing guidance to those women who are entering pregnancy.

Key words: pregnancy, nutrition, health, foetus, balance diet, nutrient.

Introduction:

Pregnancy is the term used to describe the period in which a fetus develops inside a women's womb. Pregnancy is the period of growing a new human being sets the stage for the health of future generations. Period of pregnancy is total 40 weeks or just over 9 months from the first day of women's last menstrual period to the birth of the baby. It is divided into three stages called trimesters. The foetus undergoes many changes throughout maturation. Eating well is one of the best things women can do during pregnancy. Good nutrition helps to handle the extra on women's body as pregnancy progresses. The goal is to balance getting enough nutrients to support the growth of fetus and maintaining a healthy weight. Eating a nutritious diet during pregnancy is linked to good fetal brain development, a healthy birth weight and it also reduces the risk of many birth defects. A balanced diet will also reduce the risks of anemia, as well as other unpleasant pregnancy symptoms such as fatigue and morning sickness. A healthy diet is one that helps maintain overall health. A healthy diet provides the body with essential nutrition, fluid, micronutrient and adequate calories. It's always important to eat a balanced diet during pregnancy because it is the main source of nutrients for baby. Like, calcium helps to build strong bones and teeth. 1000mg of calcium per day is the requirement during pregnancy and the sources include milk, cheese, and yogurt. Iron helps red blood cells deliver oxygen to baby, sources include dried beans, peas and iron fortified cereals. 27mg per day is the requirement

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• *Diet Concept*

during pregnancy. Vitamin A promotes healthy gums, teeth and bones and helps the body to absorb iron.

The first trimester (week 1 to week 12) is the most critical time during pregnancy. A baby develops rapidly during the first trimester. The fetus begins to develop a brain and spinal cord. Although the fetus at the end of three months is only about 4 inches long and weighs less than 28.3gms, all of its functions have begun to form major organs and nervous system, heartbeat, arms, fingers, legs, toes, hair and buds for future teeth. Fetal requirements of high biological value proteins, folic acid, zinc needs to be considered immediately. In this period physical changes in the body tender and swollen breast, understand the changes pregnant women might experience. Changes occur in female hormones leading to nausea with or without vomiting, morning sickness can occur at any time of day, increased urination, fatigue, food cravings and aversions, heartburn and constipation. During these early months of pregnancy, the baby begins to develop brain and major organ such as heart. So, pregnant women needs right nutrients, healthy and balanced diet. The baby eats what mother eats and at this stage baby needs vitamins and minerals to support growth of its tiny brain and bones. Nutrients needed during the first trimester to support a healthy pregnancy include calcium (about 1200mg/day), folate (600-800µg/day) and iron (27mg/day). A pregnant woman doesn't require any additional calories at this stage. Start day with carbohydrate foods like biscuits, potato chips, chapati. Smaller meals taken more frequently with small amount of fluids. Avoid coffee and deep fried spicy foods. It is often necessary to sufficient diet with folic acid and zinc tablets. At this stage the focus is only on eating smaller meals more frequently throughout the day, which will also help to minimize nausea and fatigue.

The second trimester (4-6 months) pregnancy is a comparatively stable period. Nutritional needs of mother and fetus increased. Nausea subsides and food intake can be increased. High calorie, high protein diet rich in all vitamins specially iron, calcium and zinc is needed. The baby's organs become fully developed during this period. The baby can also start to hear and swallow. The baby will begin to move around. It will develop sleeping and waking cycles that pregnant women will begin to notice. The baby's body doubles in length at this stage. The essential nutrients required at this stage are iron, protein and omega 3 fatty acids. Iron helps to carry oxygen around the body. If a diet is lacking in iron, it could cause anemia, which increases the risk of complications such as premature birth and post partum depression. Protein is also necessary for the growth of the mother's uterus and breasts. In pregnancy protein needs 1.52 g per Kg of body weight each day to help the baby's brain and other tissue growth. Both mother and baby can benefit from omega 3 fats in the diet. These essential fatty acids support the heart, brain, eyes, immune system and central nervous system. Omega 3 may prevent early delivery. An adequate daily intake of omega 3 fats during pregnancy is 1.4g.

The third trimester (week 29 to week 40) can be both physically and emotionally challenging for a women. Women may experience move aches, pain and swelling as she carries around her baby. Some of these physical changes are visible, such as an expanding belly and weight gain. The swelling in your body may press on nerves, causing tingling and numbness, varicose veins, haemorrhoids, breast growth. During this period of pregnancy, the baby brain and neuron

L Diet Concept

Niacin (Vit B-3): It helps to maintenance of digestive system and nervous system. Good sources are whole grain cereals, pulses, groundnuts, meat and yeast.

Vit B6: Participates in metabolism of unsaturated fatty acids and amino acids. The sources of vitamin B6 are whole grain cereals, wheat germ and vegetables.

Vit B12: Helps form red blood cells and maintain nervous system, this vitamin find only in animal products. Good sources include liver, meat, milk and cheese.

Folic acid: Necessary for blood regeneration and for nucleo- protein metabolism. It found in green leafy vegetables, pulses and liver.

Ascorbic acid: Maintains inter cellular substance and healthy gums. Sources are citrus fruits, amla, tomato, raw vegetables and sprouted pulses.

Vit D: Development of normal skeleton and teeth. Helps in absorption and utilization of calcium and phosphorus. Sources are exposure to sunlight, egg yolk, ghee, milk and fish liver oils.

Calcium: Important for bones, teeth, blood circulation, muscle contractions and nervous system. It found in milk, curds, cheese, small fish, green vegetables and cereals,

Iron: Constituent of haemoglobin and bone, sources are cereals, pulses, egg yolk, liver jaggery, sprouted pulses, soyabean.

Water: Constituent of blood and other vital body fluids. Plays key role in elimination of body wastes and in body temperature regulation. Sources includes drinking water and fluids.

Diet during Pregnancy:

This diet provides slightly higher amounts of protein, calories, minerals and vitamins than required for normal women. It can be given to a pregnant woman in the second and third trimester of pregnancy when there is extra demand for these nutrients because of the developing fetus. All the foodstuffs available to the family can be taken by pregnant woman. There is no specific taboo on any foodstuff. The nutrition requirement during pregnancy is increased than normal diet. Excess use of highly flavoured, gas producing foods like cabbage, radish, turnips and onions etc, should be avoided.

One day diet plan for pregnant women :

Breakfast : Tea 1 cup with 1-2 teaspoons of sugar, Milk 200 ml (1 glass), Bread slices (2 large) or porridge (1 bowl) or idli (2 medium) or chappati (2medium), cheese 30g (1 cube)/egg 1 / Sprouts 25 g,(1 bowl).

Mid morning : Buttermilk 1 glass or fruit 1 medium sized

Lunch : Fresh salad , chapati 4 medium (80g),preferable made of mixed with Bengal gram 4:1 or wheat mixed with soya flour 4:1 or rice (80 g) Pulse /gram (60 g) 2 katori or meat or fish or chicken (90 g edible portion) Curds 125 g (1 bowl), Green Vegetables 250 g (2 bowl) Cooking oil 10 g (2 teaspoons)

Evening Tea : Milk 200ml (1 glass), cheese sandwich (1 small) or poha (1 bowl) or upma (1 bowl) or vada (1 large)

L Diet Concept

development is in full effect. The brain continues to develop the important neural connections for the five senses, i.e. feel, touch, taste, see, and hear, when they are born. The fetes begin to position itself head-down. Enlarge uterus presses on digestive system. Digestive juices are secreted less and movements of stomach as well intestines become sluggish. Constipation is a common problem. Fibre food such as whole grains, dried fruits, carrots, brinjals and green leafy vegetables are include in more quantity in diets.

Nutritional Requirement during Pregnancy:

Eating a nutritious diet during pregnancy is linked to good fetal brain development, a healthy birth development, a healthy birth weight and it reduces the risk of many birth defects. A balanced diet will also reduce the risk of anemia, as well as other unpleasant pregnancy symptoms such as fatigue and morning sickness. A healthy diet provides the body with essential nutrition, fluid, micronutrients, macronutrients and adequate calories. Good food is one of the crucial, but not exclusive, factors in ensuring health. The food eaten must be nutritious as well as wholesome clean and free from harmful germs. Different foods in the right amounts and proportions provide all essential nutrients and hence make a balanced diet.

Energy: Is required during pregnancy to support the metabolic demands of pregnancy and fetal growth. The normal weight pregnant women required 1800 Kcal/ day in first trimester, about 2200 Kcal/day in second trimester and 2400 Kcal/day during third trimester. Additional 300 Kcal/ day of energy than normal women during pregnancy are recommended.

Proteins: Building and maintenance of all body tissues. Regulation of body processes. Formation of substances essential to body functions such as enzymes, anti-bodies, hormones etc. Meat, fish, eggs, milk, channa, curds, pulses, dried peas and beans, soyabean, nuts, groundnuts and cereals are the rich sources of proteins.

Fat: Concentrated source of energy, provide essential fatty acid to the body. Carriers of vitamin A, D, E, and K. Sources include butter, ghee, oilseeds and nuts and soyabean.

Carbohydrate: Main source of energy for the body functions. Providing roughage to aid in normal peristaltic movements and sparing protein for its primary purpose. The sources are cereal grains, millets, pulses and legumes, roots and tubers, sugar, jiggery, processed foods, leafy vegetables, fruits, spices etc.

Vitamin A: Promotes growth and maintains integrity of mucosal epithelium. Fish liver oils, liver, butter, ghee, cream, milk, curd, cheese, egg yolk, green leafy vegetables; fruit are the sources of getting vitamin A.

Thiamine (Vit-B-1): Proper utilization of carbohydrates, maintenance of normal gastro-intestinal tone and motility, normal heart action and nervous stability. The sources are unmealed cereals, wheat germ, whole wheat, par boiled rice, pulses and legumes, soyabean, groundnuts, dried yeast.

Riboflavin (Vit B2): Essential in protein and carbohydrate metabolism. Help in maintenance of normal skin tone, digestion and vision. The sources are milk and milk products, eggs, green leafy vegetables and dried yeast.

L Diet Concept

Dinner : same as lunch

Bed time : Milk 200 ml (1 glass)

Fruit : 1 to 2 servings any time during the day

Approximate food value of above diet :

Food Groups	Proteins: 90g Fats: 60g Carb: 220g Total calories: 2200	Normal Woman			Pregnant woman
		Normal Worker	Light Worker	Heavy Worker	
Cereal and millets	30	10	12	16	+1
Pulses	30	02	2 ½	03	+1
Milk	100ml	03	03	03	+2
Green leafy vegetables	100	01	01	01	+1/2
Other vegetables	100	02	02	03	+1
Fruits	100	01	01	01	+1
Sugar	5	04	05	09	+2
Fats and oils	5	04	06	08	+2

Nutritional Requirements in Woman:

Particulars women	Energy Kcal	Protein gm	Fat gm	Calcium mg	Iron mg	Vit A mcg		Vit B1	Vit B2	VitB3	VitC	Folic acid	VitB12
						Retinol	Carotene						
Sedentary work	1875	50	20	400	30	600	2400	0.9	1.1	12	40	100	1
Moderate work	2225	50	20	400	30	600	2400	1.1	1.3	14	40	100	1
Heavy work	2925	50	20	400	30	600	2400	1.2	1.5	16	40	100	1
Pregnant	+300	+50	30	1000	38	600	2400	+0.2	+0.2	+2	40	400	1
Lactating 0-6 month	+550	+25	45	1000	30	950	3800	+0.3	+0.3	+4	80	150	1.5
6-12 month	+400	+18	45	1000	30	950	3800	+0.2	+0.2	+3	80	150	1.5

Source : Nutrient requirements and recommended dietary allowances for Indians. Indian council of medical research.

Complications and Nutritional Implications during Pregnancy:

WHO define health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

Nausea: is often a problem during the early months of pregnancy. Consult your physician. Avoid spicy or fatty foods, avoid large meals. Eat small meals and take dry cereals before getting out of bed in the morning.

Heartburn: it is common complaint during last 3 months of pregnancy. The growing baby tends to push on the surrounding digestive organs. Eat slowly; remain in a sitting position for a while after eating.

L Diet Concept

Constipation: The occurrence of constipation during the latter half of pregnancy. The amount of pressure exerted by the developing fetus on the digestive tract, the limitation of exercise and insufficient bulk may be contributing factors. Drink 3 to 4 litres fluid per day, eat plenty of high fibre foods, and avoid laxatives.

Swelling: Mild swelling of the ankles and legs during pregnancy is common. It is due to retention of extra water throughout the body, this fluid helps maintain the expanded blood volume needed for pregnancy, use salt for taste. Become more active.

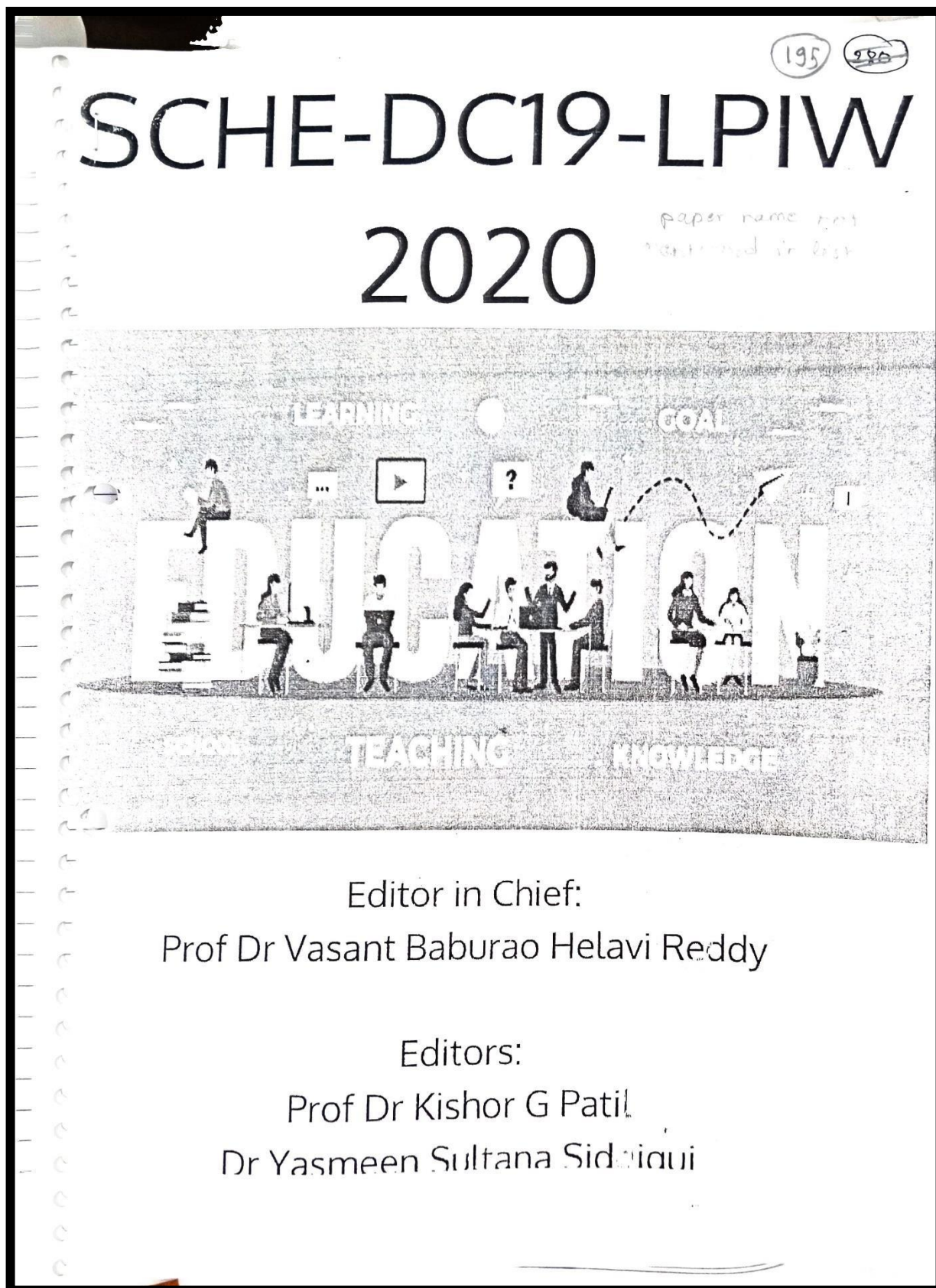
Conclusion:

A balanced and nutritious diet during pregnancy reduces the risk of many birth defects like hemorrhage at delivery, prolonged labor, low birth weight infants and experience pregnancy complications such as preeclampsia. Hence to have a positive pregnancy experience antenatal care along with adequate nutrition both before and during pregnancy is very important. It is observed that this will help to improve pregnancy and birth outcomes. Good nutritional diet during pregnancy including adequate amounts of protein, vitamins and minerals which support both their own and their unborn baby's nutritional needs. Eating better during pregnancy helps to develop better food habits for the mother and in addition to this it will help to improve the health of entire family. Nutrition education, awareness and guidance will be effective to have a better and positive pregnancy.

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Dr.S.R.Kubade
Dietary Strategies against Corona Virus in India



Dietary Strategies against Corona Virus in India

Dr.Sharmila Kubde
Matoshree Vimlabai Deshmukh Mahavidyalaya, Amravati

Abstract: This paper focuses on providing information on dietary plan as possible strategies to control Covid-19 by improving the immunity. Covid-19 is an infectious disease and at this time there are no specific vaccines or treatments available for it. Therefore the best way is to prevent and slowdown the transmission of Covid-19 by improving the immunity by adopting the proper diet plan in our daily routine. In general everyone knows that good food is needed for one to be "Healthy" and to have a better immunity. This will provide individual the protection from such dangerous viruses like Covid- 19. Consumption of good nutritious food would not by itself be sufficient to safeguard health. Good personal hygiene, environmental sanitation, proper social distancing, and by following the proper respiratory etiquettes are the basic requirements which not only protect the individual from Covid- 19 but also from large number of common infectious diseases.

Keywords: Covid-19, WHO, Immunity, Diet, Nutrition, Prevention

Introduction: The corona virus outbreak came to light on Dec.31st 2019, when China informed the WHO a cluster of cases of pneumonia of an unknown cause in Wuhan city in Hubei province. The WHO has now declared it as a pandemic and has spread in more than 215 countries. The virus has been named SARS-COV-2 and the disease is now called Covid-19. This virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs and sneezes, so it's important that everyone also follow the practice of respiratory etiquettes along with proper social distancing.

It is found that most people infected with the Covid-19 virus will experience mild to moderate respiratory illness and many people having no medical problems and better health and immunity, recover even without requiring special treatment during quarantine period. Therefore the proper Diet (food) plan containing well recognized nutrients can play a significant role in fighting against and preventing the virus

and thereby slowing down the transmission of Covid-19 virus.

Diet Nutrition and Immunity: Since nutrition is an important determinant of immuno-competence in young children, we must enquire whether dietary advice and supplementation can improve immuno-competence and decrease the risk of illness, such as infection in old age. The results of our recent studies indicated that the answer to this question is a qualified 'Yes' (R.K.chandra).

In India there is a practice of prescribing special diet or dietary restrictions (pathya) to patients suffering from certain diseases. Ayurveda speaks of the importance assigned to food in the maintenance of health (B.V.S. Thimmayamma and Swaran Pasricha). Good nutrition is crucial for health particularly in times when the immune system might need to fight back. Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. None the less, even with few and limited ingredients one can continue eating a diet that supports

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good health. To support healthy individuals in staying physically active while at home, WHO has prepared a set of general tips such as,

- Use fresh ingredients and those that have shorter shelf life first
- Prepare home cooked meals
- Follow safe food handling practices
- Limit your salt, sugar and fat intake
- Consume enough fiber
- Stay hydrated etc.
- Additional to these are some of the following general tips
 - Avoid cold drinks, spicy, oily and fast foods
 - Avoid alcohol and acidic foods
 - Consume high protein, whole grain dry foods etc.
 - Exercise and eat well along with sound sleep

India has a rich tradition with reference to food preparations and their health benefits. The three golden rules followed by the older generation for a healthy living i.e.

Eating fresh foods- prepared and consumed fresh

In diet, inclusion of all types of foods such as cereals, pulses, milk and milk products etc

'Mitahar' was the essence of their daily routine. 'Mita' means proportionate or enough to nourish and 'aahar' means food (Dr.G.Subbulaxmi). It is in this connection that every individual should observe basic rules of preventative health care and correct dietary and health practices to get away from Covid- 19.

Recommended diet plan for preventing Covid-19 infection

	Time	Food	Quantity
Early Morning	6:00 am	Warm water with lemon / Amla	1 Glass
	6:30 am	Dry fruits / fresh fruits	1 Serving
	7:00 am	Medicinal Kadha	1 Cup
Mid-Morning	9:00 am	Upma, poha / sprouted usal / boiled egg / idli, Dalia etc.	1 Serving
Lunch	12:30 pm	Chapati, rice, Dal, green and other vegetable, salad, kheer, flax seed chatni, buttermilk	As per regular diet
Evening time	4:00 to 5:00 pm	Groundnut Chikki, Rajgira Laddu, Raagi / Moong dosa etc. Citrus fruits Medicinal Kadha	1 Serving
Dinner	8:00 pm	Jowar Bhakri, Mix cereal roti, besan, mix vegetable, Khichdi, flax seed chatni, papad, kadhi etc.	As per regular diet
Bedtime	10:00 pm	Boiled Milk with 1 pinch of turmeric powder	1 Glass

Components of food that are needed by the body in adequate amounts in order to protect against viruses like Covid-19, as well as to grow, reproduce and lead a normal healthy life. Above diet contain all nutrients to boost immunity in the body. Each nutrient has its own function. Cereals, starchy vegetables, fats and oils, sugar and jaggery provides energy. Milk and milk products, pulses, eggs are the body building foods. Green leafy vegetables, fruits are the protective foods. It is important to intake sufficient foods from each of the food groups that provide sufficient amount of protein, carbohydrates, and micronutrients. In early morning drinking lemon juice with warm water helps to keep the body hydrated as it provides electrolytes to the body. Lemon is a source of Vitamin C, Vitamin A, folate calcium etc. lemon juice protects the body from immune system deficiencies and helps in maintaining the ph balance of the body with its powerful antibacterial anti-inflammatory properties help in fighting respiratory tract infections, sore throat and inflammation of tonsil. Using one glass of buttermilk after lunch is a good source of calcium, vitamins and proteins. Buttermilk contains good bacteria called the lactic acid. This bacteria helps in improving the immunity of the body and protect the body against many diseases and viruses. We can take medicinal Kadha twice a day which can be prepared using black pepper, ginger, cardamom, clove, cinnamon, jaggery. All

are high in antioxidants, diuretic, inflammatory, and having powerful medicinal properties that help boost our immune system the nutrients in flaxseeds include lignans, antioxidants, fiber, protein and polyunsaturated fatty acids such as omega3. These can help prevent disease by removing molecules called free radicals of the body. At bed time taking haldi milk is very effective as it contains bioactive compounds with powerful medicinal properties. Curcumin is the main active ingredient in turmeric. It was powerful anti-inflammatory effects and is a very strong antioxidant.

Conclusion: In general everyone knows that good food is needed for one to be "Healthy" and to have a better immunity. This will provide individual the protection from such dangerous viruses like Covid- 19. Consumption of good nutritious food would not by itself be sufficient to safeguard health. Good personal hygiene, environmental sanitation, proper social distancing, and by following the proper respiratory etiquettes are the basic requirements which not only protect the individual from Covid- 19 but also from large number of common infectious diseases.

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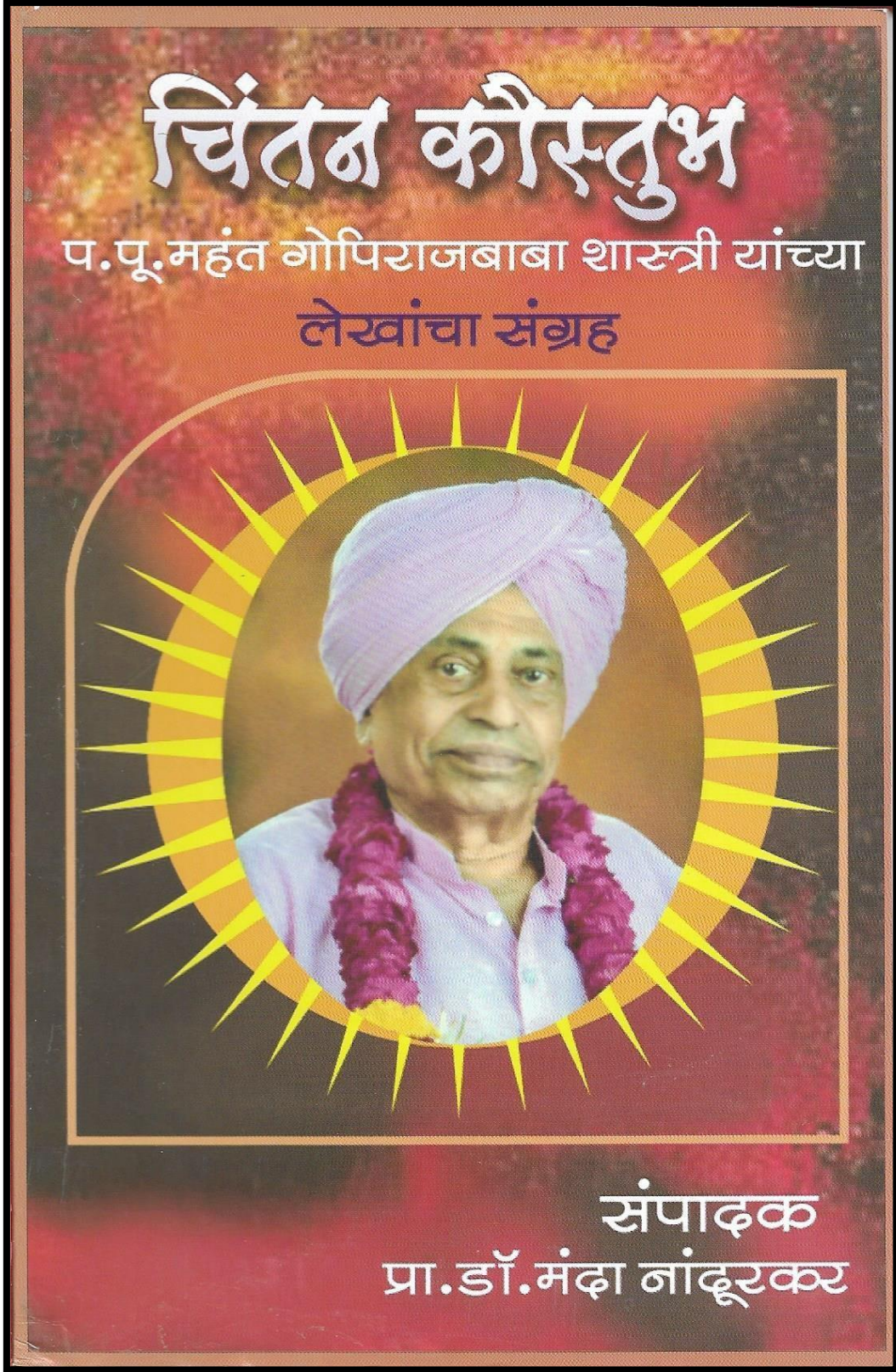
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Note: All Published papers are referred, having undergone a peer-review process.

Dr. M. M. Nandurkar –
Chintan Kaustaub



चिंतन कौस्तुभ

प.पू.महन्त गोपीराजबाबा शास्त्री यांचे
निवडक लेख

डॉ.मंदा नांदूरकर



पद्मश्री प्रकाशन
सावदा,
ता.रावेर, जि. जळगांव
पिन : ४२५५०२.

चिंतन कौस्तुभ
प.पू.महन्त गोपीराजबाबा शास्त्री यांचे
निवड क लेख

प्रकाशन क्र. ६०८

प्रकाशक
पद्मश्री प्रकाशन, सावदा.
ता. रावेर, जि. जळगांव
फो.नं.(०२५८४-२२३०९१)

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अमरावती

प्रथम आवृत्ती
मार्च २०२०

अक्षर जुळवणी व मुद्रक
पूर्णेश ऑफसेट, सावदा.
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फो.नं.(०२५८४-२२३०९१)

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मधुविजय ट्रेडर्स, सावदा. मो. ९४२३७७३३२५

किंमत ₹६०

(लेखकांच्या विचारांशी प्रकाशक सहमत राहिलेच असे नाही.)

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चिंतन कौस्तुभ /३

मनोगत.....!

एप्रिल २०१८ मध्ये संत गाडगेबाबा अमरावती विद्यापीठाच्या महानुभाव अभ्यास केन्द्राद्वारे महानुभाव साहित्य संमेलनाचे आयोजन विद्याभारती महाविद्यालयात करण्यात आले. गुरुवर्य डॉ. सतीश तराळ या संमेलनाचे संयोजक होते. त्यांनी मला या संमेलनातील परिसंवादात निर्ममित केले. मला स्मृतीस्थळावर बोलायचे होते. त्या निमित्ताने वाचन झाले. संमेलनात महंत गोपीराजबाबा शास्त्री यांची भेट झाली, पुढे रिद्धपूरला त्यांचे आश्रमातही जाणे झाले त्यांचे समृद्ध ग्रंथालय प्राचीन पोथ्या, वस्तू संग्रहालय पाहून भारावून गेले. त्यांचे बरेच लेख विविध ठिकाणी प्रसिद्ध झाले आहेत पण त्यांचे पुस्तक नाही ही बाब लक्षात आली. महंत गोपीराजबाबांसारख्या अधिकारी व्यक्तिचे विचार पुस्तक रूपाने असायला हवेत असे वाटले. मी हा विचार महानुभाव वाङ्मयावर आचार्य (पीएच.डी.) पदवी मिळवणारे डॉ. सतीश तराळ यांचे जवळ बोलून दाखवला. त्यांनी मी बाबांच्या लेखांचे संपादन करून पुस्तकरूपाने प्रकाशित करण्याचे सुचविले. बाबांनीही लेख पुस्तकरूपाने प्रकाशित करण्यास संमती दिली. लेखाच्या प्रती दिल्या.

आज 'चैतन्य कौस्तुभ' संपादित करून प्रकाशित करतांना आनंद वाटत आहे. बाबांचे लेख पंथीयांना व अभ्यासकांना उपयोगी ठरतील असे वाटते. लेख संपादित करून पुस्तकरूपाने प्रकाशित करण्यास परवानगी दिल्या बदल मी बाबांची आभारी आहे. 'चैतन्य कौस्तुभ' ला समर्पक व अभ्यासपूर्ण प्रस्तावना लिहून दिल्या बद्दल माझे मार्गदर्शक गुरुवर्य डॉ.सतीश तराळ यांची मी आभारी आहे, तसेच हे पुस्तक प्रकाशित करणारे पद्मश्री प्रकाशनाचे संचालक श्री. राजेश बामणोदकर यांचीही मी आभारी आहे.

प्रा.डॉ. मंदा माणिकराव नांदूरकर

मराठी विभाग प्रमुख
मातोश्री विमलाबाई देशमुख महाविद्यालय
अमरावती.

बाबांचे सर्वच लेख त्या त्या वेळी वर्तमानपत्रे, मासिके यांत प्रकाशित झालेले आहेत. ते सर्व लेख संकलीत करून पुस्तकरूपाने एकत्रित करणे हा हेतू पूर्ण होत आहे.

चितन कौस्तुभ / ४

प्रस्तावना.....!

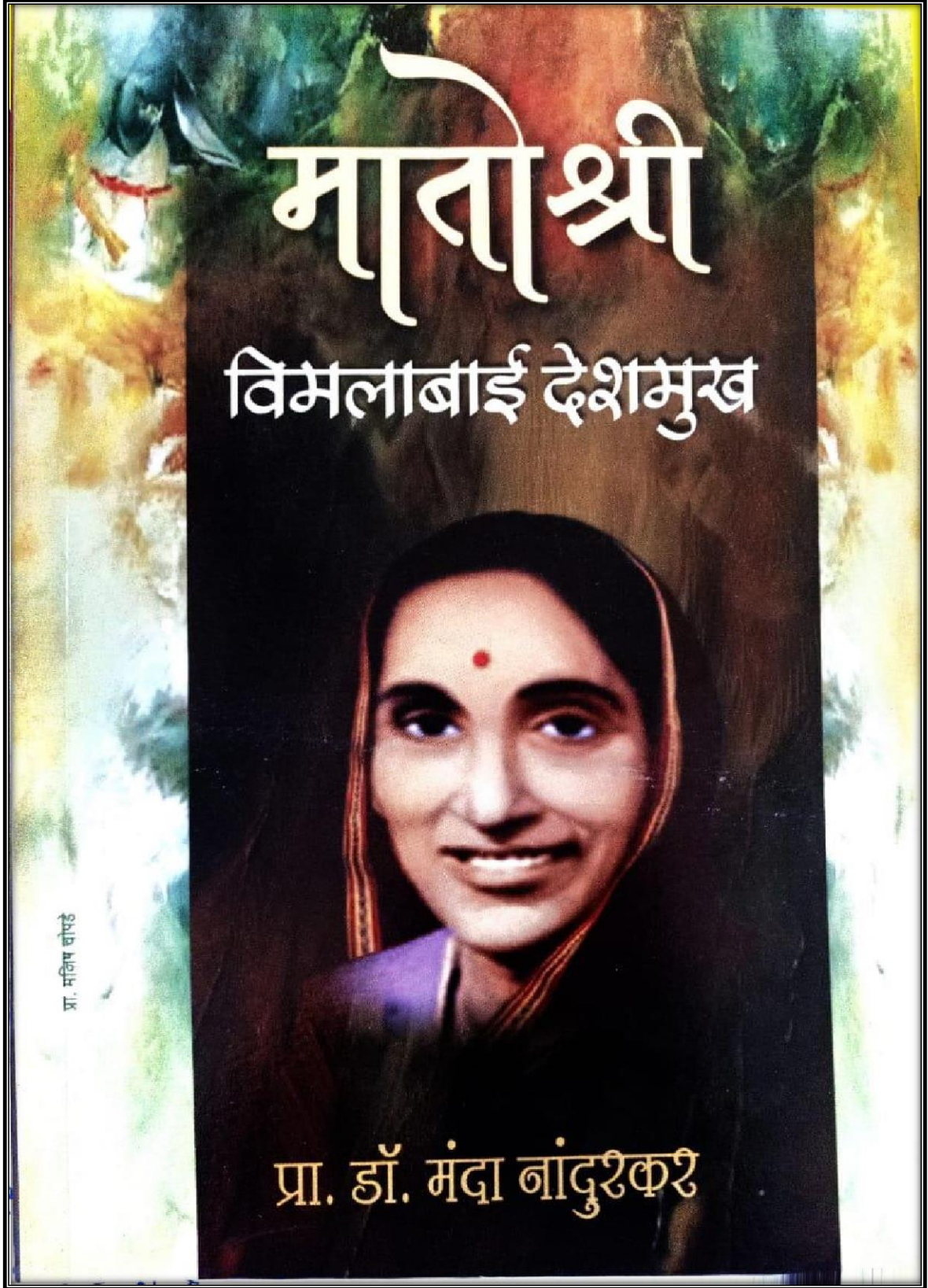
महंत गोपीराजबाबा शास्त्री हे महानुभावपंथ व महानुभाव वाङ्मयाच्या क्षेत्रातील एक अधिकारी पुरुष आहेत. बाबांच्या व्यक्तिमत्वात ज्ञानातून आलेली विनम्रता व सेवाभावीवृत्ती आहे. जाणत्या महंतांचे ठिकाणी असावेत ते सर्व गुण त्यांच्या ठिकाणी आहेत. त्यांचे भाषण निरूपण म्हणजे एक मेजवाणीच असते. त्यांना सारखे ऐकत राहावेसे वाटते. नवीन अभ्यासकाचे वक्त्यांचे ते योग्य कौतुक करतात त्यांना मार्गदर्शन करतात. काही अभ्यासकांशी काही बाबतीत त्यांचे मतभेद आहेत पण ते त्यांच्यावर व्यक्तिगत टीका कधीच करीत नाहीत आणि आवश्यक तेव्हाच आपली वेगळी मते मांडतात. कोणीही त्यांच्या ऋषीतुल्य व्यक्तिमत्वाच्या प्रेमात पडावे असेच त्यांचे व्यक्तिमत्त्व आहे. सातत्याने गेल्या बेचालीस वर्षांपासून ते पंथप्रचार व प्रबोधन करत आले आहेत. अ.भा.महानुभाव परिषदेचे ते अध्यक्ष आहेत. त्यांच्या नेतृत्वात परिषदेचे कार्य उत्कृष्टपणे चालू आहे. ते रिद्धपूरच्या श्री गोपीराज महानुभाव ग्रंथ संग्रहालयाचे संचालक आहेत. महानुभाव पंथात या ग्रंथालयाचे विशेष महत्त्व आहे.


बाबांचा जन्म ३ मे १९४२ चा असून त्यांचे पूर्वश्रमीचे नाव रंगनाथ शंकर धुमाल आहे. त्यांचे वतनाचे गाव सातारा जिल्ह्यातील करंजखोप (ता. कोरेगाव) आहे. पंजाब विद्यापीठ चंदीगढ - अमृतसर येथून त्यांनी संस्कृतशास्त्री पदवी प्राप्त केली आहे. 'महानुभाव' मासिकाचे काही वर्षे त्यांनी संपादनही केले आहे. १६ जानेवारी १९७७ पासून श्रीक्षेत्र रिद्धपूर येथील गोपीराज गादी वर त्यांची महंती प्रतिष्ठा झाली आहे. त्यांनी अनेक प्राचीन मराठी महानुभाव वाङ्मयाच्या हस्तलिखितांचे जतन केले आहे. तसेच महानुभाव वाङ्मयावर संशोधन करणाऱ्या अनेकांना मार्गदर्शन केले आहे. जागतिक मराठी परिषदेच्या संमेलनांमध्ये ते अमेरिका सनहोजे, दुबई, सिंगापूर इत्यादी देशात सहभागी झाले आहेत. वारकरी साहित्य परिषदेच्या अ.भा. संत साहित्य संमेलनातही त्यांचा सहभाग राहिलेला आहे. भारतभर त्यांनी भ्रमण करून गीताप्रवचने केली आहेत. भूतान, नेपाळ, थायलंड, मलेशिया, हॉलंड, बेल्जीयम, फ्रॉन्स, इटली, जर्मन, स्वीडन, ऑस्ट्रेलिया, इंग्लंड, जपान, चीन, हाँगकाँग, न्यूझीलंड, सिंगापूर, कॅनडा, द.आफ्रिका इत्यादी देशांमध्ये ते गेलेले आहेत.

'सर्वज्ञ शीरंभ' या महंत गोपीराज बाबा यांच्या ग्रंथात एकूण वीस लेख आहेत. हे लेख म्हणजे त्यांचे विविध विषयांवरील चिंतन व त्या अनुषंगाने प्रबोधन आहे, या निमित्ताने महानुभाव पंथ, महानुभाव वाङ्मय, महानुभाव साहित्य संमेलने, विविध ठिकाणी होणारे कार्यक्रम, अधिवेशने इत्यादी बाबतचे त्यांचे मार्मिक चिंतन येथे आले आहे ते मौलिक आहे. अधिकारी महंताची अधिकृत मतप्रणाली यात आहे.

चितन कौस्तुभ / ५

Dr. M. M. Nandurkar –
Matoshree Vimalabai Deshmukh





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भ्रमणभाष-९७६५७४८४५७
- मूल्य- १५०/-रुपये
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डॉ. मंदा माणिकराव नांदूरकर, मराठी विभाग प्रमुख, मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती. लेखिका, कवयित्री, उत्तम व्यक्ती, उत्कृष्ट निवेदिता, आदिवासी जीवन, संस्कृती, साहित्य व बोली यांच्या अभ्यासक, संशोधक - द. कोरिया, श्रीलंका, तुर्कस्थान, थायलंड, नेपाळ, आदी देशांना आदिवासी संशोधनाच्या व योगाच्या निमित्ताने भेटी, योगावर व्याख्याने व प्रात्यक्षिके, विविध सामाजिक, साहित्यिक, आध्यात्मिक संस्थांच्या पदाधिकारी. विविध पुस्तके प्रकाशित, संपादित. महाराष्ट्र राज्य शैक्षणिक संशोधन मंडळ (बालभारती) पुणे येथे दीर्घ काळ संपादक म्हणून कार्य. छायाचित्रणाची आवड. चित्रपट व नाटकांमध्ये अभिनय.

दि. १८/१२/१९९८ रोजी अमरावती येथे शिक्षणमहर्षि डॉ. भाऊसाहेब पंजाबराव देशमुख यांच्या ८४ व्या जयंती उत्सवाचे प्रमुख पाहुणे म्हणून भाऊसाहेबांच्या पुतळ्याजवळील जाहीर समारंभात महाराष्ट्र राज्याचे मुख्यमंत्री श्री. बाबासाहेब भोसले यांनी "येत्या १ मे १९८३ ला अमरावती येथे विद्यापीठाचे रीतसर उद्घाटन होईल" अशी घोषणा केली. समारंभामध्ये आपण अगत्यपूर्वक सहभागी होण्याचे निमंत्रण का म्हणून स्वीकारले? हे सांगताना बाबासाहेब भोसले यांनी "विमलाबाईंच्या माहेरकडील वैद्य कुटुंबाशी माझे जिव्हाळ्याचे संबंध होते. त्या कुटुंबामुळे भाऊसाहेबांशी परिचय झाला होता." अशी आठवण सांगितली. मातोश्री विमलाबाईंचे वडील श्री. जयराम नानाजी वैद्य हे अनेक प्रागतिक विचारांच्या संस्थामध्ये पदाधिकारी होते. अशा समृद्ध कुटुंबातून आलेल्या विमलाबाईंनी विवाहोत्तर बी.ए. व एल.एल.बी. ह्या पदव्या प्राप्त केल्या. त्या काळातील त्या पहिल्या स्त्री-वकील म्हणून विख्यात होत्या.

शिक्षणमहर्षी डॉ. भाऊसाहेब पंजाबराव देशमुखांच्या अर्धांगिनी म्हणून त्यांनी वजावलेल्या कामगिरीवर प्रकाश टाकणारे फारसे लिखाण झालेले आढळून येत नाही. थोर व्यक्तींच्या चरित्र लेखनासाठी आवश्यक असलेल्या साधनसामुग्रीचे संवर्धन करण्याची सवय ही आमच्याकडे अभावानेच आढळून येते. अशा स्थितीत जसजसा काळ जातो, तसतसा व्यक्तींच्या कर्तृत्वाचा इतिहाससुद्धा पुसट होत जातो. आठवणींचा आधार घेतो म्हटले तरी त्या आठवणीशी संबंधित व्यक्तीसुद्धा कालौघात दुर्मिळ होऊन बसतात.

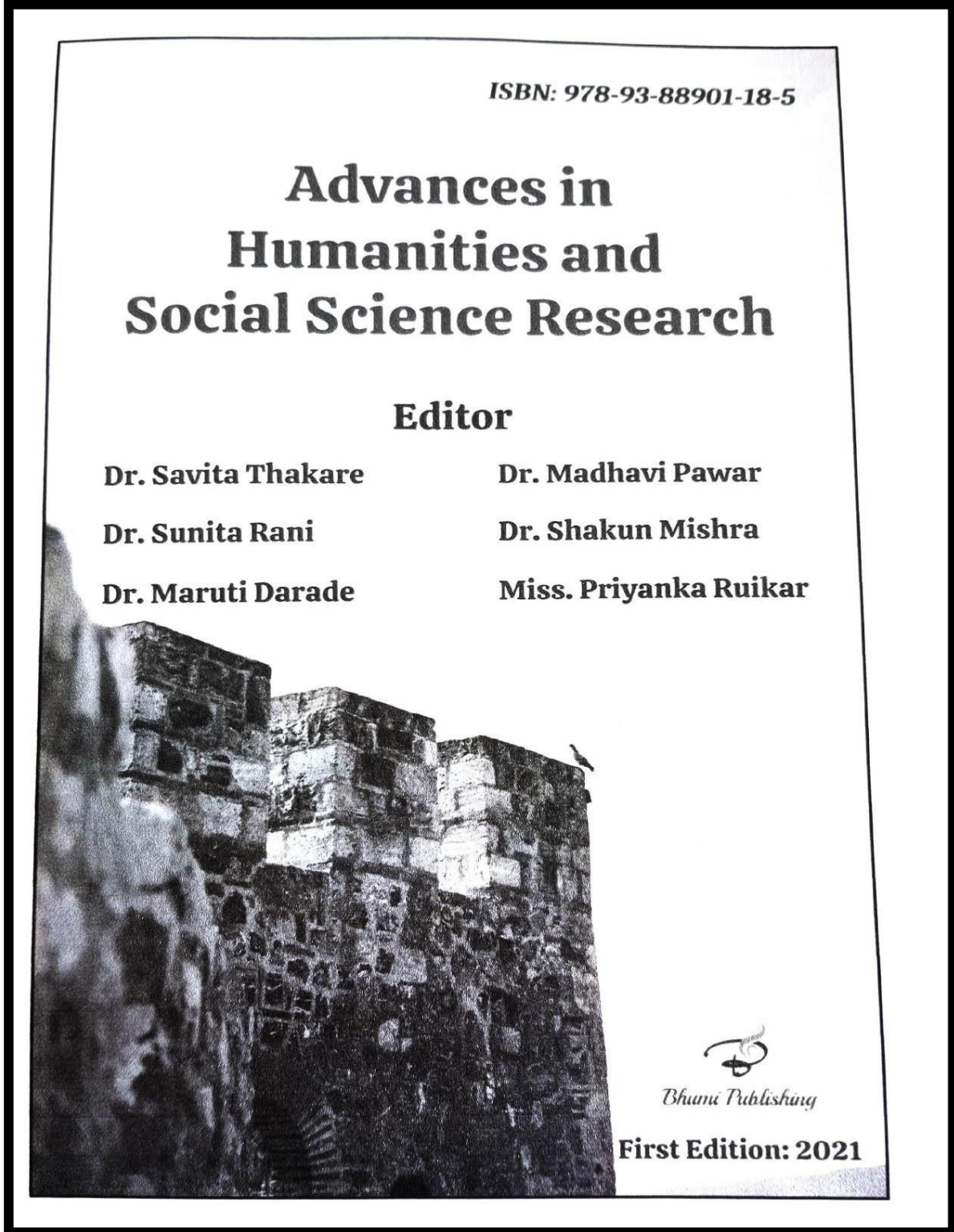
चरित्र लेखकाला येणाऱ्या या अडचणीचा सामना करत मातोश्री विमलाबाई देशमुख महाविद्यालयाच्या मराठी विभाग प्रमुख प्रा.डॉ. मंदाताई नांदूरकर यांनी "मातोश्री विमलाबाई देशमुख" हे छोटेखानी चरित्र लेखन सिद्ध केलेले आहे. अनेक समकालीन व्यक्तींनी शब्दबद्ध केलेल्या आठवणी हा सुद्धा यातील महत्त्वाचा भाग आहे. अतिशय कष्टपूर्वक व मेहनतीने मिळविलेल्या जवळ जवळ ५५ ते ६० दुर्मिळ छायाचित्रांनी या पुस्तकाची श्रीमंती वाढविली आहे. कविवर्य सोपानदेव चौधरी यांच्या काव्य गायनाचा कार्यक्रम सन १९३४ च्या काळात विद्यालयाच्या इमारत फंडासाठी एक रूपया तिकीट लावून निधी उभा करण्यासाठीचे "तिकीट दर" दर्शविणारे छायाचित्र पाहिले म्हणजे आमच्या पूर्वपिढीने पुढच्या अनेक पिढ्यांसाठी त्यावेळी उपसलेल्या कष्टाने मन भारावून जाते. ज्येष्ठ साहित्यिक डॉ. सतीश तराळ यांच्या प्रस्तावनेने पुस्तकाचे वैभव वाढविलेले आहे. चरित्र लेखकाला मनापासून धन्यवाद.

प्रा.बी.टी. देशमुख

माजी विधान परिषद सदस्य

Dr.S.D.Thakare

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Sinku Kumar Singh

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ROUSSEAU AND ROMANTICISM

Savita D. Thakare

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Introduction:

The high priest of Romanticism was Jean Jacques Rousseau (1712-1778). He grew up in beautiful, rural Switzerland, which taught him to love nature. He never learned self-discipline, nor did he have any patience with external controls. He never could tolerate any discipline, which can be seen in all his writings, which are celebrations of the joys of radical individual freedom.

Romanticism in Rousseau:

Rousseau was one of the few that shaped the course of history and literature. Maligned, condemned, and rejected by many thinkers and critics, he is also valued and admired for his great insights and for the powerful impact he had since his first work came out in 1750. The Romantic movement in France, Germany, and Britain reveals his influence to a large extent.

Rousseau emphasized the worth and dignity of man as man, and the power of nature to respond to man's needs. That every one has equal and basic rights is the central doctrine of Social Contract. Emile portrays the new educational theory, being a plea for "natural" education. A vision of the revealing power of love is explored in the New Heloise which appeals for more "nature" in human relationships. The movement set in motion by Rousseau is called romantic. But the Romantic Movement includes Keats and Holder in who were after a vanished world, and also Coleridge and Shelley. The term romantic indicates only a certain kind or state of sensibility, and it can exist at all times. In his *Reverie du promeneur solitaire* Rousseau used romantique to express the elusive and the indistinct. It expresses the subjective reaction of an individual to some object. Gradually the term romantic came to mean magic, nostalgia, suggestive, wistful, aspiration and the like.

The Romantic writers took up different ideas at different times from Rousseau and developed them in their own ways. In this process some of the original ideas underwent a great

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transformation. It must also be noted that the limitations inherent in Rousseau's formulation have been corrected to a large extent in the British Romantic movement. The larger problem of man's relationship with other human beings was not squarely faced by Rousseau because he could not visualize any organic cohesion in the state. This is because his romanticism was essentially a retreat to an inner world, to an inner experience. It moved away from perception to conception, and to that extent he and the romantics are justified in rejecting Locke and in accepting the spontaneity of nature, the emancipation of impulses, and the cult of emotional intensity.

The original or the higher state of man was one regulate by nature, according to Rousseau. The ills of the modern man are the necessary consequences of man's departure from a 'natural' state. The cause of this departure is found in the arts and sciences. In this argument of the first Discourse, Rousseau was convinced that 'nature' is the ideal. In his Discourse on the Origin and Foundation of Inequality among Men Rousseau argues that man in the state of nature has limited ideas, that he had little need of others and that he did not care for anything beyond the bare necessities of life. At the same time Rousseau clearly declares that the 'state of nature' did not exist at any time. It was merely an 'idea of reason'. He prefers a state of man between the 'natural' and the 'social' conditions. In this state man can preserve the simplicity and the advantages of nature while securing the bare comforts and assurances of early society. This qualification was ignored by the Romantics who came to speak of the noble savage in glowing terms.

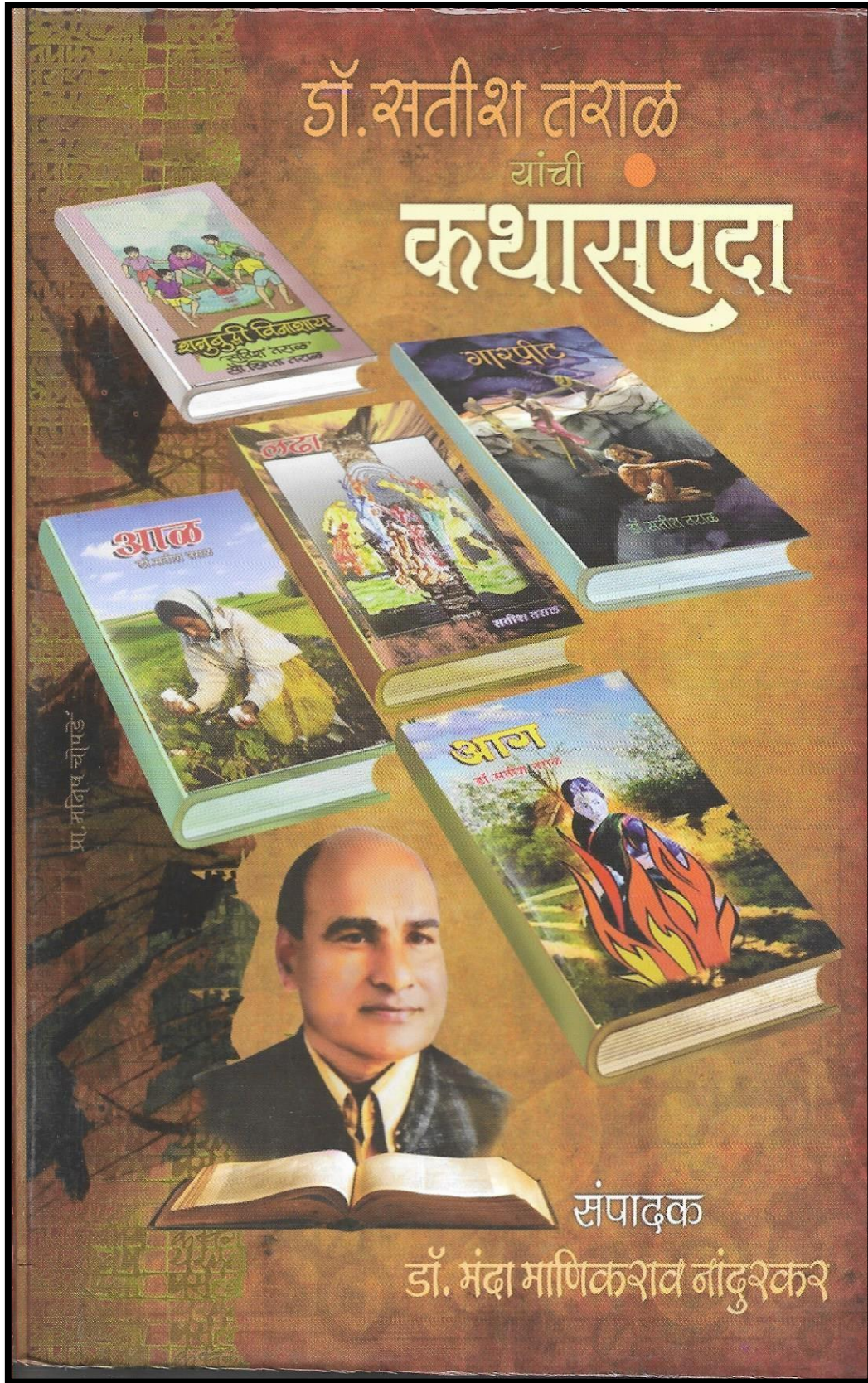
Men are both a means and an end. Nature plays on man a thousand blended notes as long as he retains a passive mind willing to receive impressions from the sounds and shapes of the external world. Since man is at the mercy of environmental influences, he is in the hands of nature, and accordingly during the romantic period we hear of the Aeolian harp. Coleridge has a poem on it besides many references and allusions to it. A certain exaltation is experienced in the lonely woods, in the gusts of winds, and in the hills. One a mountain top, says, Rousseau, man enjoys physical and spiritual elevation. The Prelude, we may remember, ends with the accent of *Mount Snowdown*. Some of the finest lyrics of Shelley owe their origin to his experiences in the Alps. Even Byron's Child Harold came under the sway of the hills. In this environment man's instincts and emotions hold a free sway.

Yet the romantics had a deep spiritual craving, though many started as deists. Only a few who recanted turned to orthodoxy and then lost the poetic spirit. As Rousseau says; "I

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Dr. M. M. Nandurkar –
Dr.SatishTaral Yanchi Kathasampda



डॉ. सतीश तराळ यांची
कथासंपदा

* संपादक *

प्रा.डॉ. मंदा माणिकराव नांदूरकर

मराठी विभाग प्रमुख

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डॉ. सतीश तराळ यांची कथासंपदा

- अनुक्रमणिका -

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डॉ. सतीश तराळ यांची कथासंपदा

डॉ. सतीश तराळ यांची कथासंपदा एक कलात्मक आविष्कार !

– प्रा. डॉ. मंदा नांदूरकर

मराठी विभाग प्रमुख

मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती

‘डॉ.सतीश तराळ यांची कथासंपदा’ हा ग्रंथ संपादित करून प्रकाशित करतांना मला आनंद होत आहे तसेच एक महत्त्वाचे वाङ्मयीन कार्य केल्याचे समाधान वाटत आहे. डॉ.सतीश तराळ हे बहुआयामी व्यक्तिमत्व आहे. कवी, लेखक, वक्ते, कथालेखक, कथाकथनकार, समीक्षक, प्रबोधनकार अशा विविध अंगांनी साहित्य क्षेत्रात ते ख्यातकिर्त आहेत. १९७२ सालापासून आजतागायत म्हणजे गेल्या अठ्ठेचाळीस वर्षापासून ते लेखन करित आहेत.त्यांची पहिली कथा १९७२ साली प्रकाशित झाली. त्यानंतरच्या त्यांच्या कविता तत्कालीन दैनिकांमधून प्रकाशित होत राहिल्या. महाविद्यालयीन जीवनातच ते लिहू लागले. त्यावेळच्या विविध वक्तृत्व स्पर्धेत व वादविवाद स्पर्धेत त्यांना पारितोषिके मिळू लागली. एक युवा कवी व वक्तृत्वपटू म्हणून त्यांचा लौकिक होता.तसाच दुसरा लौकिक होता उत्कृष्ट शैलीदार कबड्डी खेळाडू म्हणून. ते मूळचे दर्यापूरच्या तरुण उत्साही मंडळ बनोसाचे खेळाडू. त्यांचे वडील स्व.नारायणराव उपाख्य नानासाहेब तराळ यांनीच देशी खेळांच्या प्रसारार्थ पारतंत्र्याच्या काळात १९४२ साली हे मंडळ स्थापन केले. ते मंडळाचे संस्थापक व अध्यक्ष होते. अमरावतीला श्री शिवाजी विज्ञान महाविद्यालयात शिक्षण घेत असतांना ते मराठा फ्रेण्डस् क्लब अमरावती या मंडळात खेळत असत.

डॉ. सतीश तराळ यांची कथासंपदा । १ ।

२०१८ मध्ये शिवाक साहित्य संमेलनाचे डॉ. सतीश तराळ उद्घाटक होते. जानेवारी २०१९ मध्ये वारखेड येथे राष्ट्रपिता म. गांधी यांच्या १५० व्या जयंती निमित्त व राष्ट्रसंत तुकडोजी महाराज यांच्या ५० व्या पुण्यतिथी निमित्त आयोजित साहित्यरत्न स्व. सुदामदादा सावरकर साहित्य संमेलनाचे अध्यक्ष होते. नोव्हेंबर २०१९ मध्ये व मातोश्री विमलाबाई देशमुख महाविद्यालयात अमरावती येथे झालेल्या वऱ्हाडी साहित्य संमेलनाचे अध्यक्ष होते. डिसेंबर २०१९ मध्ये त्यांना गाडगेबाबा मिशन मुंबईचा – श्री संत गाडगेबाबा समाधी मंदिर ट्रस्ट अमरावतीच्या वतीने दिला जाणारा स्व.अच्युतरावदादा देशमुख स्मृती संत गाडगेबाबा समाज प्रबोधन पुरस्कार मिळाला तर मार्च २०२० मध्ये महाराष्ट्रात महत्त्वाचा मानला जाणारा स्व.सूर्यकांतादेवी पोटे पाटील राज्यस्तरीय साहित्यव्रती पुरस्कार मिळाला. डॉ.सतीश तराळ आजही माजी झालेले नाहीत. त्यांचे लेखन, भाषण, कथाकथन जोमाने सुरु आहे. श्री गुरुदेव सेवाश्रम ट्रस्ट, राधानगर अमरावती व श्री संत गाडगेबाबा ज्येष्ठ नागरिक मंडळ, अमरावती या दोन महत्त्वाच्या संस्थांचे अध्यक्ष असून या संस्थांद्वारे विविध उपक्रम, कार्यक्रमा व सेवाकार्ये ते करित असतात.

१९८३ साली आनंदवन वरोरा येथे झालेल्या विदर्भ साहित्य संमेलनातील कथाकथनात त्यांनी पद्मश्री बाबा आमटे यांना आपल्या कथेने सतत हसविले. बाबांना बांबू स्पाइन नावाचा आजार असल्याने ते बसू शकत नव्हते. म्हणून ते पलंगावर झोपून कथा ऐकत होते. पण डॉ.तराळ यांच्या विनोदी कथेमुळे त्यांना झोपून कथा ऐकता येत नव्हती. त्यांना सतत हसत उभे राहावे लागे. १९८४ साली मेहेकरच्या विदर्भ साहित्य संमेलनात मराठीचे प्रख्यात विनोदी लेखक पद्मश्री पु.ल.देशपांडे यांनाही डॉ.सतीश तराळ यांनी अर्धा तास हसविले.त्यांना लिहिलेल्या पत्रात पु.ल.देशपांडे म्हणतात, “तुडी कथा आणि कथा सांगण्याची पद्धत मला खूपच आवडली.१९८४ च्याच जळगांवला झालेल्या अ.भा.मराठी साहित्य संमेलनातील डॉ.सतीश तराळांचे कथाकथन खूप गाजले. मोठ्या मराठी वृत्तपत्रांनी त्यांच्या नावाचे मथळे देऊन ‘तराळांनी कथाकथन जिंकले’ अशा आशयाच्या बातम्या दिल्या होत्या.

जाणते पत्रकार म्हणूनही त्यांचा लौकिक आहे. पत्रकारितेच्या बी.एम.सी., एम.एम.सी. या पदव्या त्यांनी प्राप्त केल्या आहेत. विभागीय वृत्तपत्रात उपसंपादक म्हणून काम केले आहे. वेगवेगळ्या मोठ्या दर्जेदार वृत्तपत्रांचे ते प्रतिनिधी राहिले आहेत. पत्रकार संघाचे अध्यक्ष राहिले आहेत. श्रमिक पत्रकार संघ नागपूरचा

डॉ. सतीश तराळ यांची कथासंपदा । ४ ।

उत्कृष्ट वृत्तलेखनाचा पुरस्कार त्यांना मिळाला आहे. यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठात पत्रकारिता विभाग प्रमुख म्हणून त्यांनी काम केले आहे. त्यांच्या अनेक बातम्या गाजल्या.त्यांनी आपल्या निवडक बातम्यांचे पुस्तक काढल्यास ते नवीन बातमीदारांना उपयुक्त ठरू शकते. दै.सकाळ, दै.तरुण भारत, दै.देशाव्रती सारख्या वृत्तपत्रांमधून त्यांनी स्तंभलेखन केले आहे. ‘श्री गुरुदेव’ मासिक मोझरीचे ते काही वर्षे संपादक होते. महाराष्ट्र राज्य पाठ्यपुस्तक निर्मिती मंडळात संपादक म्हणूनही त्यांनी काम केले आहे.

डॉ.सतीश तराळ यांनी मराठीचे आद्य वाङ्मय,महानुभाव वाङ्मयावर पीएच.डी.(आचार्य)केली आहे. तसेच महाराष्ट्र आचार्य कुळाचा प्रतिष्ठेचा मामासाहेब क्षीरसागर स्मृती ‘आचार्य’ पुरस्कार त्यांना मिळाला आहे. म्हणून त्यांच्या उल्लेख ‘आचार्याचार्य’ असा केला जाऊ शकतो. शालेय व विद्यापीठ अभ्यासक्रमात त्यांच्या साहित्याचा समावेश झालेला आहे. दुसऱ्या वर्गाच्या बालभारतीत त्यांची ‘यमुना मिळाली गंगेला’ ही उत्कृष्ट बालकथा होती. नवव्या वर्गाच्या मराठी वाचनपाठ पुस्तकात त्यांची ‘वाच्या’ ही ग्रामीण कथा होती.संत गाडगेबाबा अमरावती विद्यापीठासह महाराष्ट्रातील इतर विद्यापीठांमध्ये त्यांच्या कथा व इतर साहित्य पदवी व पदव्युत्तर अभ्यासक्रमात समावेश आहे. विविध विद्यापीठांच्या मराठी प्राध्यापक सेवांतर्गत प्रशिक्षणात त्यांची विविध वाङ्मयीन विषयावर व्याख्याने होतात. पीएच.डी. च्या नवीन मार्गदर्शकांचे डॉ. सतीश तराळ मार्गदर्शक आहेत.ते एक चालता-बोलता संदर्भकोष आहेत. त्यांची वृत्ती सर्वांना सहकार्य करण्याची आहे.सर्वांना सोबत घेऊन चालण्याची आहे.

डॉ.राधाकृष्णन् म्हणायचे शिक्षकाने वर्गखोली पुरते मर्यादित राहू नये. डॉ.सतीश तराळ यांनी तेच केले आहे. त्यांनी आपल्यातील शिक्षकाचे लोकशिक्षकात रूपांतर केले. महात्मा फुले, महात्मा गांधी व भारतरत्न डॉ. बाबासाहेब आंबेडकरांच्या विचारांचा प्रभाव असणारे ते एक समन्वयवादी लेखक, वक्ते, विचारवंत व प्रबोधनकार आहेत. क्रीडा, शिक्षण, समाजकारण, राजकारण, साहित्य अशा विविध क्षेत्रातील त्यांचे यशस्वी कार्य स्पृहणीय व अविस्मरणीय आहे. ते जसे आदर्श अध्यापक आहेत तसे आजन्म आदर्श विद्यार्थी आहेत. आजही गरज नसतांना प्रत्येक व्याख्यानासाठी व लेख लिहिण्यासाठी ते अभ्यास करतात. वयाच्या ५१ व्या वर्षी त्यांनी संत गाडगेबाबा अमरावती विद्यापीठातून पत्रकारितेची पदव्युत्तर पदवी एम.एम.सी. प्रथम श्रेणीत उत्तीर्ण केली, तर काल-पवा वयाच्या पासष्टाव्या वर्षी

डॉ. सतीश तराळ यांची कथासंपदा । ५ ।

<p>साहित्याप्रमाणेच त्यांना राजकारण, समाजकारण, प्रौढावेष, शिक्षण आदि क्षेत्रातही गती होती. बी.एस.सी. भाग १ ला असताना ते वर्गप्रतिनिधी म्हणून निवडून येऊन छात्रसंघाचे सचिव झाले. बी.एस.सी. अंत्यला असताना नागपूर विद्यापीठ प्रतिनिधी व छात्रसंघाचे अध्यक्ष म्हणून निवडून आले. डॉ. श्रीकांत जिचकार महाराष्ट्र एन.एस.यु.आय.चे अध्यक्ष होते तेव्हा ते विदर्भ एन.एस.यु. आयचे सचिव होते. अमरावती जिल्हा एन.एस.एस. विद्यार्थी प्रमुख म्हणूनही त्यांनी कार्य केले. १९७८ साली नागपूर विद्यापीठ छात्रसंघात ते कार्यकारिणी सदस्य म्हणून निवडून गेले. यावेळी डॉ. श्रीकांत जिचकार छात्रसंघ अध्यक्ष तर मा.नितीन गडकरी विरोधीपक्ष नेते होते. महाविद्यालयाच्या नाटकातही त्यांनी मुख्य भूमिकेत काम केले.</p> <p>महाराष्ट्र आचार्य कुलाचे अध्यक्ष - संयोजक मा.मामासाहेब क्षीरसागर यांनी दर्यापूर येथे स्थापन केलेल्या प्रसिद्ध प्रबोधन विद्यालय दर्यापूर येथे डॉ.सतीश तराळ यांचे शालेय शिक्षण झाले, त्यांचे वडील याच शाळेत शिक्षक होते. वडील सेवानिवृत्त झाल्यानंतर डॉ.सतीश तराळ याच शाळा-महाविद्यालयात शिक्षक म्हणून रुजू झाले व शेवटी प्राचार्य म्हणून सेवानिवृत्त झाले. एकूण तीन वेळा त्यांची वरीष्ठ महाविद्यालयात अधिव्याख्याता म्हणून निवड झाली परंतु 'प्रबोधन', 'दर्यापूर' व राजकारणाचे आकर्षण व तथेच करीअर करण्याची इच्छा यामुळे त्यांनी प्रबोधन सोडले नाही. लग्नानंतर पत्नी दै. लोकमत मध्ये उपसंपादक असल्यामुळे डॉ.सतीश तराळ तरुण भारत दैनिकात उपसंपादक म्हणून गेले होते, परंतु तेथेही त्यांचे मन रमले नाही. प्रबोधनमध्ये चौतीस वर्षे त्यांनी अध्यापन केले.</p> <p>कथासंग्रह, बालकथासंग्रह, विज्ञानकथासंग्रह, चरित्रे, समीक्षा, विनोद, संपादन अशी डॉ.सतीश तराळ यांची वीस-पंचवीस पुस्तके प्रकाशित आहेत. राज्यशासनाचा पुरस्कार, महाराष्ट्र आचार्य कुलाचा 'आचार्य पुरस्कार' गाडगेबाबा मिशनचा समाज प्रबोधन पुरस्कार, गांधी ट्रस्टचा प्रतिभावंत पुरस्कार, जनसाहित्य परिषदेचा जनसाहित्य पुरस्कार असे दहापेक्षा जास्त महत्त्वाचे पुरस्कार त्यांना मिळाले आहेत. अनेक नागावंत लेखकांच्या पुस्तकांना डॉ. तराळ यांच्या प्रस्तावना आहेत. त्यांनाही पुरस्कार मिळाले आहेत. अंकुर साहित्य संमेलन, अ.भा. नामदेव महाराज साहित्य परिषदेचे अ.भा. संतसाहित्य संमेलन, वऱ्हाडी साहित्य संमेलन, राष्ट्रसंत व राष्ट्रपिता साहित्य संमेलन, शिक्षक साहित्य संमेलन, नवभारतचे देणे साहित्य संमेलन अशा विविध साहित्य संमेलनांचे अध्यक्षपद त्यांनी भूषविले आहे. काही साहित्य संमेलनांचे उद्घाटकही ते राहिले आहेत. १९८२ पासून आजतागायत अक्षरशः शेकडो साहित्य</p> <p>डॉ. सतीश तराळ यांची कथासंपदा । २ ।</p>	<p>संमेलनामध्ये ते निमंत्रित कवी, कथाकार, परिंसावादातील वक्ते, अध्यक्ष म्हणून सहभागी झाले आहेत. प्रत्येक संमेलनातील त्यांचा सहभाग अभ्यासपूर्ण असतो. त्यांची अध्यक्षीय भाषणे महत्त्वाचा वाङ्मयीन दस्तऐवज ठरली आहेत. काही शिक्षक-प्राध्यापक परिषदांचे, अधिवेशनांचे अध्यक्षपदही त्यांनी भूषविले आहे.</p> <p>अ.भा. मराठी साहित्य मंडळाच्या अ.भा. मराठी साहित्य संमेलनामध्ये अकोला, जळगांव, नागपूर, अमरावती, नाशिक, उस्मानाबाद, इत्यादी ठिकाणी ते निमंत्रित साहित्यिक म्हणून सहभागी झाले आहेत. १९८१ साली अकोल्याच्या अ.भा. मराठी साहित्य संमेलनात त्यांनी वयाच्या २६ व्या वर्षी कविता म्हणून अ.भा. मराठी साहित्य संमेलनातील सहभागाला सुरुवात केली. त्यांची घोडदौड आजही सुरूच असून जानेवारी २०२० साली उस्मानाबाद येथे झालेल्या ९३ व्या आगळ्या-वेगळ्या अ.भा. मराठी साहित्य संमेलनातील कथाकथन या महत्त्वाच्या व सर्वात लोकप्रिय कार्यक्रमाचे ते अध्यक्ष होते. ते केवळ अध्यक्षच नव्हते तर सर्वोत्कृष्ट कथा सांगून त्यांनी जळगांव, नाशिकच्या संमेलनांप्रमाणे हेही संमेलन गाजवले व सर्वांच्या प्रशंसेचे विषय झाले. आपल्या गंधीर आणि गमतीदार वक्तव्याने ते सर्वांच्या लक्षात राहतील.</p> <p>डॉ.सतीश तराळ यांचा गेल्या चाळीस वर्षांमधील विविध प्रवाही साहित्य संमेलनांमधील सहभाग विक्रमी आहे. विदर्भ साहित्य संघाची संमेलने, मराठवाडा साहित्य परिषदेचे विविध उपक्रम, अंकुर साहित्य संमेलने, वऱ्हाडी साहित्य संमेलने, शिक्षक साहित्य संमेलने, जनसाहित्य संमेलने, आंबेडकरी साहित्य संमेलने, ग्रामीण साहित्य संमेलने, अ.भा. महानुभाव साहित्य संमेलने, आदिवासी साहित्य संमेलने, प्रतिभावंत साहित्य संमेलने अशा शेकडो साहित्य संमेलनांमध्ये ते सहभागी झाले आहेत.</p> <p>अभ्यास, शैलीदार वक्ते व गंधीर आणि गमतीदार विनोदी कथाकथनकार म्हणून डॉ. सतीश तराळ यांची विशेष ख्याती आहे. महाराष्ट्रभर व बृहन्महाराष्ट्रातही त्यांची व्याख्याने व कथाकथनाचे कार्यक्रम सातत्याने झालेले आहेत. पुण्यासारख्या प्रज्ञावंतांच्या महानगरात १७ जुलैला अण्णाभाऊंच्या पुण्यतिथीला व रंगेच चौदा दिवसांनी १ ऑगस्टला अण्णाभाऊ साठे यांच्या भव्य जयंती उत्सवात त्यांना प्रमुख अतिथी म्हणून निमंत्रित करण्यात आले. महाराष्ट्राची अत्यंत महत्त्वाची शतकोत्तर व्याख्यानमाला वसंत व्याख्यानमाला नाशिक, अशा व्याख्यानमालांमध्येही त्यांची व्याख्याने फार पूर्वीच गाजली आहेत.</p> <p>डॉ. सतीश तराळ यांची कथासंपदा । ३ ।</p>
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संत माझेबाबा अमरावती विद्यापीठाची पीजी डिप्लोमा इन योग थेरपी ही परीक्षा उत्कृष्ट प्राक्कवित्कांसह प्रथम श्रेणीत उत्तीर्ण केली. गुरुवर्ष डॉ.सतीश तराळ हे एक आदर्श, प्रशासकीय, अनुकरणीय, प्रेरक व्यक्तिमत्व आहे.

डॉ.सतीश तराळ चतुराख लेखक असून त्यांनी कथा, कविता, बातम्या, निबंध, लेख, समीक्षा, विनोद असे विविध प्रकारचे लेखन केले आहे. डॉ.तराळ यांच्या व्यक्तिमत्त्वाला विविध पैलू आहेत.आदर्श अध्यापकाचा राज्यशासनाचा पुरस्कार त्यांना मिळाला आहे म्हणून नव्हे तर ते खऱ्या अर्थाने आदर्श आचार्य आहेत. उत्कृष्ट खेळाडू, मंच, प्रशिक्षक आहेत. तीस वर्षे त्यांनी दर्यापूरच्या गरीब रिक्शावाल्यांचे सेवा कार्य करून 'रिक्शावाल्यांचा देव' हे नामाभिधान प्राप्त केले आहे.मोठमोठी साहित्य संमेलने व कार्यक्रम त्यांनी आयोजित केले आहेत. ते उत्तम संयोजक आहेत. त्यांचा राजकीय, सामाजिक कार्यातील सहभागही मोठा व महत्त्वाचा असून उपरोक्त सर्व बाबी स्वतंत्र लेखनाचा विषय आहे. 'डॉ.सतीश तराळ यांची पत्रकारिता,' 'डॉ.सतीश तराळ यांचे स्तंभलेखन,' 'रिक्शावाल्यांचा देव' इत्यादी लेखही तयार आहेत. पण प्रस्तुत पुस्तकात त्यांच्या व्यक्तिमत्त्वाचा व इतर लेखनाचा विचार मी केलेला नाही.तो स्वतंत्रपणे केला जावा.या पुस्तकात डॉ.सतीश तराळ यांच्या कथा लेखना बाबतचाच विचार मांडण्यात आला आहे.या पुस्तकासाठी एखादा अपवाद वगळता कोणाकडूनच त्यांच्या कथेबद्दल वा कथाकथनाबद्दल नवीन लेख लिहून मागवले नाहीत. त्यांच्या कथांबद्दल आजपर्यंत जे लिहिले गेले त्यातील निवडक लेखांचे हे संकलन-संपादन आहे. अनेकांना त्यांच्या कथांवर लिहायला आवडले असते पण कोणाकडूनच लेख मागवलेले नाहीत.

ज्येष्ठ साहित्यिक राम देशमुख, डॉ.एस.एम.कानडजे, डॉ.इंदूमती लहाने, डॉ.राज यावलीकर, डॉ. रा. गो. चवरे, डॉ. चिंतामण कांबळे, इत्यादींचे लेख त्यांनी पूर्वीच प्रसंगोपात लिहिले आहेत. स्व.मधुकर केचे, डॉ.श्रीकांत तिडके, डॉ.नीलकंठ मंडे, यांचे लेख त्यांनी कथासंग्रहाच्या प्रस्तावना म्हणून लिहिले आहेत. डॉ.शोभा नाफडे, डॉ.वर्षा विखले, डॉ.अतुल यानखडे, डॉ.अनिल बाभूळकर यांचे लेख त्यांच्या पीएच.डी. प्रबंधातील डॉ. सतीश तराळ यांच्या कथा वाङ्मयाचा अभ्यास आहे. प्रा.अलका गायकवाड यांनी आपल्या एका विद्यार्थीद्वारे डॉ.सतीश तराळ यांच्या कथेवर एम.फिलचा प्रबंध लिहिला. त्या निष्कर्षावर आधारित त्यांचा लेख आहे. डॉ.गजानन बनसोड यांचा लेख, डॉ.सतीश तराळ यांच्या कथांवरील त्यांचा लघुशोध प्रबंध आहे. डॉ.सतीश तराळ यांच्या कथांमधले विनोद हा माझा

डॉ. सतीश तराळ यांची कथासंपदा । ६ ।

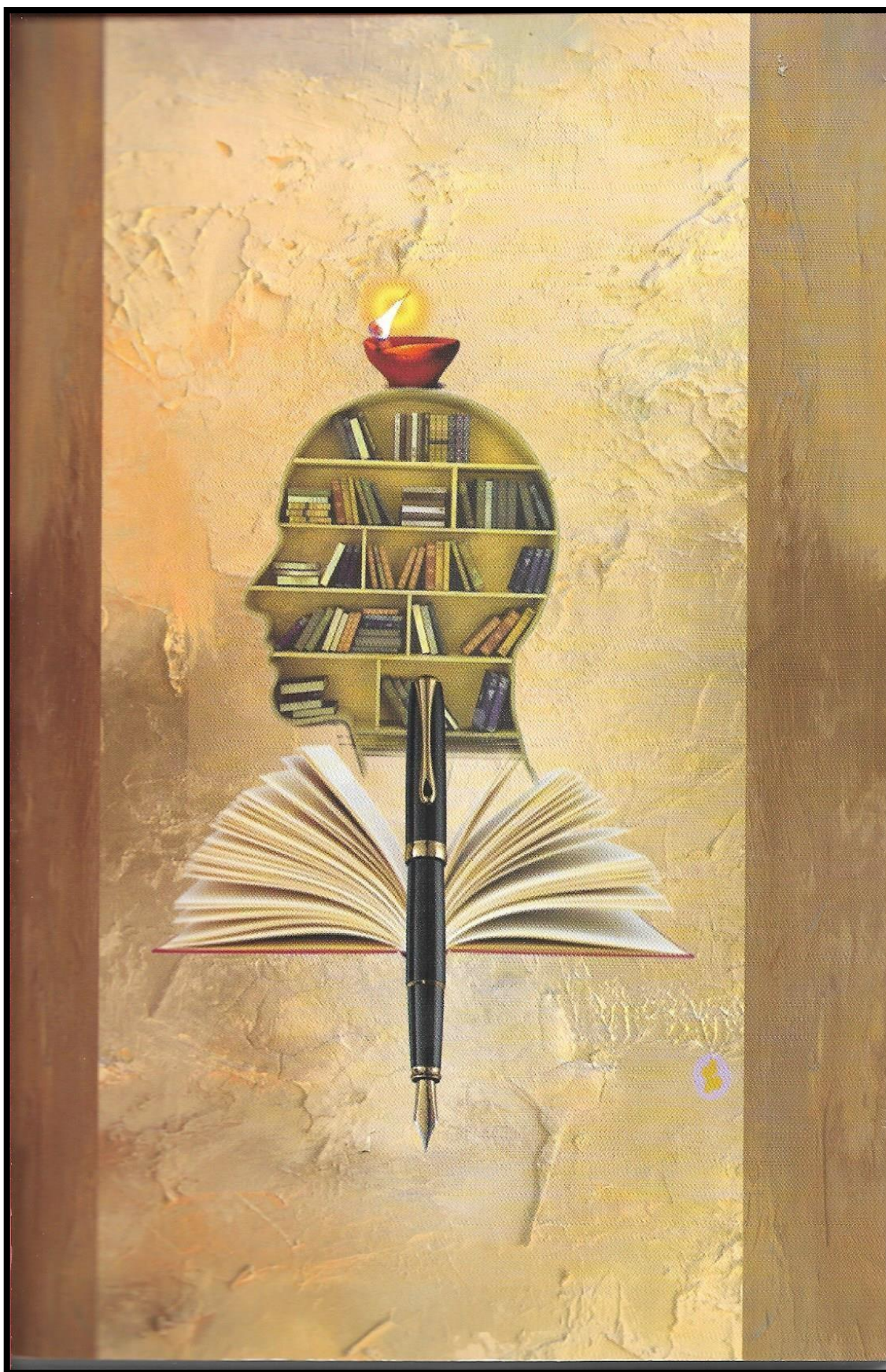
लेखही शोधनिबंध म्हणूनच लिहिला आहे. इ.जि. भास्करराव अरबट यांचा लेख तराळांच्या वाढदिवसानिमित्ताने पूर्वीच प्रकाशित झालेला आहे. डॉ.सतीश तराळ मराठीचे महत्त्वाचे कथाकथनकार आहेत. म्हणून डॉ.सतीश तराळ यांचे कथाकथन हा लेख श्री. विनय मिरासे यांनी या पुस्तकाला पूर्णत्व यावे म्हणून या निमित्ताने लिहिलेला आहे. त्यांना तशी विनंती करण्यात आली होती.

महाराष्ट्राचे सुप्रसिद्ध लेखक स्व.मधुकर केचे व डॉ.सतीश तराळ यांचे जिब्हाळ्यांचे संबंध होते. केचे साहेब तराळाना खूप चाहत असत. त्यांच्या लेखन व वक्तृत्वाचं कौतुक करीत असत.मधुकर केचे आपल्या लेखात लिहितात, 'डॉ.सतीश तराळ कथाकथनात हजारांना मंत्रमुग्ध करत आहेत व नियतकालिक आणि श्रोते या दोन्ही तबल्यावर सारखाच ताल धरत आहेत. डॉ.सतीश तराळ ग्रामीण जीवनाची हुबेहुबता रंगवणारे मायमातीशी इमान राखणारे कथाकार आहेत.सतीश तराळ हा आपल्या हृदयात उपेक्षित, अपमानित आणि दरिद्री गावजीवन जपत आहे. सतीश हा कथाकथनकार म्हणून प्रसन्न व विनोदी कथन कणारा पण या कथांमधून त्याच आसवांच सामर्थ्यही प्रत्ययास येतं. शब्द वापरण्याचं तराळांचं कसब विलक्षण अचूक आहे... सतीश:खरोखरच मार्मिक आहे.'

ज्येष्ठ साहित्यिक राम देशमुख त्यांचा 'बिनीचे कथाकार, असा उल्लेख करतात व लिहितात, 'मातीशी इमान राखून आणि सामाजिक बांधिलकी स्वीकारून गेल्या दशकात ज्या नवोन्मेषांनी आपल्या लेखण्यांचे आविष्कार केले त्यात प्रा.सतीश तराळ हे नाव अग्रस्थानी आहे; नव्हे मी तर म्हणेन एकमेव आहे.त्यांची कथा अमिताभ आहे.ग्रामीण बोलभाषा व वन्हाडी जीवनावर बेतलेल्या या कथेला बास्तवाचा निखळ आयाम प्राप्त आहे.ही लक्षणीय, हृदयस्पर्शी, वास्तवाभिमुख आणि संस्मरणीय कथा आहे. ग्रामीण जीवनातील समस्या, त्यातील बारकाव्यांसह तराळांनी नेमकेपणी हेरून वाचकांसमोर ठेवल्या आहेत. सुन्न करून ठेवणारे अनुभव हाच तराळांच्या कथांचा आत्मा असतो.'

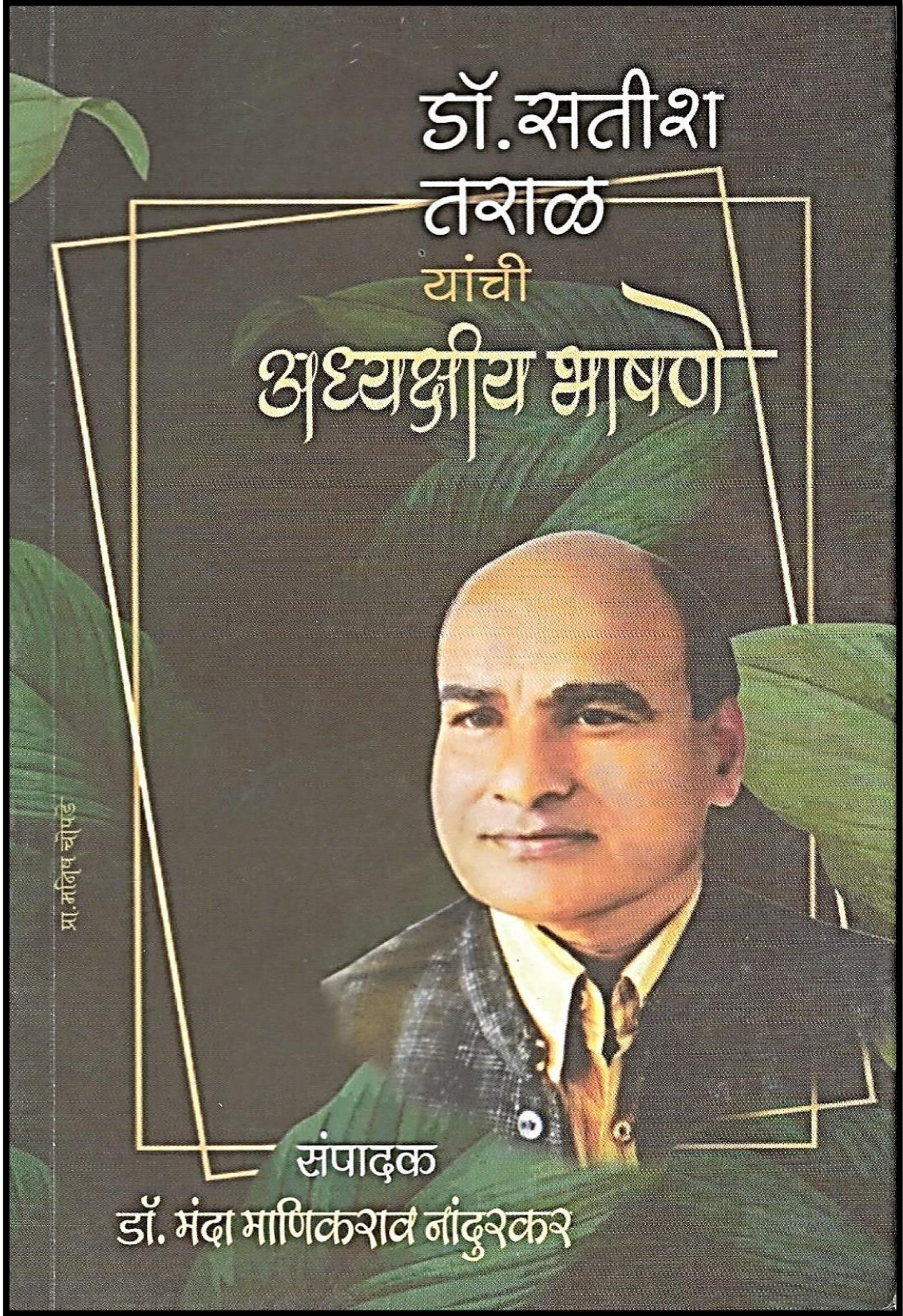
साचलेल्या वन्हाडी कथेला नाट काढून पुढे नेणारी सतीश तराळांची कथा अनेकांणी वैशिष्ट्यपूर्ण ठरली आहे.या तळागाळातील माणसांनी जीवनाशी केलेल्या संघर्षाच्या कथा आहेत. त्यांनी दलित-पीडित व शोषितांच्या व्यथा बेदनांना एक उद्गार दिला आहे. डॉ. श्रीकांत तिडके तराळांच्या कथेबद्दल विस्ताराने लिहितात. 'डॉ.सतीश तराळ हे कथाकथनातून महाराष्ट्रभर पोहचलेले व संमेलन गाजवणारे कथाकार आहेत. त्यांची कथा एकसुरी व एकसूत्री आहे. तराळांची कथा खऱ्या

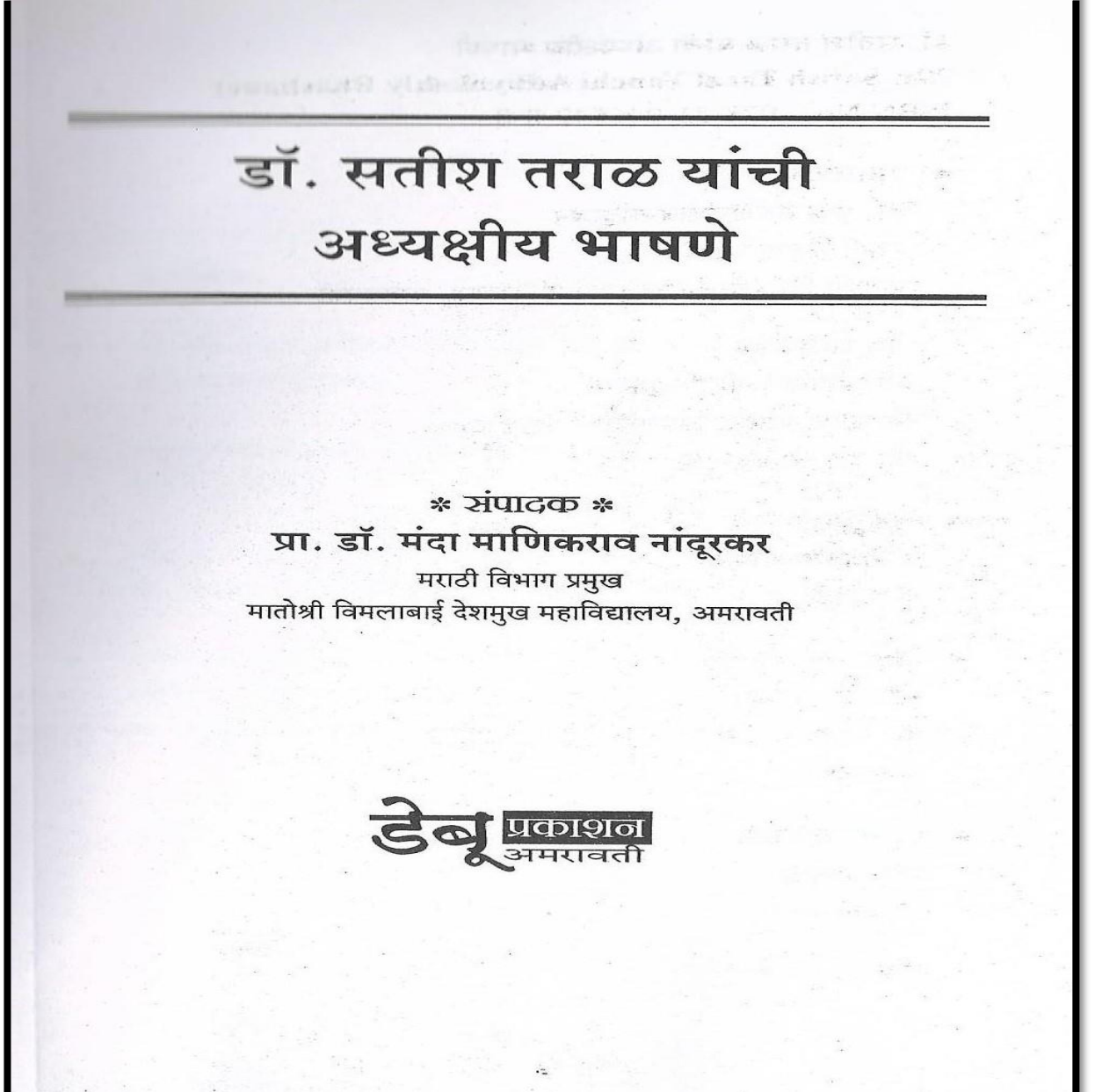
डॉ. सतीश तराळ यांची कथासंपदा । ७ ।



3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years.

Dr. M. M. Nandurkar -
Dr. Satish Taral yanche Adhyekshiy Bhashane





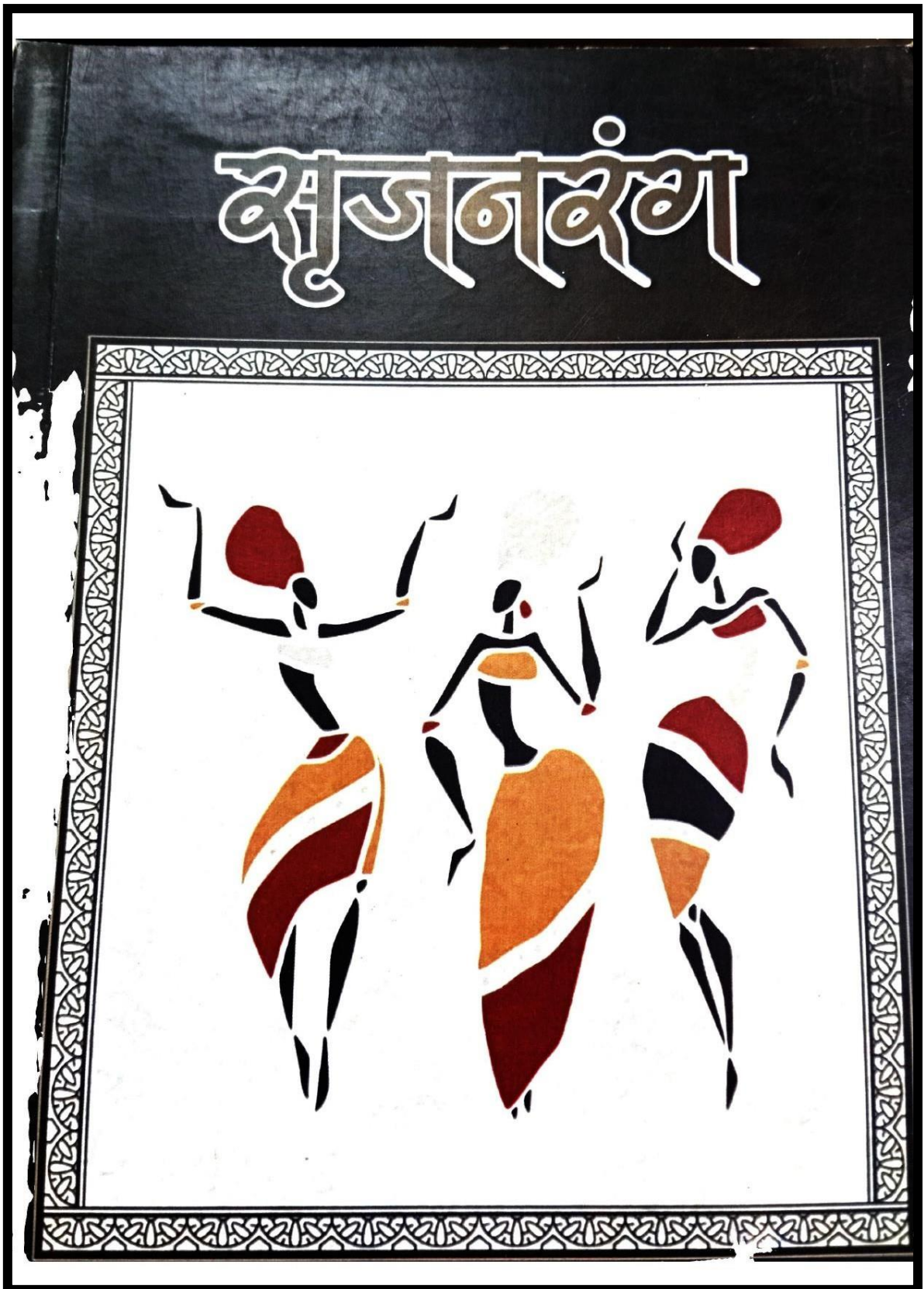
डॉ. सतीश तराळ यांची अध्यक्षीय भाषणे
(Dr. Satish Taral Yanchi Adhyakshiy Bhashane)
ISBN No. - 978-81-946542-8-8

- रंपादक
डॉ. मंदा माणिकराव नांदूरकर
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मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती
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अभियंता कॉलनी, विद्युतनगर,
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Dr. M. M. Nandurkar –Srujanrang



3.3.2 Number of books and chapters in edited volumes/books published and papers published in national/ international conference proceedings per teacher during last five years.

सृजनरंग

प्रा.डॉ. मंदा माणिकराव नांदूरकर

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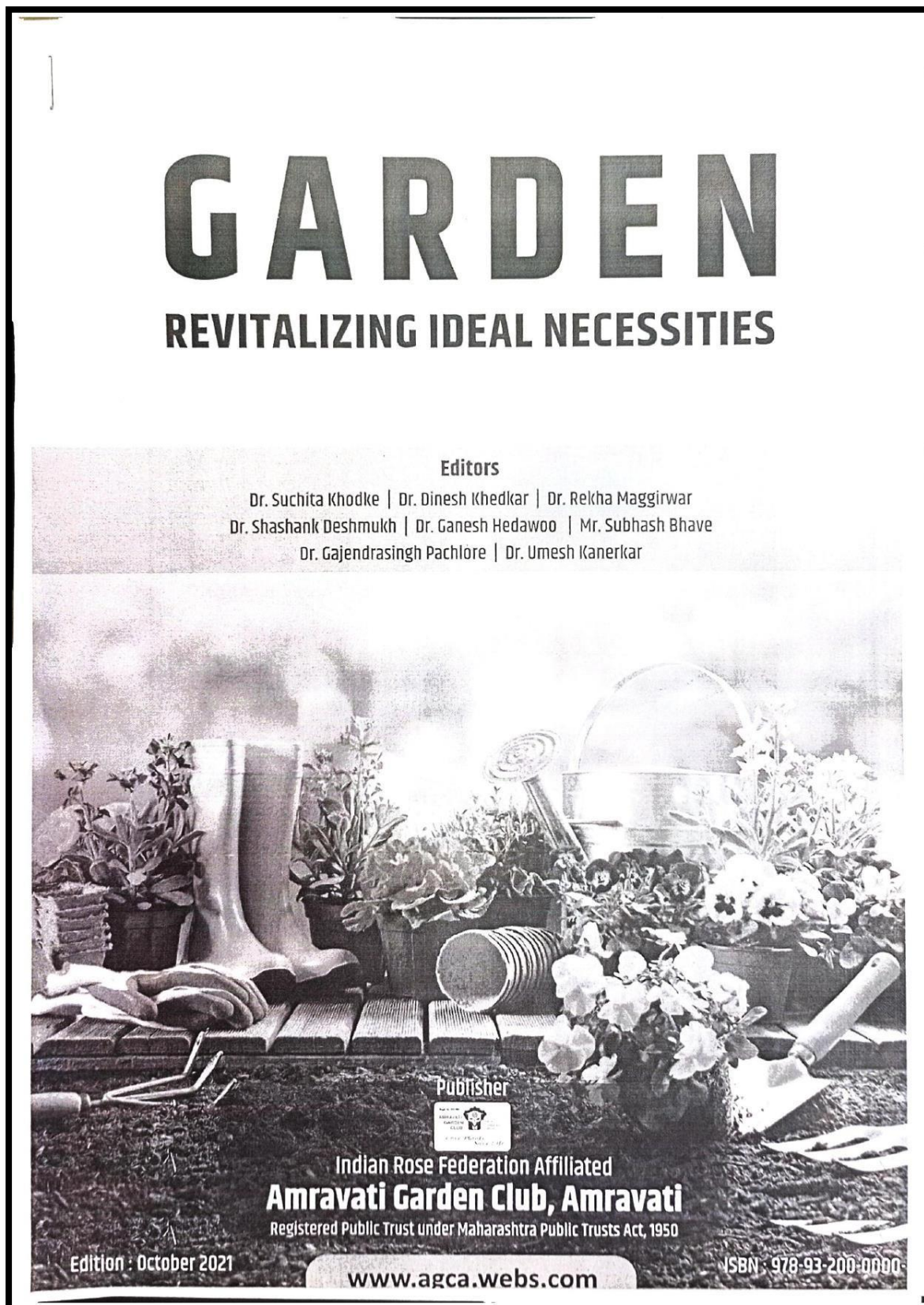
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वि.म.वि. परिसर, अमरावती - ४४४ ६०४
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प्रथम आवृत्ती
३१ ऑक्टोबर २०२१
मूल्य : १५० रु.



प्रा.डॉ.मंदा माणिकराव नांदूरकर अमरावती येथील मातोश्री विमलाबाई देशमुख महाविद्यालयात मराठी विभाग प्रमुख म्हणून कार्यरत आहेत. त्यांनी विमलाबाईंवर चरित्रात्मक पुस्तक लिहिले असून त्यांचेवरचे हे एकमेव पुस्तक आहे. प्रा.मंदा नांदूरकर लेखिका, कवयित्री, मंचसंचालिका, निवेदिका, अभिनेत्री म्हणून परिचित आहेत. सामान्य कुटुंबात जन्म घेऊन प्राथमिक शिक्षकेपासून विभाग प्रमुख पर्यंतचा त्यांचा प्रवास प्रेरणादायी आहे. मराठीत एम.ए.पीएच.डी.व्यतिरिक्त त्यांनी इतरही बऱ्याच पदव्या, पदव्युत्तर अभ्यासक्रम पूर्ण केले आहेत. त्यात एम.ए. संस्कृत, पत्रकारिता, योगशास्त्र आदि अभ्यासक्रमांचा समावेश आहे. योगशास्त्रात त्यांनी पी.जी.डी.वाय.टी. हा पदव्युत्तर डिप्लोमा घेतला असून, काही देशांमध्ये योगप्रसारासाठी त्या गेल्या आहेत. अनेक राष्ट्रीय, आंतरराष्ट्रीय परिषदांमधून त्या सहभागी झाल्या असून विक्रमी शोधनिबंध लेखन त्यांनी केले आहे. दिल्ली येथे होणाऱ्या गणराज्य दिन समारंभात राष्ट्रीय सेवा योजना अधिकारी म्हणून सहभागी होणाऱ्या त्या संतगाडगेबाबा अमरावती विद्यापीठाच्या एकमेव आहेत. त्या आदिवासी भागात दीर्घकाळ प्रत्यक्ष राहिलेल्या, आदिवासी संस्कृती, लोककला यांच्या अभ्यासक, संशोधक आहेत. त्यांचा पीएच.डी.चा शोधनिबंधही आदिवासी लोकगीतांवरच आहे.

डॉ. सतीश तराळ यांच्या प्रस्तावनेतून...

Dr. S. R. Kubde –
Pushprachnechi Sankalpna



<p>पुष्परचनेची संकल्पना</p> <p>प्रा. डॉ. शर्मिला कुबडे</p> <p>मातोश्री विमलाबाई देशमुख महाविद्यालय, अमरावती</p> <p>E-mail ID: sharmilakubde@gmail.com (99230 86272)</p>	
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प्रस्तावना :

निसर्गामध्ये विविध रंगाची आकाराची फुले व पाने बघायला मिळतात प्रत्येक व्यक्तीला या फुलं पानांचे आकर्षण असते. मानवाने निसर्गाशी आपले फुलांद्वारे भावनिकरित्या संबंध जोपासण्याचा सतत प्रयत्न केला आहे. आपले सण, समारंभ, उत्सव पाना फुलांशी निगडित आहे. आपण पूजेत मंत्रपुष्पांजली वाहतो, मंगळागौर हरितालिका यात पाने फुले फळे यांचा वापर करतो. तसेच सण समारंभाच्या दिवशी पण फुलांची तोरणे दारांना बांधून सुशोभित करतो. स्त्रिया सुद्धा फुलांचे गजरे करून केशरचनेत मळतात अश्या वेगवेगळ्या प्रकारे आपल्या आयुष्यात फुलांना महत्वाचे स्थान दिले जाते.

आधुनिक काळात पुष्पसजावटीला खूप महत्व आलेले आहे. पुष्परचनेतील विविध रंग, प्रकार, रेषा यामुळे सजावटीत भर पडते, तसेच पुष्परचनेचा हा छंद कंटाळा, दुःख, काळजी, तणाव इ. नाहीसे करण्यास मदत करते. हा छंद कोणालाही करता येतो यासाठी विशेष खर्च करण्याची आवश्यकता नसते. आपल्या घरी जी पाने फुले उपलब्ध आहे त्यातून आपण आपल्या कलेला सादर करू शकतो. तसेच या कलेचा उपयोग आपण रोजगार निर्मिती साठी सुद्धा करू शकतो.

पुष्परचना म्हणजे फुले पाने व इतर घटकांचे आकार, पोत, रंग यांना लक्षात घेऊन संतुलित रित्या मांडण्याची कला आहे. या कलेतून जीवनात व सभोवतालच्या वातावरणात सौंदर्य आणि जिवंतपणा आणणे असाही उद्देश असतो. गृहसजावटीमध्ये पुष्परचनेचा आरोग्याच्या दृष्टीने, सौंदर्य दृष्टीने व मानसिक दृष्टीने उपयोग होत असतो, तसेच आर्थिक दृष्टिकोन सुद्धा त्यामागे आहेत.

पुष्परचनेचे उद्देश:

- पुष्परचना निसर्गाशी जवळीक वाढवते
- मन प्रसन्न ठेवते व घरात चैतन्य निर्माण करते
- कार्यक्षमता वाढविते
- प्रत्येक व्यक्तीला आपले विचार सादर करण्याची संधी प्राप्त होते
- मुलांना निसर्ग सौंदर्याचे महत्व शिकविते

पुष्परचनेसाठी लागणारे साहित्य:

पुष्परचनेसाठी विविध साहित्याची गरज असते.

१. फुले:

पुष्परचनेसाठी सर्वात महत्वाचे साहित्य म्हणजे फुले. यात पुष्परचना कशी करायची त्या प्रमाणे फुलाची निवड करावी लागते. काही फुले मोठी तर काही छोटी व रंगाने सुद्धा विविध असतात. या साठी आपण निशिंगंध, गुलाब, मोगरा, शेवंती, जरबेरा, कर्दळी अश्या प्रकारच्या फुलांचा उपयोग करू शकतो.

२. पाने:

पुष्परचनेमध्ये पानांना सुद्धा फुलांपेवढे महत्त्व आहे. फुलांसोबत पानांचा उपयोग करून सुंदर रचना करता येतात. पानांमध्ये आपल्याला हिरव्या रंगातच विविध छटा बघायला मिळतात. पुष्परचनेसाठी फर्न, सायकस, मधुमालती, ड्रेसिना, मनीप्लॅट यांची पाने आपण वापरू शकतो.

३. फांद्या:

पुष्परचनेत फांदीला सुद्धा महत्त्व आहे. जपानी प्रकारच्या इकेबाना या सारख्या पुष्परचनेमध्ये पानांऐवजी फांद्याच वापरल्या जातात. विविध आकाराच्या फांद्यांना सुंदर असा नैसर्गिक आकार असतो, त्या फांद्यांचा उपयोग आपण इकेबाना मध्ये करू शकतो. यात डाळिंब, चिक्, पेरू या झाडांच्या फांद्यांचा उपयोग होतो.

४. पुष्पपात्र:

पुष्परचना हि पुष्पपात्रात केली जाते. पुष्पपात्र व पुष्परचना यामध्ये जवळचा संबंध असतो. पुष्पपात्राची निवड करताना त्याचा आकार, पोत, रंग या घटकांचा विचार करावा लागतो त्यामुळे पुष्परचनेला वेगळेच सौंदर्य प्राप्त होते.

५. वायर:

खोल पुष्पपात्रात पुष्परचना करताना व मोठ्या आकाराच्या पुष्परचनेत जास्त फुले वापरतात तेव्हा वायर चा उपयोग करता येतो.

६. पिन होल्डर:

पुष्पपात्रात फुलापानांच्या फांद्या व्यवस्थितरित्या मजबूत ठेवण्यासाठी पिनहोल्डरचा उपयोग केल्या जातो. पिनहोल्डर विविध आकारात बाजारात उपलब्ध आहे. हे धातू पासून तयार केले जातात. जाड धातू वर बारीक खिळ्यासारख्या टोकदार पिना बसवलेल्या असतात. रचना करताना हे पिनहोल्डर योग्य ठिकाणी ठेवून त्यात पाने फुले खोचली जातात. पुष्परचनेत पिन होल्डर दिसू नये

म्हणून फुलं पानांनी ते झाकले जाते. तसेच दगड गारगोट्या हे सुद्धा वापरतात त्यामुळे फांद्यांचे वजन पेलण्यासाठी सुद्धा पिनहोल्डरला आधार मिळतो.

७. ओरेंसिस:

ओरेंसिस म्हणजे एक प्रकारचा पुष्परचना करताना फुले पाने खोचण्यासाठी स्पाॅज आहे. आजकाल पिनहोल्डर ऐवजी ओरेंसिस वापरतात. ओरेंसिस विटेच्या आकारात उपलब्ध असतो. म्हणून त्याला ब्रिक सुद्धा म्हटले जाते. पुष्परचना करताना आपल्याला हव्या त्या आकारात तो कापून उपयोगात आणता येतो. पुष्परचना करताना सुरुवातीलाच ओरेंसिस पाण्यात भिजवून घ्यावा. नंतर पुष्पपात्रात ठेवून पुष्परचना करावी.

८. इतर साहित्य:

कात्री: फुले, पाने व फांद्या झाडावरून कापण्यासाठी धारदार कात्रीचा वापर करावा. तसेच फांद्या कापत असताना त्या पाण्यात कापाव्या व नेहमी तिरपा छेद द्यावा. धारदार कात्रीने कापल्यामुळे दांड्यांच्या पेशींचा नाश कमी प्रमाणात होतो त्यामुळे पाने फुले बराच काळ ताज्या राहतात.

कात्री प्रमाणे चिकटपट्टी, दोरा, वायर, तार, रबर बँड, टाचणी स्टेपलर यांचा सुद्धा उपयोग होत असतो. पुष्परचना शोभिवंत करण्यासाठी उपसाधने म्हणून रंगीत दगड, शंख, शिंपले, लहान बाहुल्या, मेणबत्त्या, मोरपिसे यांचा सुद्धा उपयोग केल्या जातो.

पुष्परचनांच्या आकारानुसार प्रकार

पुष्परचनेमध्ये पाश्चिमात्य रचनांचे प्रकार खालील प्रमाणे आहे:

1. **समतोल:** या रचनेसाठी लांब दांडीची फुले निवडावीत. मुख्य फांदी मोठी व दुसऱ्या तिसऱ्या फांद्या ह्या पहिल्यापेक्षा लहान असाव्यात व त्या दोन्ही बाजूला लावाव्यात.
2. **असमतोल:** या रचना पसरट पुष्पपात्रात करतात तसेच ह्यात फुलांची रचना पुष्पपात्राच्या डाव्या किंवा उजव्या बाजूस केली जाते. असमान त्रिकोणी आकारात ह्या पुष्परचना सुद्धा उठावदार दिसतात.
3. **सरळ / उभी:** उंच पात्रात ह्या रचना केल्या जातात. उतरत्या क्रमाने फुले व त्यांच्या मागे व बाजूला पाने लावून पुष्परचना उंच दिसेल अशी पाना फुलांची योजना असते.
4. **पसरट:** या रचनेसाठी ऍस्पॅरॅगस वेलीच्या डहाळ्या ओरेंसिसवर एकमेकांच्या विरुद्ध लावून, एकमेकांना क्रॉस करून लावल्यास रचना पसरट होते व जेवणाच्या अथवा इतर टेबलवर शोभून दिसते.

5. **विस्तारित:** या रचनेमध्ये लांब पानांचा प्रामुख्याने वापर होतो व लंबगोलाकार पुष्पपात्रात हि रचना करतात.
6. **वर्तुळाकार:** या रचनेचे सौंदर्य तिच्या गोलाई मध्ये दडलेले आहे. ह्या रचनेत गोलाईप्रमाणे चढत्या क्रमाने सर्व बाजूने सारखे दिसतील अशीच फुले पाने लावल्या जातात.
7. **अर्धचंद्राकृती :** हि रचना आकारात चंद्रकृती असल्यामुळे त्यात चंद्रकोरीचाच भास होतो. बैठक असलेले अर्धगोल फुलपात्र या रचनेसाठी योग्य असते.
8. **S आकाराची:** S या अक्षराला एक सुंदर वळण आहे. या रचनेला उंच मानेचे फुलपात्र वापरतात. एका फांदीने S चे वरचे वळण व दुसऱ्या फांदीने S चे खालचे वळण अश्या फांद्या निवडल्या जातात.



पौर्वात्य पुष्परचना प्रकार:

इकेबाना: इकेबाना हे एका जगन्मान्य ललितकलेचे नाव आहे जिचा उगम आणि विकास जपान मध्ये झाला. इकेबाना म्हणजे निसर्गाचे जिवंत स्वरूप फुलापानांच्या द्वारे पुष्पपात्रात उतरवणे. हि प्रगत आणि जिवंत कला म्हणून प्रसिद्ध आहे.

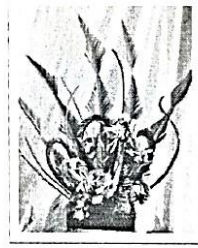


मोरीबाना: मोरीबाना ही पसरट पुष्पपात्रातील रचना. या रचनेमध्ये स्वर्ग, मानव आणि पृथ्वी या असमान त्रिकोणात ठराविक पद्धतीने केल्या जातात. स्वर्ग, मानव आणि पृथ्वी या प्रतिमात्मक रूपात मुख्य फांद्या अथवा फुलांचा वापर केला जातो.

आधुनिक पुष्परचना:

आधुनिक पुष्परचनेत मुक्त शैलीचा वापर करण्यात येतो. या रचनेमध्ये परंपरागत नियमांचे बंधन नसते. स्वतःच्या कल्पनेप्रमाणे पुष्परचना करता येतात. त्यामुळे आधुनिक पुष्परचना जास्त लोकप्रिय होत आहे. आधुनिक पुष्परचना परंपरागत आणि विदेशी पुष्परचनेचे मिश्रण आहे. १९३० पासून अश्या पुष्परचनांचा बराच प्रसार झाला. यामध्ये सुद्धा रंग, रेषा, लय, संगती व पोत या घटकांचा उपयोग केला असतो. यामध्ये सुद्धा विविध प्रकार बघायला मिळतात. जसे :

१. रेखाबद्ध पुष्परचना
२. अल्पा कृती पुष्परचना
३. तरंगती पुष्परचना
४. भिंतीवरील पुष्परचना
५. शुष्क पुष्परचना



पुष्परचनेत लक्षात घ्यावयाचे घटक:

- पुष्परचना करताना फुले पाने धारदार कात्रीने तोडावी व लगेच साखर मीठ टाकलेल्या पाण्यात ठेवावी.
- ज्या ठिकाणी पुष्परचना करायची आहे त्याच जागेवर करावी म्हणजे जागा बदलताना ती विस्कळीत होत नाही.
- फुलांच्या आकारावरून पुष्पपात्राची निवड करावी.
- पिनहोल्डर हे उपसाधनांनी झाकून टाकावे.
- पुष्परचना कुठे ठेवायची आहे त्या जागेला शोभेल अशी रचना करावी तसेच रंगसंगती कडे लक्ष द्यावे.
- सर्वात प्रथम पुष्पपात्रात पाणी टाकूनच पुष्परचनेला सुरुवात करावी.

- फांद्या खोचताना मध्ये थोडी मोकळी जागा ठेवावी म्हणजे हवा खेळती राहते.
- पुष्परचनेत प्रत्येक फुल दिसायला हवे मोठी फुलले खालच्या बाजूला तर छोटी फुले वर लावावी.
- सर्व फांद्या वेगवेगळ्या उंचीच्या उपयोगात आणाव्या. तसेच नेहमी विषम संख्येत फुले उपयोगात आणावी.
- फुले व पुष्परचनेचे इतर साहित्य जसे आहे तसे न मांडता आवश्यक त्या ठिकाणी हव्या त्या आकारात बदल करावा. उदा. पानांचा आकार खूप मोठा असेल तर तो कापून लहान करावा म्हणजेच पाहिजे तो आकार द्यावा.

रोजगाराच्या संधी:

पुष्परचना हा नुसता छंद नसून त्यातून आपल्याला रोजगाराची संधी सुद्धा उपलब्ध होते. तुम्ही पुष्परचना शिकविण्याचे क्लासेस घेऊ शकता. समारंभाच्या प्रसंगी पुष्परचना करून देता येतात. फुलांची सजावट करून देता येते. बुके, हार, गजरे तयार करू शकता. झाडांची नर्सरी तयार करू शकता. या कलेद्वारे आपल्या कल्पना शक्तीला वाव देऊन त्याचा उपयोग स्वयंरोजगार मिळवण्यासाठी आपण करू शकतो. तसेच व्यावसायिक दृष्ट्या सुद्धा याचा उपयोग होऊ शकतो.

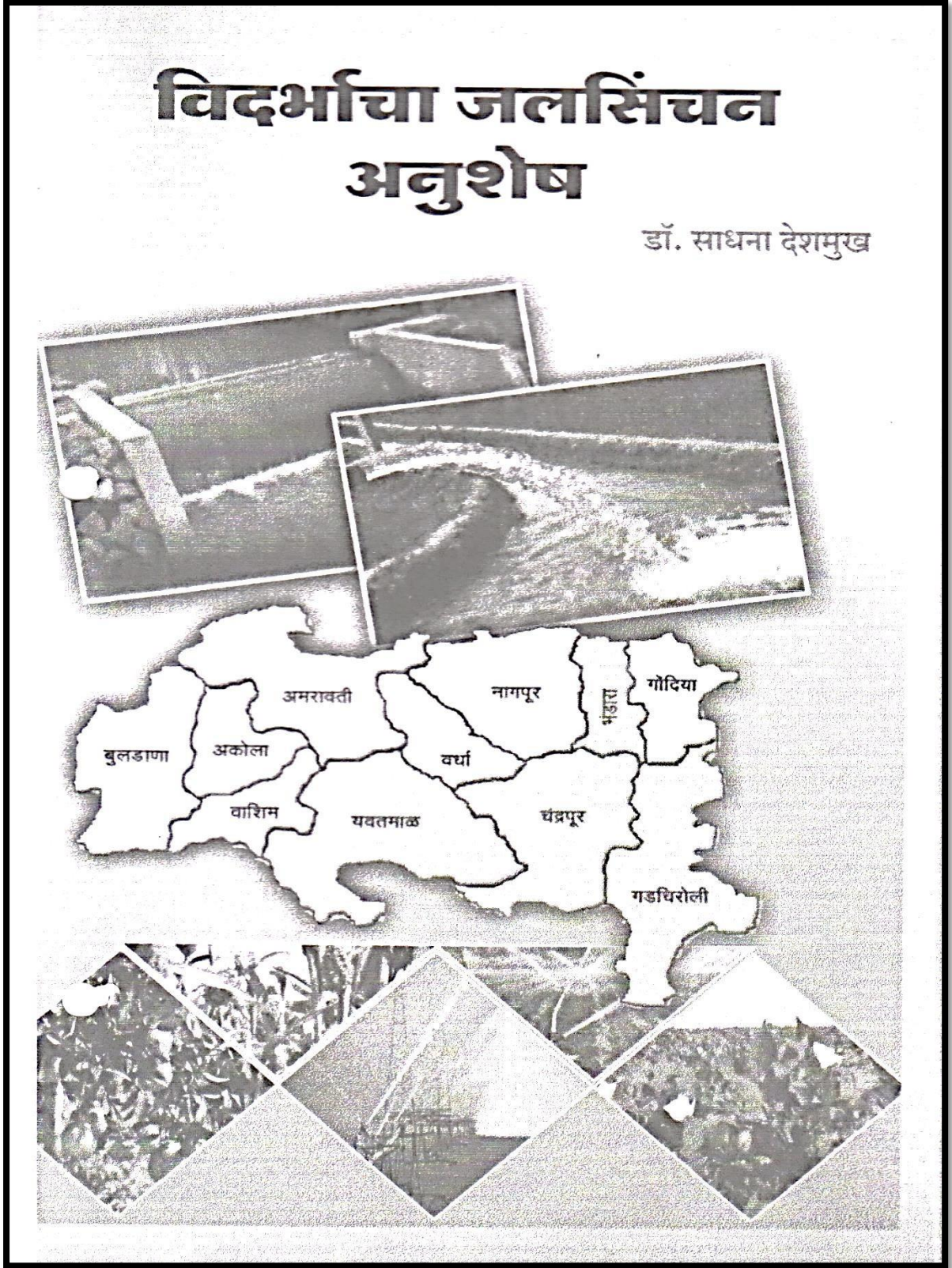
पुष्परचनेविषयक अभ्यासक्रम:

पुष्परचनेचे अभ्यासक्रम मुंबई शहरात वेगवेगळ्या ठिकाणी आहेत तसेच मुंबई युनिव्हर्सिटी मध्ये सर्टिफिकेट कोर्सेस चालविल्या जातात. जपान मधील ओहारा स्कुल तर्फे इकेबानाच्या एकूण १० परीक्षांचा अभ्यासक्रम असतो. या पैकी ५ परीक्षा पूर्ण केल्यावर शिक्षकाचा दर्जा प्राप्त होतो.

संदर्भ:

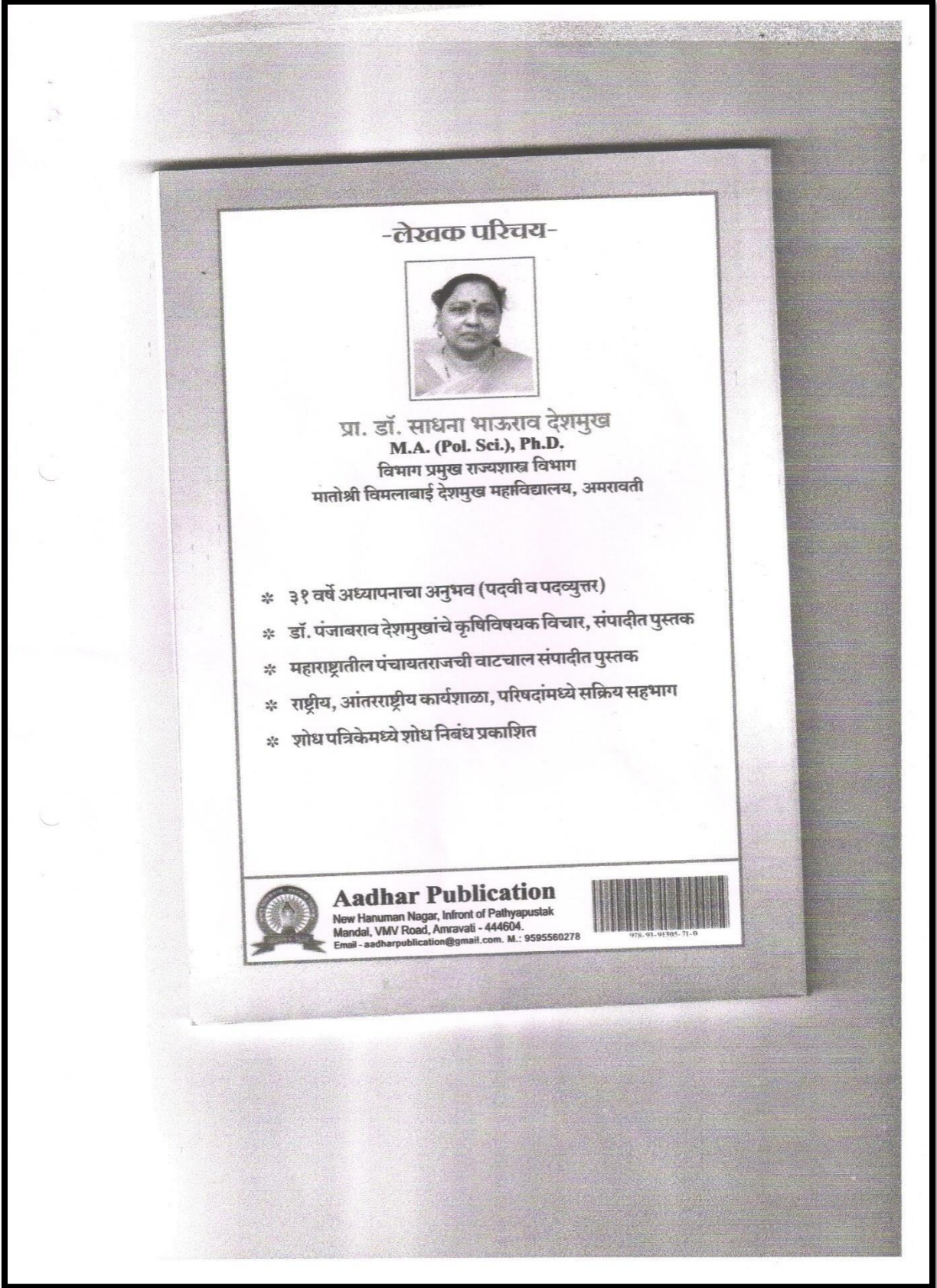
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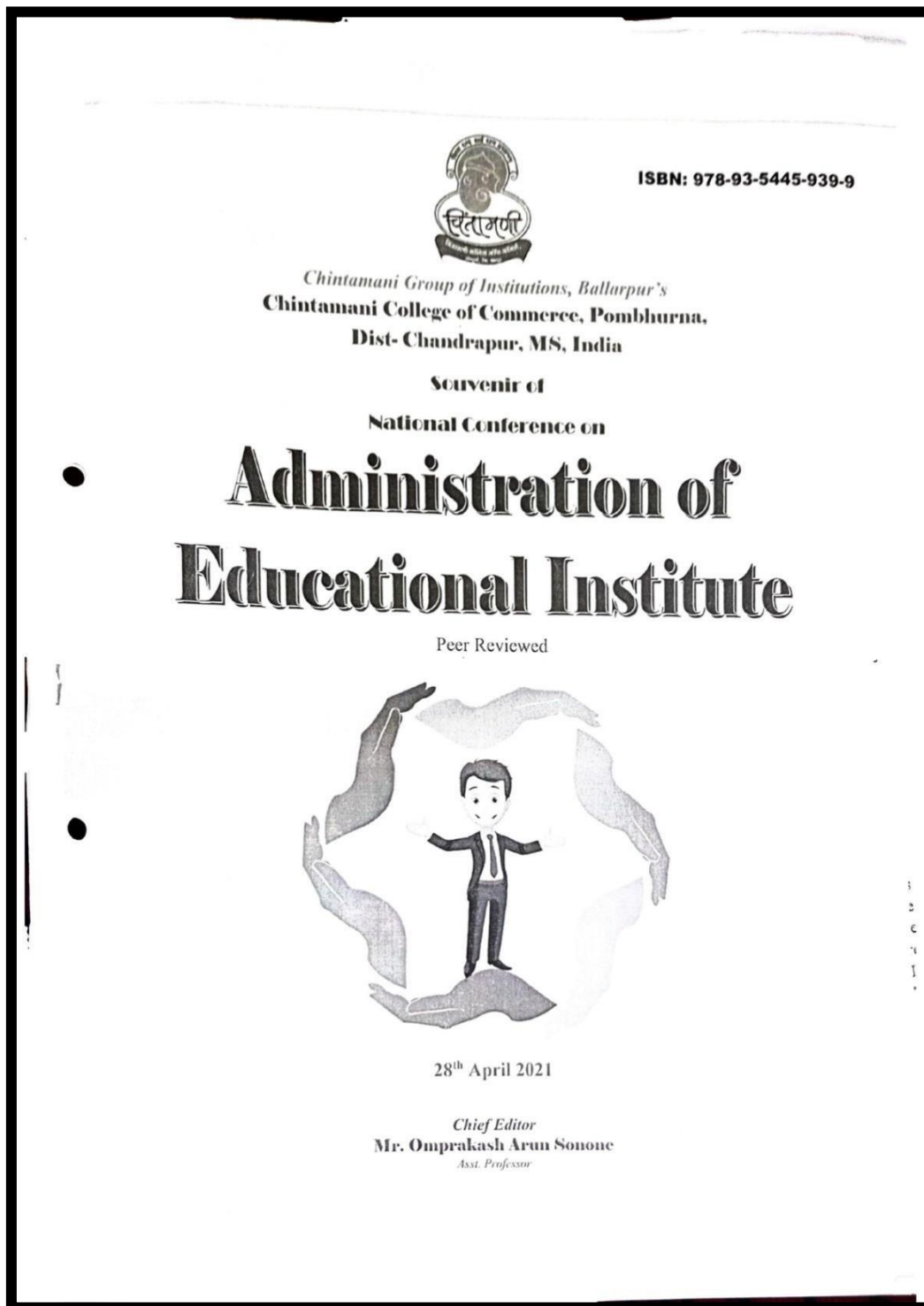


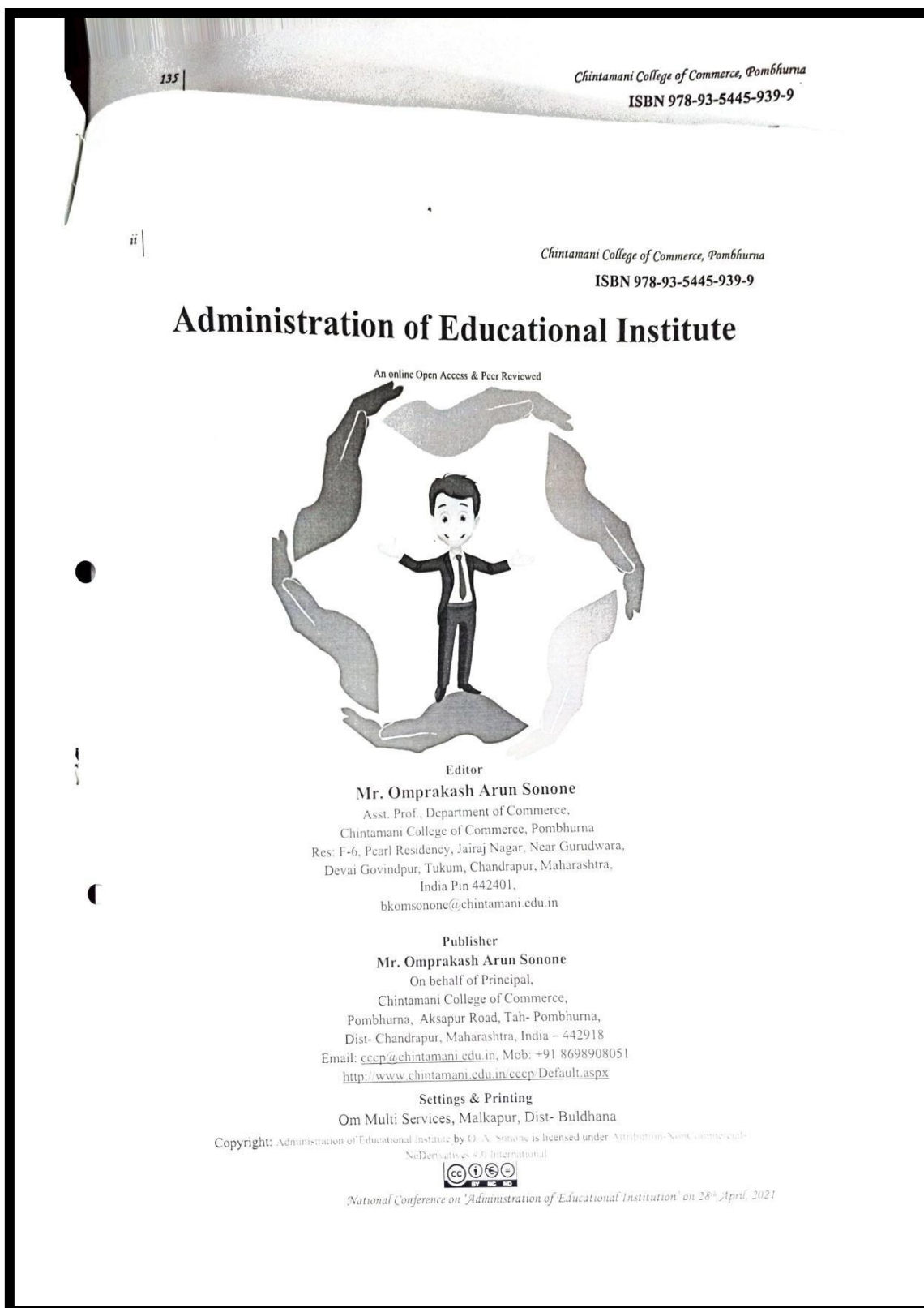
विदर्भाचा अनुशेष : विशेष संदर्भ जलसिंचन

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Administration of Educational Institute .





MECHANISM OF SMOOTH AND HEALTHY ENVIRONMENT AT HIGHER EDUCATIONAL INSTITUTES

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Abstract:-

Higher education institutes are at key point in the society as it pay the role of guidance to the youth academically and also the healthy environment at colleges leads to overall development of students. The excellence of educational institute relies on Principals, teachers and education support staff being healthy and safe. Their wellbeing contributes to a positive work culture and maximizes teaching and learning outcomes. According to the recent guidelines of UGC-Fit India campaign for fitness in the Higher Educational Institutions (HEIs), the educational institutions are uniquely placed to promote fitness and well-being among students, teachers and staff in the HEIs. A safe and well workplace is "one in which workers and managers collaborate to use a continual improvement process to protect and promote the health, safety and wellbeing of all workers and the sustainability of the workplace." (World Health Organization, 2010) On an average it is found that a human being spends ¼th of his day at his organization. A healthy environment at work place promote a sense of fulfillment and happiness while optimizing your productivity. A friendly atmosphere gives the staff members' job satisfaction as well, so the present paper discuss about the mechanism of healthy environment for smooth working of higher education institutes and also the importance of hygiene at the workplace in context to present scenario of pandemic.

Key Words:- Health, Hygiene. Environment, higher education institutes.

Introduction:-

Educational institutions are established and managed essentially to achieve certain stated goals and objectives. There is no way the goal and objectives of an educational institution can be achieved without putting in place certain mechanisms towards ensuring the success of such institutions.

When it comes to educational institutes the environmental conditions like physical conditions as cleanliness of classrooms and outside, the facilities like drinking water, toilets, library, play ground (Indore and outdoor Games) are basically included and in order to attain the goal of education the physiological conditions like administration, collaborations among the stakeholders, competition among students, social responsibility of learners and teachers are considered. People naturally want to live in a healthy environment, when workplace like HEIs have smooth and healthy environment its objectives would certainly get achieved in turn to build the Nation.

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environment can bring out the best in an employee. A friendly atmosphere gives the staff members' job satisfaction as well.

According to UGC in India. *the educational institutions are uniquely placed to promote fitness and well-being among students, teachers and staff in the Higher Educational Institutions (HEIs).*

The University Grants Commission hereby issues the following guidelines to promote a campaign for fitness in the Higher Educational Institutions (HEIs) all over the country which encourage HEIs (universities and colleges) to adopt policies and practices towards fitness and well being of students and staff.

Implementation of Fitness plan:

All HEIs need to accord high priority to physical and mental fitness of students, faculty and staff in the campus. They should evolve a mechanism for implementation and monitoring of such activities. The following indicative guidelines/steps may be taken in this regard:

1. Incorporating provisions of healthcare and wellness initiatives in the objectives of the institution.
2. Physical fitness period or time slots may be incorporated into the academic calendar of the institutions. The physical fitness time slots may be staggered throughout the day to enable all students to participate.
3. All the students, staff and teachers should be encouraged to devote minimum one hour per day on fitness activities such as exercise, yoga, meditation, walking, cycling, aerobics, dance, traditional regional martial arts etc.
4. Institutions should prepare Fitness Leaders to mentor students for physical fitness. Services of student volunteers from the institutions, faculty members, instructors, ex-servicemen, and other volunteers may be obtained on voluntary basis. Health icons and motivational speakers on health and fitness to address students in campus should be invited.
5. Top leadership of the institution and professors may actively participate with students and staff in fitness activities such as cycling, running, aerobics, walkathon, marathon, yoga, meditation activities etc. on a periodic basis to lead by example.
6. Proper utilization of existing infrastructure, encouraging students to climb stairs, walk at least 10000 steps a day, use cycles within campus by creating cycling zones, availing gymnasium facilities etc.
7. Addressing the emotional concerns of students to promote mental health. Awareness or sensitisation workshops on depression, anxiety and stress management may be organized for faculty and students.
8. Providing guidance regarding balanced nutritional diet, distribution of pamphlets and information material on the subject.
9. Frequent organization of sports activities (at least once in a quarter) and encourage students to participate in such activities.

National Conference on 'Administration of Educational Institution' on 28th April, 2021

Discussion and observations:- India like other nations of the world has an obligation to prepare her citizens for life in a world that is characterized by rapid social, economic, political and technological changes so government have been investing a substantive resource in setting up educational institutions for this purpose Effective learning requires relevant curriculum, engaging pedagogy, continuous formative assessment and adequate student support. The curriculum to be updated regularly aligning with the latest knowledge requirements and shall meet specified learning outcomes. High-quality pedagogy is necessary to successfully impart the curricular material to students; pedagogical practices determine the learning experiences that are provided to students - thus directly influencing learning outcomes. The assessment methods to be scientific in approach. Further, the development of capacities that promotes student wellness, - such as fitness, good health, psycho-social well-being, and sound ethical grounding - are also critical for high-quality learning. Often, higher education represents the first time in students' lives when they are living and working independently, leading to stress and pressures in student life leading to threat to their wellness. Robust care and support systems are thus vital for maintaining beneficial conditions for student wellness and effective learning outcomes.

Different working environments have different health and safety demands that require tailored solutions. Indoor climate is just as important as the conditions outdoors: temperature, air quality and acoustics are all part of creating a beneficial indoor life.

Putting in place clear communication policies and guidelines within the organization is important. The communication methods used could help to create a relaxing environment. It will go a long way in helping improve the employee's productivity. Also, the methods should allow for feedback. It lets the employees feel that they are part of the organization and are valued. Under the IQAC-internal quality assurance cell, feedback of all the stakeholders of institute is taken and the necessary suggestions are implemented by the authorities. In recent years the concept Quality of Work Life gained more importance as Work is considered to be the integral part of the life. On an average it is found that a human being spends ¼th of his day in organization. So, it's important to know how effectively we are supposed to use our working atmosphere.

The HEI have to follow the mechanism laid collectively by different authorities as first the UGC –HRD as Director of higher education, the respective University and third but most influential the parent society when it is non government institute. NAAC plays a key role in maintaining and evaluating quality of HEIs.

The framework requires adopting a holistic focus on physical and psychological health, safety and wellbeing, because the performance of an individual in an organization is largely driven by the work atmosphere or work culture that prevails at the workplace. A good working condition is one of the benefits that the employees can expect from the employer. A safe, clean and healthy

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10. Annual health check-ups by volunteer health doctors or voluntary organizations to monitor health & fitness of students, faculty and staff.
11. Data pertaining to health and fitness activities of institutions should be placed on the website. Exemplary performers may be selected subsequently for National level awards and also issued action plan and schematic plan in the month of January 2020.(1)

It is clearly recognized that there is positive correlation between environmental factors and both employee and student productivity and morale, yet the implication of these findings for higher education have yet to be acknowledged and translated into action by HEIs. Extensive research has demonstrated that the health of students and staff is directly influenced by the health of facilities. Studies have shown that test scores and student achievement improve as much as 5% per student the better the facility conditions are.(2). Adoption of technology and effective use of technological tools in teaching has many benefits. It will solve the many problems of infrastructure, quality. Student centered education and employment of dynamic methods of education will require from teachers new attitudes and new skills. Methods of teaching through lectures will have to subordinate to the methods that will lay stress on self study, personal consultation between teachers and pupils, and dynamic sessions of seminars and workshops. Methods of distance education will have to be employed on a vast scale (4).

Conclusion:

India targeted towards devoting 6% share of the GDP towards the educational sector, the performance has definitely fallen short of expectations. Also funding is needed to be spend on building infrastructure of HEIs. The focus should be on developing students into socially, politically, morally sound individuals and introducing them to vast area of education rather than making them just degree-holders, limiting their capabilities to selected career options. For students to pursue Research, their interest should be built since their school years. Also, government funding and its right usage is required(2) As higher education is the key towards the development of the country and India should intently focus on improving it highly.

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Dr.K.E.Chaudhary
Covid – 19 Second Wave - Challenges for Sustainable Development

**COVID-19 SECOND WAVE:
CHALLENGES FOR SUSTAINABLE DEVELOPMENT**

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Delta Variant-Transmission and its Consequences in India

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ABSTRACT

Viruses constantly change through mutation. A variant has one or more mutations that differentiate it from other variants in circulation. As expected, multiple variants of SARS-CoV-2 are documented globally throughout this pandemic. To inform local outbreak investigations and understand national trends, scientists compare genetic differences between viruses to spot variants and the way they're associated with one another. Delta variant, also referred to as lineage B.1.617.2 and Indian late 2020. The World Health Organization named it the Delta variant on 31 May 2021. First identified in India, Delta Plus has now been found in the U.S., U.K., and nearly a dozen other countries. India has labeled it a variant of concern, but the Center for disease control and prevention of U.S health department and WHO haven't. The Delta variant, also referred to as B.1.617.2, can spread more easily, consistent with the U.S. Center for Disease Control and prevention. The strain has mutations on the spike protein that make it easier for it to infect human cells. That means people could also be more contagious if they contract the virus and more easily spread it to others. It is now the dominant strain within the U.S. The Delta variant causes more infections and spreads faster than earlier sorts of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people. In fact, researchers have said that the Delta variant is about 50% more contagious than the Alpha variant, which was first identified within the U.K., consistent with The Washington Post. Alpha, also referred to as B.1.1.7, was already 50% more contagious than the first coronavirus first identified in China in 2019. Public health experts estimate that the typical one that gets infected with Delta spreads it to 3 or 4 people, as compared with one or two people through the original Corona virus strain, consistent with Yale Medicine. The Delta variant can also be ready to escape protection from vaccines and a few COVID-19 treatments, though studies are still ongoing. Scientists are still tracking the info to work out how deadly it's. Based on hospitalizations within the U.K., the Delta variant does seem to be more likely to steer to hospitalization and death, particularly among unvaccinated people, consistent with a recent study published in The Lancet. Now vaccine makers are testing booster shots to seek out if they will better protect against the Delta variant and other variants that emerge in coming months. Covid-19 cases, symptoms of Delta tend to be a touch different than other strains, but that doesn't necessarily mean the associated symptoms are more severe. Fever, headache, pharyngitis and runny nose are common, while cough and loss of smell aren't. Other reports link Delta to more serious symptoms, including hearing disorder, severe gastrointestinal issues and blood clots resulting in tissue death and gangrene. Research is ongoing to work out if Delta infection is related to increased hospitalization and death. One early study assessing the risk of hospital admission in Scotland reported that hospitalization is twice as likely in unvaccinated individuals with Delta than in unvaccinated individuals with Alpha. Therefore as it is the variant of concern in India so the present study is aimed to discuss the virus transmission and prevention thoroughly.

Keywords: Delta Variant, Transmission, prevention.

INTRODUCTION

The Delta variant was behind the deadly second wave of the coronavirus in India that killed thousands and infected lakhs during March to May. Viruses have tendency to change through mutations which leads to the formation of a variant of the respective Virus. A variant has one or

more mutations that differentiate it from other variants of the virus in circulation. So during the Covid-19-pandemic, as it was expected, multiple variants of SARS-CoV-2 have been documented in India and globally. To inform local outbreak investigations and understand national trends, scientists compare genetic differences

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According to INSACOG- the Indian SARS-CoV-2 Genomics Consortium, the efforts taken to reduce transmission and vaccination remain critical in respect to the Public measures in India. A growing spectrum of mutations is seen in the Delta background in the UK, the US and India. The most frequent spike protein mutations, other than K417N (AY.1/AY.2), seen in the UK are G446V and P251L. In India, A222V and K77T have been reported as possible markers of sub-lineages. The Delta variant has mutations in its spike protein, which helps it bind to the ACE2 receptors present on the surface of the cells more firmly, making it more transmissible and capable of evading the body's immunity. Previous research into the A222V mutation for either transmissibility or immune escape was negative. In case of the K77T mutation, it has previously been reported in a cluster of Delta that spread to Asiatic lions in a zoo, and seen in sequences from Tamil Nadu, but has no known impact on transmission or immune escape in humans.

The Indian SARS-CoV-2 Genomics Consortium (INSACOG), jointly initiated by the Union Ministry of Health and the Department of Biotechnology (DBT) with the Council for Scientific and Industrial Research (CSIR) and the ICMR, is a consortium of 28 national laboratories to monitor the genomic variations in SARS-CoV-2. The Delta variant was primarily responsible for the second wave of COVID-19 in the country, accounting for over 80 per cent of new cases according to Dr. N. K. Arora, co-chair of Indian SARS-CoV-2 Genomics Consortium, the cases may go up if a new, more infectious variant comes. The variant is also around 40-60 percent more transmissible than its predecessor, Alpha variant, and has already spread to more than 80 countries, including the UK, the US and Singapore.

The Delta Plus variant AY.1 and AY.2 has so far been detected in 55-60 cases across 11 states, including Maharashtra, Tamil Nadu, and Madhya Pradesh and is still being studied for its transmissibility, virulence, and vaccine escape character. It emerged in Maharashtra and travelled northwards along the western states of the country before entering the central and the eastern states. There are studies that show that there are some mutations in this variant that promote syncytium formation. Besides, on invading a human cell, it replicates faster. It leads to a strong inflammatory response in organs like the lungs. However it is difficult to say that disease due to delta variant is more severe. The age profile and the deaths during the second wave in India were quite similar to that seen during first wave. The Delta Plus variant AY.1 and AY.2 has so far been detected in 55-60 cases across 11 states, including Maharashtra, Tamil Nadu, and Madhya

Pradesh. AY.1 is also found in countries like Nepal, Portugal, Switzerland, Poland, Japan but AY.2 is less prevalent. The variant is still being studied for its transmissibility, virulence, and vaccine escape characteristics.

On some parts of the country still witnessing a spurt in the number of cases, though there is a significant dip in the number of cases in most parts of the country, some regions are witnessing a high-Test Positivity Rate (TPR) particularly in the north-eastern part and several districts in the southern states, most of these cases could be due to the Delta variant.

A virus begins infecting a part of the population, which is most susceptible and also exposed to the infection. It diminishes after it successfully infects a large proportion of the population and strikes back when the immunity developed in the people post-natural infection fades. There may be seen rise in number of cases if a new, more infectious variant comes. In other words, next wave will be driven by a virus variant to which significant proportion of population is susceptible. And any future waves will be controlled and delayed if more and more people get vaccinated and most importantly, people follow COVID-Appropriate Behaviour effectively, especially till a substantial part of our population gets vaccinated.

People need to focus on vaccination and adherence to Covid appropriate behaviour to manage COVID-19. Therefore there is a need to keep a strict vigil on the emergence of variants of concern and outbreaks so that they can be contained before they spread to a larger region.

The Indian SARS-CoV-2 Genomics Consortium (INSACOG) is a consortium of 28 laboratories for whole genome sequencing in the context of COVID-19 pandemic and was established on December 26, 2020 for India. The idea is to have a strong network of laboratories to do genomic surveillance of the SARS-CoV-2 and correlate whole genomics sequencing (WGS) data with clinical and epidemiological data to see whether or not a variant is more transmissible, causes more severe disease, escaping immunity or causing breakthrough infections, affecting vaccine efficacy, and diagnosed by current diagnostic tests.

The National Center for Disease Control (NCDC) analyses this data. The entire country has been divided into geographical regions and each lab is given the responsibility of one particular region. There are termed

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between viruses to identify variants and how they are related to each other. The World Health Organization (WHO) classifies variant viruses as Variants Of Concern (VOC) and Variants of Interest (VOI); classifications made by certain country of the virus may differ from those of WHO because the importance of variants may differ by location. To assist with public discussions of variants, WHO proposed using labels consisting of the Greek Alphabet, e.g., Alpha, Beta, Gamma, as a practical way to discuss variants by non-scientific audiences.

Delta variant, also known as lineage B.1.617.2 and Indian variant is a variant of lineage B.1.617 of SARS-CoV-2, the virus that causes COVID-19. It was first detected in India in late 2020. The World Health Organization named it the Delta variant on 31 May 2021 First identified in India. India has labeled it a Variant Of Concern (VOI), but the Center for disease control and prevention of U.S. health department and WHO haven't. The Indian SARS-CoV-2 Genomics Consortium (INSACOG), jointly initiated by the Union Ministry of Health and the Department of Biotechnology (DBT) with the Council for Scientific and Industrial Research (CSIR) and the ICMR, is a consortium of 28 national laboratories to monitor the genomic variations in SARS-CoV-2.

The Delta variant, can spread more easily, according to the U.S. Center for Disease Control and prevention. The strain has mutations on the spike protein that make it easier for it to infect human cells. That means people may be more contagious if they contract the virus and more easily spread it to others. It is now the dominant strain in the U.S. The Delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people. In fact, researchers have said that the Delta variant is about 50% more contagious than the Alpha variant, which was first identified in the U.K., according to The Washington Post. Alpha, also known as B.1.1.7, was already 50% more contagious than the original coronavirus first identified in China in 2019.

Discussion

The Delta variant was first identified in India in December 2020 and led to major outbreaks in the country. It then spread rapidly and is now reported in 104 countries, according to a CDC tracker. [1]Public health experts estimate that the average person who gets infected with Delta spreads it to three or four other people, as compared with one or two other people through the original coronavirus strain.[2]The Delta variant may also be able to escape protection from vaccines and some

COVID-19 treatments, though studies are still ongoing. Scientists are still tracking the data to determine how deadly it is. Based on hospitalizations in the U.K., the Delta variant does seem to be more likely to lead to hospitalization and death, particularly among unvaccinated people.[3].The Delta variant is believed to have fueled the second wave of COVID-19 infections in India in April-May. That surge saw up to 400,000 people infected in the country, and for a while it claimed about 4,000 lives per day. [4] While the second wave has waned and much of India has returned to a degree of normalcy, with lockdowns lifted and large crowds back in the streets and markets. There is currently no evidence of any new Delta sub-lineage that is of greater concern than Delta. According to INSACOG; Delta continues to be the dominant lineage for new cases across all parts of India in recent samples and remains the most rapidly rising lineage globally that is responsible for multiple outbreaks, including across Southeast Asia, which shows the fastest growth in new cases globally. COVID-19 cases, symptoms of Delta tend to be a little different than other strains, but that does not necessarily mean the associated symptoms are more severe. Fever, headache, sore throat and runny nose are common, while cough and loss of smell are not. Other reports link Delta to more serious symptoms, including hearing impairment, severe gastrointestinal issues and blood clots leading to tissue death and gangrene.

One early study assessing the risk of hospital admission in Scotland reported that hospitalization is twice as likely in unvaccinated individuals with Delta than in unvaccinated individuals with Alpha the variant of concern in India (VOI). Covid-19 remains a mild disease in the vast majority of children, and there's no evidence that Delta is changing that. Regions with high vaccination and strong public health measures, such as Singapore, continue to do well.

A study by the Indian Council of Medical Research (ICMR) has confirmed that most of the clinical cases in vaccine breakthrough were infected with the Delta variant but only 9.8 per cent cases required hospitalisation, while fatality was found to be restricted to 0.4 per cent.

The data for higher infectivity of Delta continues to grow with the secondary attack rate in household contacts being almost double for Delta, when compared to Alpha (Public Health England, July 9 update). The other VoC continue to be very low in India and are declining relative to Delta globally.

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near about 180 -190 clusters in country. Regular random swab samples and samples of patients who develop severe illness, vaccine breakthrough infections, and other atypical clinical presentations, are collected and sent to regional laboratories for sequencing. The current capacity of the country is to sequence over 50,000 samples per month.

The new mutations/variants of concern are cultured and scientific studies are undertaken to see the impact on infectiousness, virulence, vaccine efficacy and immune escape properties. Children have a more robust innate immune response than older adults. That typically enables kids to successfully counter the infection before it's had a chance to spread to the lungs to cause pneumonia and the inflammatory cascade that can be life-threatening in seniors. It's also possible that the routine pediatric immunizations that younger children receive boost their innate immune response.

The Delta variant is inherently more transmissible and, therefore, will be more contagious between children, between adults, and between adults and children and vice versa. Studies and modelling of transmission patterns indicate that younger children and adolescents play a lesser role in spreading SARS-CoV-2 at a population level, and that prioritising vaccination in older age groups yields more population-level protection against Covid. Symptoms of the Delta variant are similar to those seen with the original coronavirus strain and other variants, including a persistent cough, headache, fever, and sore throat.[5]

At the same time, COVID-19 patients in the U.K. have reported that some symptoms are slightly different for Delta, according to data from the ZOE COVID Symptom Study[6]. Cough and loss of smell seem to be less common. Headache, sore throat, runny nose, and fever seem to be more common.

Scientists are still tracking the data to determine how deadly it is. Based on hospitalizations in the U.K., the Delta variant does seem to be more likely to lead to hospitalization and death, particularly among unvaccinated people. People who haven't been fully vaccinated against COVID-19 are most at risk. Kids and younger adults who haven't been vaccinated may be susceptible as well. In the U.K., children and unvaccinated adults under age 50 were 2.5 times more likely to become infected with Delta, according to a recent study published by Imperial College London.[7] Scientists are looking at how the Delta variant can cause breakthrough cases, or infections among people who are fully vaccinated. So far, they seem to be rare.

A consortium of Indian labs involved in genome sequencing to identify and track the spread of various coronavirus variants told the government that Delta Plus appears to have three worrying characteristics: Increased transmissibility; more capacity to attack lung cells; and a potential reduction in monoclonal antibody response — or, put simply, possible resistance to vaccines and immunity gained through previous infection.

According to Epidemiologists the focus should be on gathering more data through by the use of rapid sequencing and solid epidemiological research experts are already warning about a possible third wave within weeks. As the data accumulated for the Delta plus variant is not enough to decide called Delta Plus as being more dangerous or concerning than the original Delta variant.[8]

India has worked recently to accelerate its vaccination program, but a large share of its 1.3 billion people, including all minors who aren't yet eligible for shots, would still be vulnerable to another wave of infections. Nearly 7 million cases were reported for the month of May and Maharashtra being the epicenter for the second wave, where is situated the economic capital of India went into Lockdown To break the chain. and the vaccination for elders more than 45 years was started and then in the month of May it was opened to anyone elder than 18 year.

But then country faced the shortage of Vaccine doses. So the vaccine production capacity was increased to 100 million doses from 70 million doses of Covishield Vaccine by Serum Institute of India. The fear is that the spread of Delta Plus, or any other new variants, could make things worse, and fast but the government's own COVID-19 experts have insisted that there's no need to panic.

Conclusion

Though there was crisis during the second wave of Covid-19 by delta Variants in India. Vaccines are effective against these variants and effective therapeutics are available as Indian Government look in to the Health facilities and increased the number of health facilities continues to monitor all variants circulating within the country and also applied countrywide restrictions which helped to bring down the no cases.

The Delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people.

Vaccines continue to reduce a person's risk of contracting the virus that cause COVID-19, and also continue to be

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Microorganisms grow in the widest range of habitats in the earth's biosphere. Their absolute numbers and their appetite for a wide range of chemicals make microorganisms the perfect candidate for acting as our environmental caretakers

Definition of bioremediation:

Bioremediation is a process where biological organisms are used to remove or neutralize an environmental pollutant by metabolic process. The "biological" organisms include microscopic organisms, such as fungi, algae and bacteria, and the "remediation"—treating the situation.

"Bioremediation is a 'treatment techniques' that uses naturally occurring organisms to break down harmful materials into less toxic or non-toxic materials"
 Sharma (2020)

Bioremediation is highly involved in degradation, eradication, immobilization, or detoxification diverse chemical wastes and physical hazardous materials from the surrounding through the all-inclusive and action of microorganisms. The main principle is degrading and converting pollutants to less toxic forms. Bioremediation can be carried out ex-situ and in-situ, depending on several factors, which include site characteristics, type, and concentration of pollutants. Hence, appropriate bioremediation technique is selected. Additionally, the major methodologies to develop bioremediation are biostimulation, bioaugmentation, bioventing, biopiles, and bioattenuation provided the environmental factors that decide the completion of bioremediation. Bioremediation is the most effective, economical, eco-friendly management tool to manage the polluted environment. All bioremediation techniques have its own advantage and disadvantage because it has its own specific applications.

Bioremediation technique can be carried out ex-situ and in-situ site of application . Pollutant nature, depth and amount of pollution, type of environment, location, cost, and environmental policies are the selection standards that are considered for selecting any bioremediation technique. Performance based on oxygen and nutrient concentrations, temperature, pH, and other abiotic factors that determine the success of bioremediation processes .Frutos et al.(2012)

Ex-situ bioremediation techniques involve digging pollutants from polluted sites and successively transporting them to another site for treatment. Ex-situ bioremediation techniques are regularly considered based on the depth of pollution, type of pollutant, degree of pollution, cost of treatment and geographical location of the polluted site. Performance standards also regulate the choice of ex-situ bioremediation techniques.

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**ECOLOGICAL SOLUTION TO ENVIRONMENTAL POLLUTION –
BIOREMEDIATION**

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Environmental pollution is the world's greatest problem facing humanity. Man's activities through urbanization, industrialization, mining, and exploration are at the forefront of global environmental pollution. Both developed and developing nations share this burden together, though awareness and stricter laws have contributed to a larger extent in protecting their environment.

Environmental pollution has been on the rise in the past few decades due to increased human activities. The main reasons for the current situation are population explosion, unsafe agricultural practices, unplanned urbanization, deforestation, rapid industrialization and non-judicious use of energy reservoirs and other anthropogenic activities.

Despite the global attention towards pollution, the impact is still being felt due to its severe long-term consequences. Thousands of hazardous waste sites are identified and many more are going to be added in the coming decades. Release of pollutants into the environment comes from illegal dumping by chemical companies and industries. Many of the techniques utilized for site clean-up in the past, such as digging up the contaminated soil and hauling it away to be land filled or incinerated have proved expensive and do not provide permanent solution and prohibited by law due to its hazardous effect on environment.

In context of the above phenomenon "Bioremediation is an attractive and successful cleaning technique to remove toxic waste from polluted environment. Bioremediation proves the efficient and safe waste management technique that includes the use of living organisms to eradicate or neutralize pollutants from a contaminated site."

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highly effective at preventing hospitalization and death, including against this variant. Fully vaccinated people with breakthrough infections from this variant appear to be infectious for a shorter period.

So Get vaccinated and wear masks indoors and in public spaces to reduce the spread of this variant.

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People receive COVID-19 vaccines during a vaccination drive in Mumbai, India, June 21, 2021. ANSHUMAN POYREKAR/HINDUSTAN TIMES/GETTY

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People receive COVID-19 vaccines during a vaccination drive in Mumbai, India, June 21, 2021. ANSHUMAN POYREKAR/HINDUSTAN TIMES/GETTY

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Ecology and Environment

Introduction to Ecology and Environment

Ecology is the study of the interactions between organisms and their environment. Ecologists might investigate the relationship between a population of organisms and some physical characteristic of their environment, such as concentration of a chemical; or they might investigate the interaction between two populations of different organisms through some symbiotic or competitive relationship.

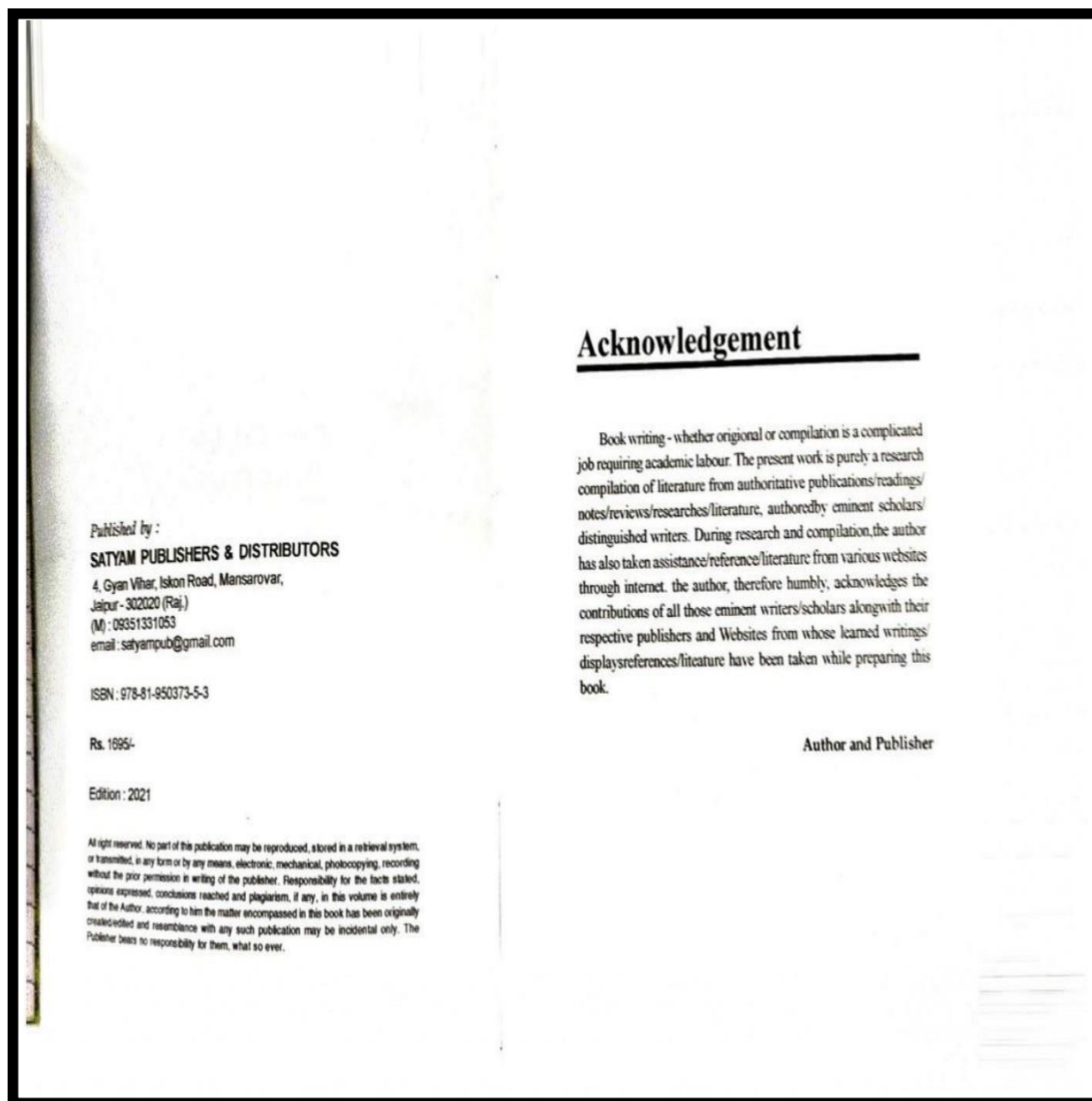
For example, an interdisciplinary analysis of an ecological system which is being impacted by one or more stressors might include several related environmental science fields. In an estuarine setting where a proposed industrial development could impact certain species by water and air pollution, biologists would describe the flora and fauna, chemists would analyze the transport of water pollutants to the marsh, physicists would calculate air pollution emissions and geologists would assist in understanding the marsh soils and bay muds.

ENVIRONMENTAL SCIENCE

Environmental science is an interdisciplinary academic field that integrates physical, biological and information sciences (including ecology, biology, physics, chemistry, zoology, mineralogy, oceanology, limnology, soil science, geology, atmospheric science, and geodesy) to the study of the environment.

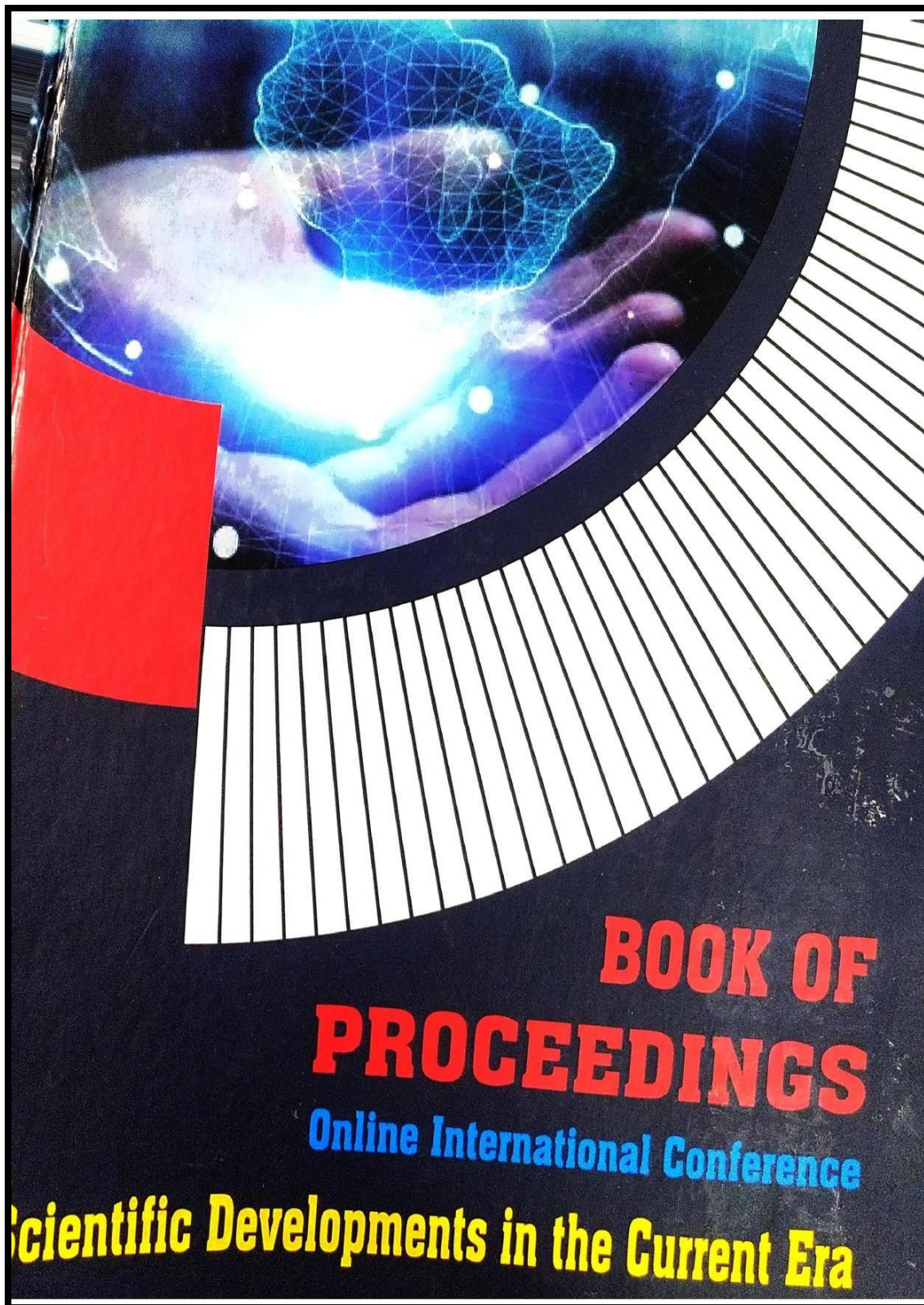
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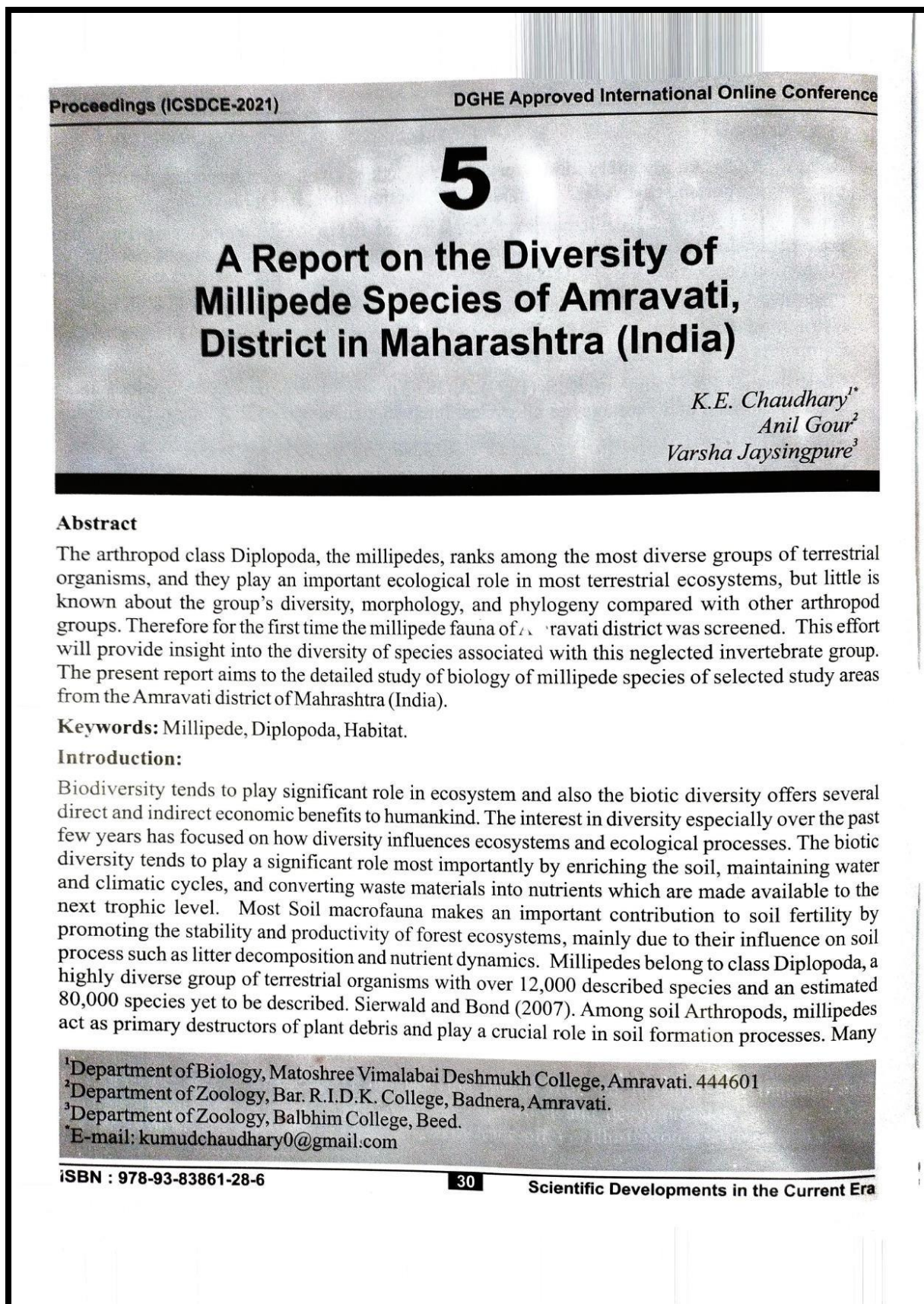
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A Report on the Diversity of Millipede Species of Amravati District in Maharashtra
(India)



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A Report on the Diversity of Millipede Species of Amravati, District in Maharashtra (India)

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Abstract

The arthropod class Diplopoda, the millipedes, ranks among the most diverse groups of terrestrial organisms, and they play an important ecological role in most terrestrial ecosystems, but little is known about the group's diversity, morphology, and phylogeny compared with other arthropod groups. Therefore for the first time the millipede fauna of Amravati district was screened. This effort will provide insight into the diversity of species associated with this neglected invertebrate group. The present report aims to the detailed study of biology of millipede species of selected study areas from the Amravati district of Maharashtra (India).

Keywords: Millipede, Diplopoda, Habitat.

Introduction:

Biodiversity tends to play significant role in ecosystem and also the biotic diversity offers several direct and indirect economic benefits to humankind. The interest in diversity especially over the past few years has focused on how diversity influences ecosystems and ecological processes. The biotic diversity tends to play a significant role most importantly by enriching the soil, maintaining water and climatic cycles, and converting waste materials into nutrients which are made available to the next trophic level. Most Soil macrofauna makes an important contribution to soil fertility by promoting the stability and productivity of forest ecosystems, mainly due to their influence on soil process such as litter decomposition and nutrient dynamics. Millipedes belong to class Diplopoda, a highly diverse group of terrestrial organisms with over 12,000 described species and an estimated 80,000 species yet to be described. Sierwald and Bond (2007). Among soil Arthropods, millipedes act as primary destructors of plant debris and play a crucial role in soil formation processes. Many

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Scientific Developments in the Current Era

millipedes can also serve as indicators of environmental conditions and improve the structure content of organic matter. The Millipeds are Ancient and magadiverse Terresrial group. They are common arthropods found in damp locations where they feed on decaying organic matter. Millipedes are beneficial as "recyclers" as they break down decaying organic matter. Millipedes are not harmful; they cannot bite or sting and they do not attack people, property, possessions or pets.

Despite their remarkable diversity and importance as detritivores in temperate and tropical forests, major classification problems persist at all taxonomic and phylogenetic levels within the group. The number of described species lags far behind diversity estimates. There are numerous monotypic genera; ordinal, sub ordinal, and familial relationships as well as placement of millipedes within the Arthropoda are either unresolved or controversial. Currently, 16 orders of extant and 8 orders of extinct millipedes are recognized. Taxonomic millipede expertise has always been limited to a few researchers, resulting in under representation in collections, especially from the tropics. Most millipede collections harbor large unidentified backlogs. The phylogenetics of the class was reviewed, with particular attention on diplopod placement within the Myriapoda and emphasis on recent advances using molecular approaches to phylogenetic reconstruction by Petra Sierwald.& Jason Band (2007)and presented the first combined morphological and molecular analysis of the millipede.

Materials and Methods: -

In the present study we collected eight millipede species commonly found in the Amravati district. These species were chiefly collected from five talukas in the district namely, Amravati, Dhamangaon, Chikhladara, Chandur Rly. Anjangaon surji. The specimens of millipeds were collected from different Habitats like Cattle farms ,crop fields, forest area and from gardens near the houses .Mostly the specimens were found from moist conditions where there is abundance of food and shelter. The specimens collected for identification and some individuals also kept living by providing favorable conditions in laboratory for further study of biology, morphology and anatomy of Millipede species found in the region . Species of millipede were collected for identification and carefully described in the laboratory. All the morphological characters of male and female were recorded and the species were identified up to order. The millipede species were preserved as per the method given by Dr. Richard L. Hoffman. The preserved male and female specimens of millipedes were sent for identification to Dr. Richard L. Hoffman, Curator, Virginia Museum of Natural History, U. S. A.

Observations and Results:

From the study of collected specimens and the systematic observations results are found as follows, the actual photographs with the identified species and the details of collection sites are given in the description and discussed here with this study revealed that in the district, millipedes of two orders (Polydesmida and Spirostreptida) are found. These are as follows.

1. *Anoplodesmus tanjoricus* (Pocock, 1892), order Polydesmida.
2. *Mordonius importatus* (Demanage, 1977), order Spirostreptida.
3. *Phyllogonostreptus amballae* (Chamberlin, 1923), order Spirostreptida.
4. *Chondromorpha mammifera* (Attems, 1936), order Polydesmida.

5. *Chondromorpha kelaarti* (Humbert), order Polydesmida.
6. May be new genus and species (Hoffman), order Polydesmida.
7. Scientifically undescribed (Hoffman), order Polydesmida.
8. Undescribed, order Spirostreptida.

Identification:

The systematic position of the millipede *Anoplodesmus tanjoricus* (Pocock, 1892) is given as follows;

Animal kingdom - Animalia
 Sub-kingdom - Eumetazoa
 Phylum - Arthropoda
 Sub-phylum - Mandibulata
 Group - Myriapoda
 Class - Diplopoda
 Sub-class - Helminthomorpha
 Order - Polydesmida
 Family - Paradoxosomatidae
 Genus - *Anoplodesmus*
 Species - *tanjoricus*

This species was described from Tanjore, and is probably native to extreme southern India. However, it is very successful in being transported around in live plants or soil, and making new colonies.

I. *Anoplodesmus tanjoricus*: species is found distributed throughout the district. This species is found in large number in village Anjangaon Bari about 15 km. away from Amaravati, probably because this soil is rich in Calcium 85.2% mg/kg, Magnesium 32.32%mg/kg and the pH of the soil is slightly alkaline (7.5)



Fig. 1-Photograph of *Anoplodesmus tanjoricus*

5] *Chondromorpha kelaarti* :-

The fifth millipede species which is smaller in size *Chondromorpha kelaarti* (Fig.5), is also found inhabiting mainly the forest area of Chikhaldara- hill station, in large number and few individuals are found under the teak(*Tectona grandis*) leaves in a group of 10 to 15 near Parathwada.



Fig.5 *Chondromorpha kelaarti*

6] **New Species and Genus:-**

The sixth millipede species reddish, smaller in size, undescribed (Fig.6), in literature and is not identified by Dr. Hoffman. This species is found in large groups or swarms, sometimes in few thousand, throughout the district particularly after rain fall during monsoon in the months of August to September. Hoffman reported this as new genus or species. The peculiarities of the millipedes are it always moves on the surface in large groups, some time acting as pests in the fields.



Fig. 6 New Species and Genus

7] **Undescribed:** The seventh millipede species is found in the district. This millipede is undescribed & unidentified (Fig.7) particularly found in the garden area and near the decaying stems of Tur (*Cajanus cajan*). It is also found in the vicinity of decaying grass in the month of August and September.

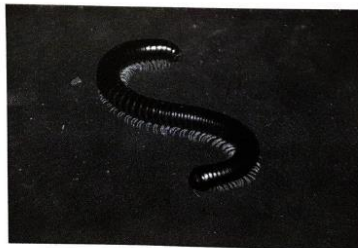


Fig.7 Undescribed species of Millipede from Amravati

- 8] **Unidentified:** The eight millipede species found in the district, is giant one and is undescribed & unidentified (no.8) inhabiting deep forest area of Melghat under the teak (*Tectona grandis*) leaf litter. This species is also found creeping on the barks of stems of big trees in the forest (Arboreal in habit).



Fig. 8. Unidentified Species

Conclusion:

During the study a new species was also found and two species are unidentified and undescribed are also listed, so in total eight different species of Millipeds were found in the area and the rich diversity of species in the Amravati region is approved. The three unidentified species will help to erect the new species after further investigations.

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**Dr. C. N. Vidhale -
Role of Home Science in Nation Building**

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

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INTRODUCTION -

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

After independence movement, the forward looking nation strived to empower the status of women in all spheres of life and home science education for girls continued to flourish.

Within a span of 5 decades after independence home science has attained the status of an independent University. Avinashilingam Institute of Home Science and Higher Education for Women at Coimbatore is a Deemed University and the entire home science community feels very proud of this achievement.

With reference to higher education for women where home science is a strong component find that women have succeeded in establishing their worth. The enrollment of women in higher education has shown a rising trend. It has been four fold and visualize a steep rise in years to come on accounts of growing numbers of women's colleges and Universities.

The post independence era has witnessed the opening of women's University as currently we have 10 women's universities your cities in our country. This speaks volumes on achievement and status of Home science in the present day scenario. But it must be taken note of that home science has birth it's bounce and has increased its internal scope of investigation and studies because it has now delved deeply into the subject of social sciences to come to grips with seen and unforeseen problems of the future.

In the light of nation developments, Home Science education is most appropriate. This education is not confined to strengthening of home and family life only, it is an education aimed at nation building. Those who impart instructions or those who are pursuing their instructions must realise that, they have a major role to play by infusing their nurturing roles with community and nation building . Home science education in an agricultural University set up is of special significance, as it aims at improving the quality of life of rural people. Hence the knowledge basket of Home science is of great value to women at large their community and the nation because it is the women who rocks the cradle that rules the world.

Home Science for family welfare –

Our national policies and programs on women's development have great faith on home science as this women centred education can tremendously contribute to empowerment

This is the information age with computer application in all fields and home science education should be no exception. Use of internet have to create own website for wider scope. For information sharing, home scientist needs to update subject matter knowledge, enhance our publications in quantitative and qualitative dimension, improve research and networking with other scientific institutions.

Role of Home Science in moral and material progress of the nation-

The house is generally understood as the four walled dwelling place whether it is a hut with mud walls and thatched roof or more expensive cement structures of different sizes and dimensions with all types of facilities minimum or maximum for the physical comforts of housing the members of the family. It caters to the fulfillment of the material functions of the household in varying degrees. Being a built structure, it can be estimated in terms of money construction articles and labour. On the other hand the home is the house plus all the human factors, their ideals, values aspirations, appreciations, experience and interactions. The home is the combination of the human factors and housing features and facilities. The home has always been considered synonymous with the family in the Indian culture. Home means, the people with whom one leaves and the atmosphere in which one shares his love feelings and experiences and has a unique place in an individual's life. It is from where he has been brought into the glorious Pan of life as an infant. It is where he receives the human touch and its worth. The home is an integral part of his existence in his personality development and in shaping his destiny. Through the loyalties built up in the home, traditions and customs are developed and guarded zealously as heritage for posterity.

The Indian home fulfills many functions beside serving its members. It is the centre for hospitality and philanthropic actions. Individual homes makeup a community and they reflect the standards and ideals of the society. The home being the nucleus of the society is the place where cooperative efforts and

human resource. Being the community asset they are the future leaders of the nation. Their role in various spears of national development, must be identified and define. They need to be utilised fully for changing the harmful beliefs and practices in the traditional societies in order to make them progressive and democratic.

Their role in national development is crucial from the social, educational, legal, economic and cultural stand points. When youth are trained adequately in relevant aspect of Home Science, they can play an important role in creating a favourable climate for social and economic development.

Realising the importance of youth welfare, the major areas of Home science education aims not only revitalising the community but also promoting the welfare of youth by developing leadership qualities, close team spirit, desirable values, appreciation for rural living, knowledge of home and farm enterprises, character and health, discipline and habits scientific attitude practical thinking skills & knowledge for improvement civic and economic responsibilities and ability to cook with sociological and technological changes in them.

Thus the major areas of Home science impart knowledge towards improvement of the individuals, his/her family, community and the nation. The home science curricula at the undergraduate and post graduate levels have been given rural orientation inculcate such qualities which enables them to contribute in national development and to preserve the nation's culture. It prepares youth to develop the qualities of

- Worth of individual
- Respect for the society, it's needs and values
- Worth of self
- Competent family living
- Sound decision making etc.

In addition to this, home science trains the students for careers. The greatest career is home making and bringing up happy families. The other careers are teaching, extension and community development services , social services, dietetics care-

taker in crechers and preschool, catering, interior decoration, housekeeping, counselling and research in all its major areas.

CONCLUSION –

Home science render valuable service to the nation by enabling its youth to establish sound homes. Whom does not mean only the structure within the four walls of the house it extends into the community of the people and Nations. Inspiring the young homemakers to serve the nation and to promote International goodwill and understanding is a great contribution of Home science. It's influence is inestimable in developing citizenship and qualities essential for democratic living.

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**Dr. D. R. Bambole -
Recent Computer Technology Skills for Entrepreneurship and Opportunities.**

**CHAPTER - 2
RECENT COMPUTER TECHNOLOGY SKILLS FOR
ENTREPRENEURSHIP AND OPPORTUNITIES**

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INTRODUCTION:

Various Skills are required, assuming that one is on the lookout for a new position or figuring out the expert improvement plan for future profession development, then one ought to evaluate the innovation inclinations of bosses and himself.

There are several essential skill sets that can develop to increase the entrepreneurial success. Hard skills—like technical and financial skills—can be extremely important to managing a business. Additionally, soft skills—like communication and leadership skills—can also ensure to develop as an entrepreneur.

For entrepreneurship it is essential to know the concepts, methods, techniques, theories, models, and practice of entrepreneurship, which are essential for computer science and software engineering. Entrepreneurship will bridge the gap between creating products and creating marketing opportunities.

Entrepreneurial skills can encompass a large range of both soft and hard skills. Because of the many business roles entrepreneurs may take on, they may also requires to develop a variety of different skill sets to accommodate the growth of the businesses and brands.

Also, some of the basic computer technical skills are required that will help to get the job in market:

One of the Subjects which are included in the Home Science syllabus is “Computer Application in home Science” in which basic technical skills about the MS -Office is taught. The students can use this MS Office in business and job.

What are entrepreneurial skills?

Entrepreneurial skills can encompass a broad range of various skill sets like technical skills, leadership skills and business management skills and creative thinking skills, because of entrepreneurial skills can be applied to many different job roles and industries. Developing the entrepreneurial skills, mean development of the several type sets of skills. For instance, to be a successful business owner, it is needed to develop the business management skills. To build and maintain successful project teams, it might need to improve the leadership and communication skills.

Entrepreneurial skills are those normally associated with being an entrepreneur, although anyone can develop them.

Being an entrepreneur usually means starting and building the own successful business, but people with entrepreneurial skills can increase within larger organizations also.

Some common required entrepreneurial skills are:

1) The Personal Characteristics of an Entrepreneur:

For successful entrepreneur, entrepreneurs must tend to be strongly innovative in outlook, and they may take risks that the others would avoid.

Following are the personal characteristics, values and beliefs.

- A. **Optimism:** For successful entrepreneur, one must be an optimistic thinker. Optimism is an asset, and it will help through the tough times that many entrepreneurs experience.

Also, if one is unable to properly evaluate the value of an opportunity, one is appropriate to miss a great vision.

For the entrepreneurship, it is essential to know the concepts, methods, techniques, theories, models, and practice of entrepreneurship, which are essential for computer science and software engineering. It will be clear from the following:

- Software entrepreneurial process:
- Leadership characteristics and styles:
- Principles of software business ownership:
- Entrepreneurial software marketing:
- Software business communication and negotiation techniques:
- Feasibility analysis:
- Accounting Management for software business:
- Small software business management:
- Funding approaches technique:
- Entrepreneurial financing:
- Software market opportunity identification:
- Software business law:
- Demand forecasting:
- Software product discovery:
- Software business plan development:
- Software entrepreneurship risk management:
- Rules and regulations:
- Computational and entrepreneurial thinking:
- Software Innovation:
- Software product development:
- Social entrepreneurship:
- Commercial entrepreneurship:
- Public entrepreneurship:
- Corporate entrepreneurship:

Also, some of the basic computer technical skills are required that will help to get the job in market:

Also, one of the Subjects which are included in the Home Science syllabus is "Computer Application in home Science" in which basic technical skills about the MS -Office is taught. The students can use this MS- Office in business and job.

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Dr. K. E. Chaudhari –

Review of Recent Trends in Human Physiology in context to Home Science Faculty

CHAPTER - 4
REVIEW OF RECENT TRENDS IN HUMAN
PHYSIOLOGY IN CONTEXT TO HOME SCIENCE
FACULTY

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INTRODUCTION-

Scheme of Bachelor's Programme (Composite) and Master's Programme in five specializations i.e. Family Resource Management, Food Science and Nutrition, Human Development, Textile and Clothing, Communication and Extension in the Home Science is designed by considering regional, national and global needs and to achieve the academic, professional, social and personal development of students.

The Home Science Bachelors programme curriculum includes the main five Home Science subjects with Biology as the interdisciplinary subject like chemistry and physics. The biology course includes papers like Human physiology ,ecology and environment and Health ,Hygiene And Microbiology, the Ecology and environment paper help to make students aware about the importance of Natural resources and its conservation for sustainable development and help them to make a responsible citizen of the country.

The learning objectives of Biology is that after completion of course students will be able to understand relationship of physiology and role of nutrition. That's why the Masters programmer of Nutrition in Homescience includes topics like Physiology of growth and development, Physiology of aging -

Free radical theory of aging - Physiological mechanisms to limit free radical damage - Caloric restriction, antioxidants and aging, Enzymes in clinical diagnosis, Role of hormones in nutrition and health, Nutro-genomics, Genetic variation and dietary response, Gene nutrient interactions, Role of nutrients in gene expression and Maintenance of Body Homeostasis. so in this chapter the research advancements in the field of Human Physiology are discussed in detail which will help the learners to cope with advanced technological breakthroughs in the field of Physiology and which aims to have insight in Health issues and Nutritional impact on it.

DISCUSSION-

Human growth:-

Human growth physiology includes the study of the dynamic period beginning with cleavage of the zygote and ending with completion of adolescence with which ends the long bone growth. The whole process is influenced by genetic, nutritional/environmental, and hormonal factors that vary with the different growth phases like prenatal, infancy, childhood, and adolescence. It is estimated that 70–90% of adult stature is genetically determined and nutritional and socioeconomic factors are also responsible in the same extent. In addition to the genetic factors affecting the production of and response to hormones like insulin, thyroid hormone, sex steroids, and the Growth Hormone, growth is genetically controlled through the expression of numerous genes which are acting on the growth plate are also recognized. Fibroblast growth factors (FGFs) interact with its receptors to regulate the growth and development of endochondral bone and longitudinal growth and fusion of long bones. The gene for FGF receptor 2 (FGFR2) is expressed by the earliest chondrocytes and induces the expression of a transcription factor needed for the differentiation of the chondrocytes, as well as male genital development. FGFR3 stimulates the proliferation of immature cells and limits division of proliferating chondrocytes. Gain of function mutation of FGFR3

typically associated with an effect on adult height. It is noteworthy that growth differences in preschool children are more influenced by socioeconomic factors than by genetic factors. That size differences between ethnic or geographic isolated groups result from environmental factors, rather than genetics, was demonstrated by the finding that 7-year-old boys in families in the upper socioeconomic classes from eight different countries had very similar heights corresponding to the 50th percentile in the US

Genetic Diseases and Dietary factors-

Chronic non-communicable diseases, such as coronary heart disease, high blood pressure, cancer or Diabetes Miletus, which account for approximately 60% of global mortality, tend to aggregate in families, and the risk among relatives is higher compared to the general population. Families share both genes and environment; however, various families, even those composed of different ethnic groups, may live together in the same cities within a homogenous environment. In these situations, individual genetic variants or inheritances contribute to non-communicable disease susceptibility, through the modulation of the response to nutrients or diets. In this regard, approximately one decade ago, genome-wide association studies revealed certain genomic variants that predisposed individuals to diabetes. Furthermore, the results of these have also highlighted the importance of dietary variables. Genetic variation across the human genome has been recognized as increasingly complex. Single-nucleotide polymorphisms (SNPs) are the most common type of genetic variations dispersed within or outside a gene region in the human genome. Approximately one decade ago, there were more than 10 million SNPs reported in public databases. Genetic polymorphisms are normally identified in at least 1% of the population, and approximately 54% of these variants are not deleterious mutations. In the case of Diabetes Miletus, these variants, in general, do not directly cause the disease but alter the risk of developing diabetes. Twin studies

quantitative trait locus (QTL) analysis has been developed. This methodology allows the identification of regions of chromosomes that contribute to a complex trait . QTLs are identified through statistical analysis of how frequently a region of a chromosome is associated with a measurable phenotype, e.g., plasma insulin levels or the homeostasis model assessment (HOMA) index. Finally, each of the genes within the QTLs may contribute different amounts to the trait. In this regard, SNPs may therefore be associated with small or large contributions to the complex trait ; the contribution will vary depending upon gene-nutrient interactions for the gene responsible for the QTL and whether that gene interacts with other genes in the genome.

Nutrient-gene expression mechanisms-

Nutrients present in food and diet can affect gene expression in a number of ways. They may directly act as ligands for transcription factors and change gene expression. Nutrients may be metabolized by different pathways, thereby modifying the concentration of substrates or intermediates that affect gene expression. Alternatively, the substrates or intermediates may act on or alter cell signaling pathways involved in gene expression. Moreover, nutrients may directly alter signal transduction pathways responsible for modifications in gene expression. Finally, the modifications in the signaling pathways, caused by nutrients, may modulate the metabolism of nutrients affecting gene expression. The modifications in gene expression may affect muscle, liver, pancreatic β cells, hypothalamus and adipose tissue, thereby regulating glucose homeostasis. The effects of these nutrient-gene interactions can be deleterious increasing risk and illness progression and complications or protective doing the opposite effects.

Free radical and aging-

The human body is in constant battle to keep from aging. Research suggests that free radical damage to cells leads to the pathological changes associated with aging. An increasing

the cells because of exposure to infective agents, bacterial toxins, etc, enzymes 'leak' through the membranes into the circulatory system. This causes their fluid level to be raised above the normal cell level. Estimation of the type, extent and duration of these raised enzyme activities can then furnish information on the identity of the damaged cell and indicate the extent of injury. Enzyme assays can make an important contribution to the diagnosis of diseases, as a minute change in enzyme concentration can easily be measured. Determination of the changes in enzyme level thus offers a greater degree of organ and disease differentiation in comparison to other possible clinico-chemical parameters, e.g. albumin or gamma globulin. Currently, the diagnostic specificity of enzyme tests is such that they are limited primarily to confirming diagnosis, offering data to be weighed alongside other clinical reports, owing to lack of disease specific enzymes.

CONCLUSION-

So the use of advanced techniques in the field of biotechnology and molecular biology and advanced studies helped to investigate the interrelations of genes and nutrition and enzymes and bioactive molecules in human body in turn focus on the implementations of these results in betterment of life.

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**Mrs. A.P.Harne –
Introduction of Indian Traditional Textile Craft**

**CHAPTER - 5
INTRODUCTION OF INDIAN TRADITIONAL
TEXTILE CRAFT**

Archana Prakash Harne
Assistant Professor, Department of Home Science.

INTRODUCTION

The word "textile" comes from the Latin word "texere," which meaning "to weave." A flexible material made up of a network of natural or synthetic fibres known as yarn is referred to as a textile. Weaving, knitting, crocheting, knotting, and pressing fibre together are all methods for creating textiles. Textile Museums are museums dedicated to the preservation of various types of textiles and textile products. Textiles in India have a long history, dating back to the Indus Valley Civilization, when people woven their garments with homespun cotton. The earliest of the Vedas, the Rigveda, contains literary knowledge on textiles and mentions weaving. The famous Indian epics Ramayana and Mahabharata feature a diverse range of materials. Cotton, wool, silk, jute, and other plentiful raw materials are readily available. Social conventions are widely practiced, and there is a diverse range of local cultures to choose.

India's diverse textile traditions are influenced by its many regions. Woolen textiles are produced in abundance in the country's hilly region. Kashmir's pashmina and shahtoosh shawls, as well as Himachal Pradesh shawls and woolen clothing and other north eastern states' woolen textiles, are world-renowned.

Objectives of The Study :

The objectives of the study are -

- To study Indian traditional textile crafts.
- To Document the history and origins of Indian traditional textile crafts.

Indian Textile Crafts: There are two broad kinds of Indian textile crafts.

Indian Textile Crafts are divided into four categories:

The Structural and Surface categories of Indian textile crafts can be classified into two groups. The structural crafts in which a design is incorporated into a textile product while it is being made. Various woven Sarees, Shawls, and other brocaded textiles, such as Banaras Brocades and Kashmir Shawls, are examples of these. Apart from these lovely woven textiles, India has a wide selection of hand painted and printed, hand embroidered, and resist dyed textiles, ranging from embroidered shawls of Kashmir and Punjab to superb Lukhnow Chikankari. Traditional textile crafts from India are likely to be more adaptable.

Printed Textiles of India

Fabric prints have been traced back to the fourth century BC. Woodblock printing, which dates back to 220 AD, was the earliest prevalent method of textile printing. Block printing and screen printing have gained popularity across Asia, India, and Europe. As the printing production process travelled around the world at this time, little altered. The East India Company started shipping printed cotton to England in the early seventeenth century. Because they were unable to create the designs they desired, the English commissioned certain patterns to be printed and sent back to Britain, which were simpler than the original Indian style. A French textile did not arrive in America until 1676.that a French refugee set up England's first print works

near to the city of London. During the 18th century the popularity of Calico printing spread rapidly, with new print-works opening in Switzerland, Germany and later Britain. And it was the French that became most renowned for their artistic patterns and craftsmanship, so popular that they would be copied all over Europe.

Calico printing's popularity grew quickly in the 18th century, with new print shops springing up in Switzerland, Germany, and later Britain. And it was the French who were most famous for their creative designs and craftsmanship, which were so popular that they were imitated all around Europe. Coloring and patterning are the two most used printing processes on textile materials. The former involves painting with resist techniques using patterns prior to coloring or dyeing the fabric, whereas the latter involves painting with resist techniques using patterns before coloring or dyeing the fabric, one example of printed textile technique is given below.

Bagru Prints of Rajasthan

Bagru is a small Rajasthan village famous for its mud-resist block prints. The printer in Bagru prepares the raw material, which is mostly cotton, first. Silk, cotton, and silk blends, for example, are natural materials. After that, mordents in paste form are printed on the fabric. Outline and filler blocks are used for printing textiles. After that, it's dried and colored using natural dyes. The mud resist paste is used to keep colours, primarily vegetable dyes, from penetrating the cotton fabric. The fabric is washed in the river after it has been dyed. The mud resist paste is washed away, revealing printed designs on a white backdrop encircled by the base color. As a result, the dark and deep background with light-colored printing effect is created.

Traditional Embroidery of India

Embroidery, sometimes known as "needle painting," is the art of using needlework to decorate a piece of fabric. It's the creative use of a needle and thread to produce visually beautiful

Banaras Brocades - Uttarpradesh

Banaras brocade, also known as Kin-khab, is a tightly woven silk fabric with gold and silver designs. The patterns used by Banarasi weavers were one-of-a-kind. Nakashabands were master craftsmen in Banaras who specialised in Jala. Brocade weaving centres were originally established in the capitals of kingdoms and holy cities to meet the demand for expensive fabrics by royal families and temples. Alaipura and Madanpura were the two great traditional weaving centres of Banaras Brocade, producing distinctly different brocades. With the floral forms known as But is and But as, nature served as the primary source of inspiration. But is are often made of a single flower, bird, animal, or leaf. Jal or net design, also known as Jangala, is another.

Brocades are divided into two categories: pure silk and cotton blends and Zari brocades with gold and silver threads.

Silk is the most common material used in brocade weaving. It creates beautiful weaves and is long-lasting, strong, fine, and smooth. Tanduri, Banaka, and Mukta are the three main types of raw silk used in brocades. Tanduri is imported from Malda and other places. Benga Banaka is a finer and thinner variety that is mostly used to weave soft fabrics such as turbans and handkerchiefs. Mukta is a coarse and durable silk that is used for kimkhab because fine silk cannot withstand heavy gold patterns.

CONCLUSION

The Indian textile craft is diverse and rich in its history and tradition. The craft traditions are as many in India as much there are cultures. For years these crafts were embedded and limited within its rural communities but now the contemporary designers have revived them and given them a new look to present into the world. India has a long history of craft and craft traditions. Even before the British Raj, India was one of the top exporting countries for textiles due to its traditional textile crafts.

Many crafts were being lost to history as a result of modernization and mechanization, but a love of craft, design, and tradition aided in the revival of the Indian Craft Industry. This revival of textile crafts is due to India's newfound confidence in terms of educated citizens, improved economy, and a sense of Swadeshi, or belonging to the roots of traditional India. The movement was, of course, started by Mahatma Gandhi – Home Spun Khadi. Today, Dilli Haat – a government initiative – is a prime example of this.

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**Mrs. S.S. Mohod –
Home Science for Betterment of Life**

**CHAPTER - 6
HOME SCIENCE FOR BETTERMENT OF LIFE**

Sadhana S. Mohod

*Asso. Prof., Matoshree Vimalabai Deshmukh Mahavidyalaya,
Amravati.*

INTRODUCTION

Home Science consists of two words, i.e., Home and Science. 'Home' refers to a place of residence where family lives. The word 'Science' refers to knowledge based on facts, principles, and laws that will ultimately lead towards better life. By combining these two words, meaning of Home Science is, 'knowledge in a symbolic manner towards improving the quality of home and family life.' Actually, Home Science is the application of many sciences and art toward achieving better, healthier, and happier homes.

The study of Home Science helps people in improving quality of life through many different ways. It helps them to lead more satisfying personal, family, and community life by spreading knowledge and appreciating cultural and spiritual values. Home Science offers great opportunity to express anyone's ability to understand and manage their resources and also develop leadership qualities. It helps in developing qualities needed for responsible citizenship. It imparts knowledge of food, food safety, balanced diet, and healthy food preparation techniques to students. Enables one to make good decisions, sort family problems and find out solutions for them. Home Science provides necessary strategies about entrepreneurship to help young students identify and pursue income generating activities. Students gain technical knowledge and information

from various branches of Home Science for both personal uses as well professional use.

To understand all these facts about Home Science, it is necessary to study in detail about all different aspects of Home Science, which includes its meaning, philosophy, evolution in India, its objectives, importance, and the major branches of Home Science and their contribution for betterment of life. All these aspects are discussed in detail in the following sections.

Meaning of Home Science

Home Science is multidisciplinary field of study. It is both an art and science. It is the art of managing resources efficiently and also the science of improving home life, family life and also of intellectual thinking. It is interesting to study the science of everyday life and specially in our households that includes human development. Home Science teaches nutrients under the branch 'Food and Nutrition' and is actually the education of better living as its core subject is 'family'. Home Science also deals with reciprocal relations between the family and its natural and manmade environment. In fact with changing social science, Home Science as an academic discipline has come into being social media. The arts, science, and humanities when woven together built volumes of knowledge and information which can then be promoted for application through special areas of academic program of Home Science. It includes teachings of various basic as well as applied disciplines derived from fundamental form of various arts, science, and humanities for application to day-to-day living.

This academic field of Home Science education is different from other fields. Firstly, it has a concern for home and family living. Secondly, it personalizes instructions, in which the training of Home Science leaves it to the discretion of its students what is to be adopted for further living taking into consideration the difference between any two families. and lastly, Home Science unifies knowledge for basic arts, science, and humanities to solve the problems arising out of day-to-day life. The

community, in the management of resources, and the duties of future parents.

Home Science subjects are best synthesis of the arts and science to solve everyday problems of family life. These are –

1. The physical sciences i.e., physics and chemistry with their applications in nutrition, textiles, health, home nursing, home management, and household equipment.
2. The biological sciences including bacteriology, physiology, and hygiene with their applications in nutrition, health, home nursing, child development.
3. The social sciences including economics, sociology, civics, and psychology with their application in management, household and consumption economics, child development, family relationships, food and nutrition, textile, and clothing.
4. The fine arts with their application in having home formation, household equipment, food preparation, textiles, clothing, art in everyday life, child development and family relationships. Students apply their knowledge of colour, literature and music to create beauty in everyday living, family festivals, ceremony and in the selection of clothes.

This branch was quite popular during the initial years of this century and once again this field has gained importance because of its usage in everyday life.

Effective Home Science does not deal with crafts as a subject but deals with education through which desirable changes are brought about in family living. It lays an emphasis on the scientific findings and skills related to family and the home. It is an understanding of sound scientific principles and their application in various home situations. Learning to make decisions and choices based on understanding of the principles involved is a very important part of actual meaning of Home Science.

The philosophy of Home Science emphasizes upon the following aspects:

1. Home is a place for development of both genders with equal opportunities.
2. The personal and professional development of both genders is possible within the home.
3. The roles and norms for both genders pertain to their personal and professional lives. Therefore, the imbalance between the roles of men and women must be avoided.
4. The single dimensional role of women as a home maker produces constraints on women's development in the present century. Society and individuals have changed enormously and will continue to change in the coming days and therefore the women's equal role of home maker needs to be focused with professional roles.
5. All knowledge applied or fundamental, which can be used to liberate women and men from undue pressure within and without the home is the content of Home Science. Particularly, the knowledge which develops awareness of over glorification of Indian motherhood and the absolute authoritative roles of the Indian father and husband are to be the integral contents of discussion in Home Science.

In short, we can say that Home Science aims to attain family happiness, raise its moral standard, and improve its economic conditions. And these objectives are to be achieved by fully allowing importantly women of the house along with men to develop personally and professionally. Even today in the modern world, home and family are the measuring yardsticks of social progress. Philosophy of Home Science therefore contributes to the fulfillment of well-being as well as security of members of the home & family.

Slowly, Home Science is gaining position as a professional discipline in the Indian society. Today with the changing roles of home maker from a wife and a mother to a wage earner and community worker, a need is being felt to vocationise program

as a required subject in school syllabus, can help promote gender equality in home management. If young boys learn all skills of managing home at a young age, they may be more willing as adults to take part in household chores when they have families. This would ultimately in some way will surely help in promoting gender equality.

CONCLUSION

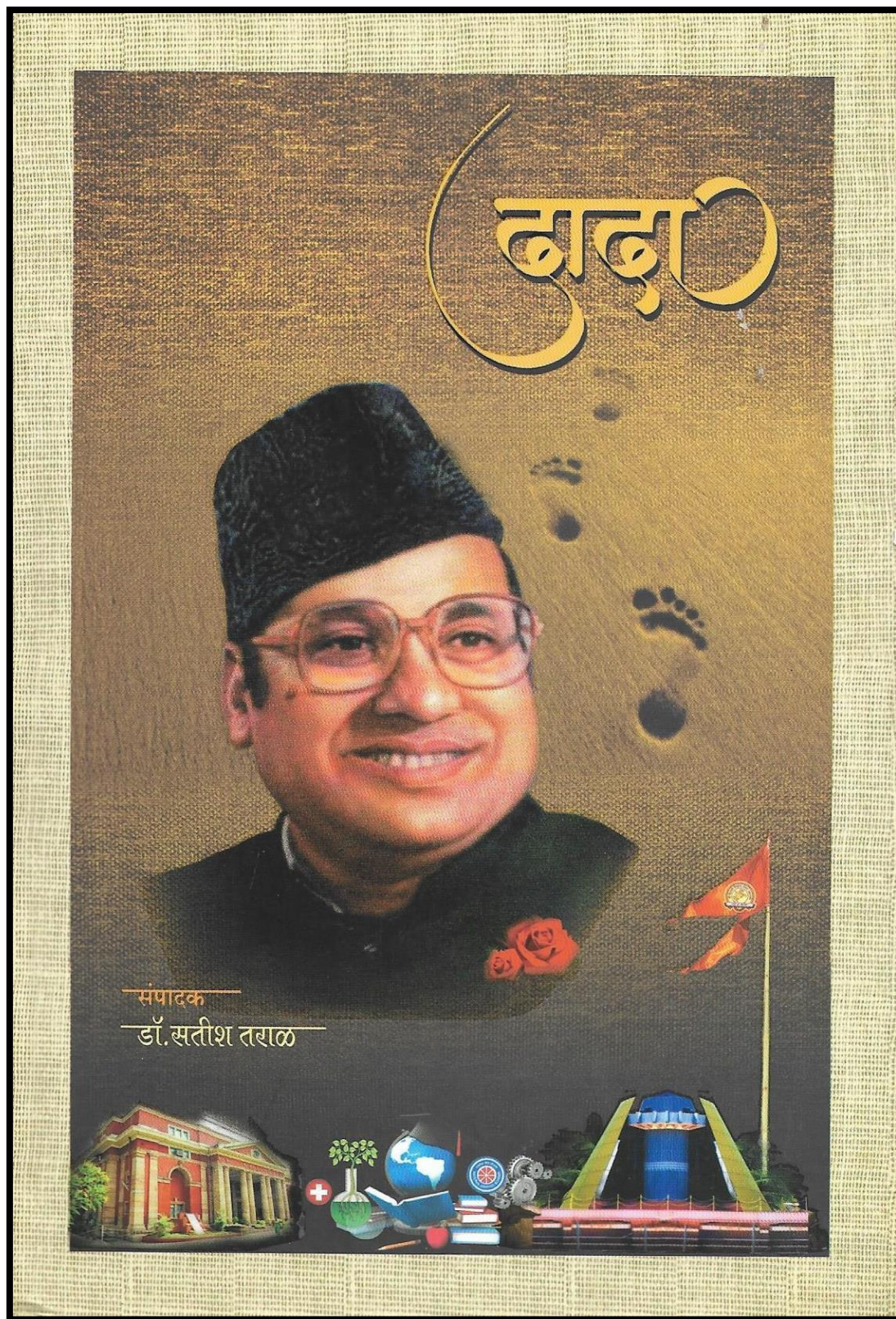
Probably no field calls for such varied talents as Home Science does. Today's Home Science education is not confined to strengthen the home and family life only, it is an education aimed at individual and national building. It has a vital contribution in human development, better living and national well-being. Moreover, it offers numerous job opportunities, career options ranging from teaching to working in research institutions, which are wellknown but there are other areas too, where one can work in, the list is very long. Self-employment or entrepreneurship is the best option, provided by Home Science faculty, which no other branch provides. Thus, we can say, perhaps no other profession calls for such varied talents as Home Science does. Home Science is not just cooking or child rearing or stitching but has a global perspective and behavior change. Home Science equips the tomorrows future knowledge with relevant knowledge, competencies and prepares them to become efficient custodians of every nation's future. The limitless scope it offers and its importance to everyone is hard to explain in one chapter.

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प्राचार्यांचे मनोगत

दैनंदिन जीवन व आहाराचा परस्पर संबंध आहे. आहार यावरच आपले स्वास्थ्य टिकून आहे. प्रस्तुत ग्रंथात मानवी जीवनातील विविध अवस्थेचा अभ्यास केलेला आहे. व त्यानुसार आहार कसा असावा. याचे विस्तृत विवेचन केलेले आहे. प्रा.प्राची भांबुरकर यांचा मानवी विकासात्मक अवस्थेनुसार दैनंदिन जीवनात आहारशास्त्राचे महत्त्व हा ग्रंथ संपादित होतो आहे. याचा मला अतिशय आनंद होत आहे.

'गृह-अर्थशास्त्र' अशा व्यापक विषयाखाली गृहजीवनाशी संबंधित अशा अनेक घटकांचा, कलाकौशल्यांचा एकत्रितपणे अभ्यास केल्या जातो. त्यातीलच आहार हा एक मोठा घटक.

दैनंदिन जीवनात विविध अवस्थेनुसार योग्य आहार कसा व किती प्रमाणात असावा? याविषयी माहिती दिली आहे.

शरीराच्या प्रकृतीनुसार पुरेसा व समतोल आहार आवश्यक आहे. आहाराचे प्रमाण, प्रकार, वेळा इत्यादींवर आरोग्य अवलंबून असते. तिखट मसालेदार पदार्थ जेवणात कमी प्रमाणात असावेत.

ऋतुमानाप्रमाणे आहारात बदल व्हावेत. पावसाळ्यात, उन्हाळ्यात भूक मंद असते. म्हणून पचायला हलका, कमी आहार घेणे आवश्यक ठरते. याउलट हिवाळ्यात जड पदार्थही चांगले पचतात. चातुर्मासाची कल्पना यादृष्टीने योग्य आहे. आहारात त्या त्या ऋतूतले पदार्थ (ताजे) घेणे पोषणाच्या दृष्टीने महत्त्वाचे आहे. आयुर्वेदातला आहार विचार यासाठी मार्गदर्शक आहे.

गर्भावस्था ते वृद्धावस्था या विविध अवस्थेतील आहार व आरोग्य याची माहिती वाचकांपर्यंत पोहोचविण्याचे कार्य या ग्रंथातून झाले आहे. याचा उपयोग सुदृढ निरोगी स्वास्थ्य निर्मिती साठी व्हावा. या उद्देशाने केलेली ग्रंथनिर्मिती अभिनंदनीय आहे.

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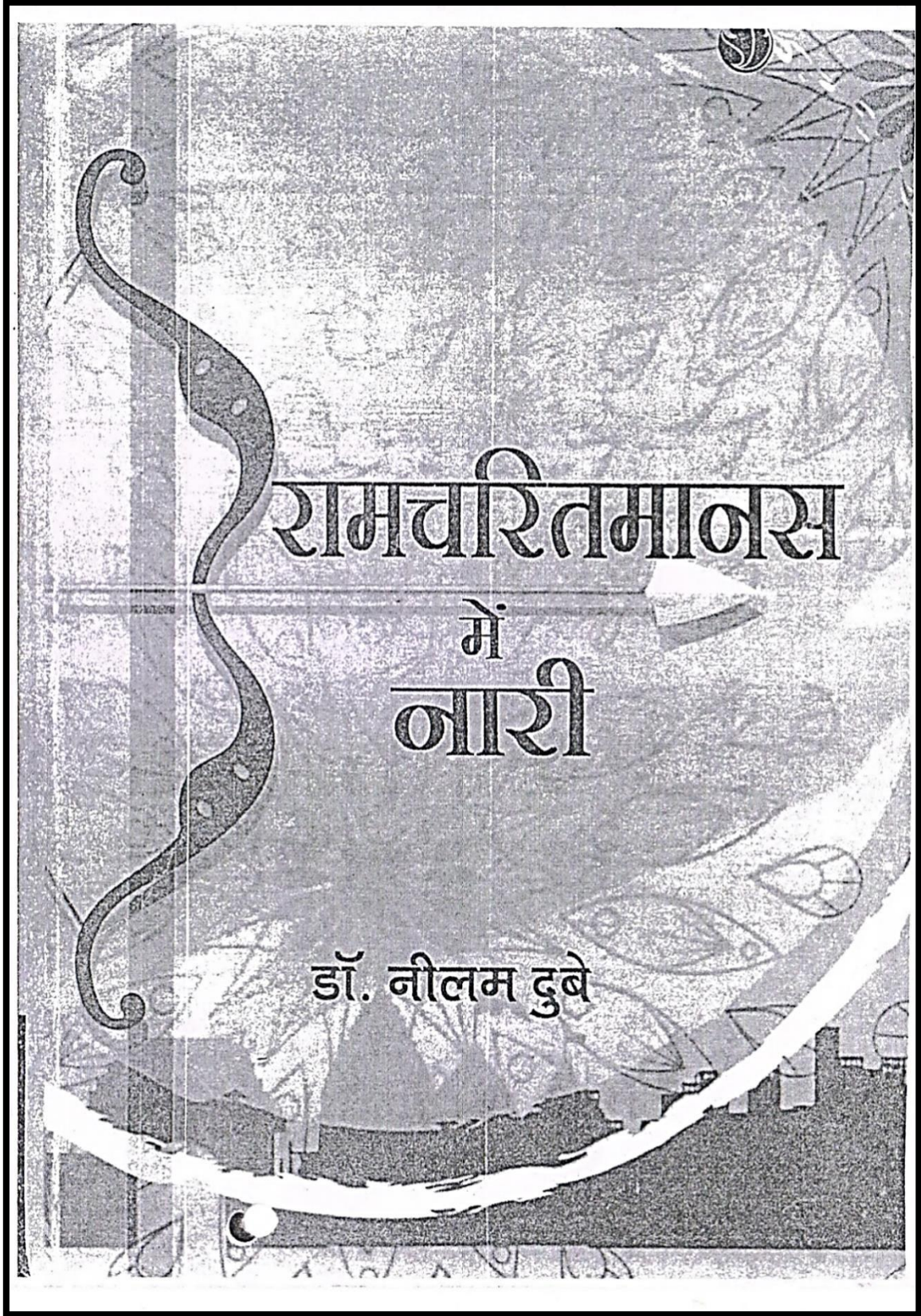
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इस पुस्तक के सर्वाधिकार सुरक्षित हैं। शेषक की लिखित अनुमति के बिना इसकी भी अंश की प्रतिलिपि एवं रिकॉर्डिंग कठिन दूरव्यवहारिक अथवा मशीनी, किसी भी माध्यम से, अथवा ज्ञान के संग्रहन एवं पुनर्निर्माण को प्रणाली द्वारा, किसी भी रूप में, पुनरुत्पादन अथवा रजिस्ट्रेशन प्रसारित नहीं किया जा सकता। इस पुस्तक में उद्धृत विचार लेखक के अपने हैं।


"Ram Charitmanas Me Nari"
by Dr. Neelam Dubey

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प्रो. योगेश्वर उद्वेगिया
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श्री. योगेश्वर उद्वेगिया द्वारा संघटित सुप्रसिद्ध दशमस्कंध भाग में नारी में समर्पित मात्र में विविध विचारों में प्रस्तुत नारी के चरित्र के सभी अलंकार, लोकोत्पत्तियों ने अपनी विचारशील कला से सामाजिक, सांस्कृतिक, धार्मिक, राजनीतिक आदि पहलुओं पर अद्भुतपूर्ण गहन-अर्थपूर्ण-अर्थव्यक्त भाषा की प्रशिक्षण, अथवा शोधपूर्ण एवं आधुनिक स्तरों पर विचार-मार्गदर्शकपूर्ण जीवन शैली के सामाजिक मानकों पर लोको-उत्पत्तियों के उद्देश्य के साथ परंपरा किताब है, जो संस्कृतिक व प्रासंगिक है।

श्री. योगेश्वर उद्वेगिया ने अपने अलंकार में 'योगेश्वर' आदर्श शीतल जी की भाँ, जो पुत्र-मोह स्वभाव कल्ले हुए विचारों व विषय में भी प्रशिक्षण का चरित्र कर, समाज के समक्ष एक अद्वय्य उदाहरण प्रस्तुत करती हैं, वह अद्भुत कविता है, जो वेद-प्रकृत नित्य में 'अहिंसा' के चरित्र का सुंदर चरित्र किताब है, जिसमें 'अहिंसा' के चरित्र द्वारा सुप्रसिद्ध मात्र में सुख प्राप्त किताब का चरित्र असाध्य व अलंकार नारी की असाध्य-शुद्धता का चरित्र प्रस्तुत किया गया है।

श्री. योगेश्वर उद्वेगिया ने दशमस्कंध भाग के विविध नारी-चरित्रों के आधुनिक युग की नारी चरित्र की प्रस्तुत की है, जिसमें नारी की आत्मनिष्ठा, नारी मोह, प्रेम-विषय, स्वर्ण, आत्मनिष्ठा, प्रणयिका, पुत्रा, प्रकृति-मोह, परस्पर, स्वर्णिकता, राष्ट्रीय व सांस्कृतिक मातृत्व शक्ति को उजागर किया है, जो जीवन में सांस्कृतिक व देश-प्राप्तक प्रतीक है, जो अद्भुत है।

कुछ आलोचकों में समर्पित मात्र में 'योगेश्वर' के चरित्र का भी सुंदर चरित्र करने का प्रयास किया है, जिसमें विचार-समर्पण परिसरित में सीता मैत्रा ने अपने प्रति शोचनीय का साथ देकर पत्नी के व्योम का निर्वाह करने हुए स्वभाव के समक्ष स्वभाव, बरिष्ठ-एवं कर्मठता का आदर्श प्रस्तुत किया है।

अभी प्रकार से समर्पित मात्र में चरित्र विविध रूपों का बोलचाल, आदिपद्य, शैली, फेलेकी, नंदोदर, सुनोचना, सुंदरका, शोभा, उषिता, विवदा, अनुसूता आदि चरित्रों के माध्यम से सभी आलोचकों में नारी जीवन की श्रवण-कला व नारीविद्युत को अपने स्वभाविक, विचारमूलक एवं कलात्मक अभिव्यक्ति से व केवल प्रस्तुत किया है बल्कि समाज को विचार व विचार की दिशा में प्रेरित भी किया है। धार्मिक ग्रंथ के प्रति श्रद्धा करने हेतु प्रेरित करने के साथ सांस्कृतिक को शोध करने की नई दिशा भी दी है, जो समाज की भाँ है।

अंततः मैं यह कहना चाहूँगा कि 'समर्पित मात्र में चरित्र' नारी-चरित्रों ने मनुष्य को जीवन-निर्णय का आदर्श प्रभावित किया है, वे चरित्र हमारी जीवन में बहुत गहरे आरकत हमारी चरित्रों को संस्कारित करती हैं और एक अद्वय्य समाजिकता प्रदान करती हैं। निष्कर्षतः यह कहा जा सकता है कि योगेश्वर उद्वेगिया द्वारा लिखित 'समर्पित मात्र में भारत' चरित्र की सांस्कृतिक, सामाजिक, सांस्कृतिक, धार्मिक, आर्थिक आदि परिधिओं के चल-चल में विचार लेने वाले उद्वेगिया का चरित्र है। सुप्रसिद्धता है।

(प्रो. योगेश्वर उद्वेगिया)
कुलपति

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अनुक्रमणिका

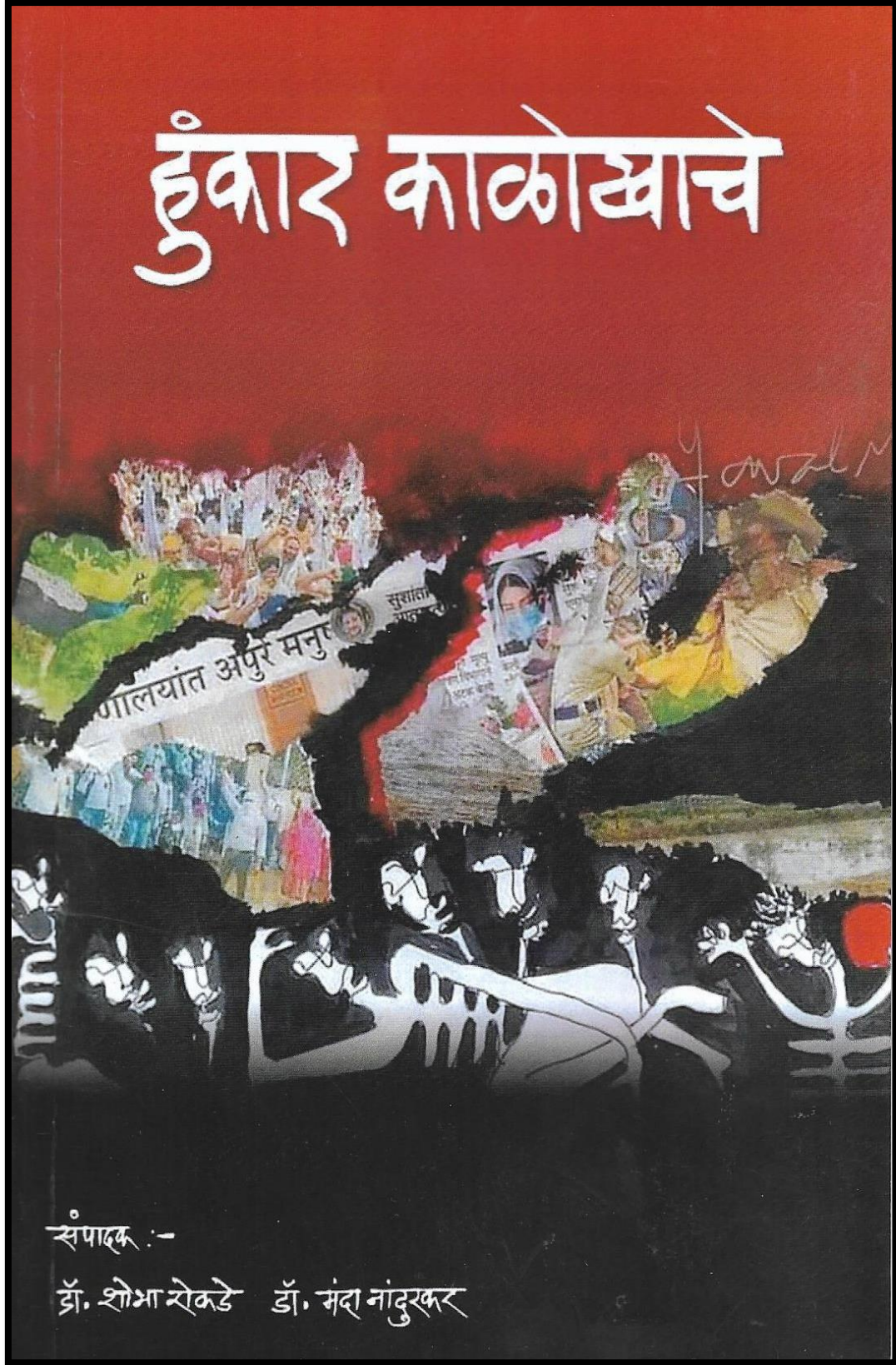
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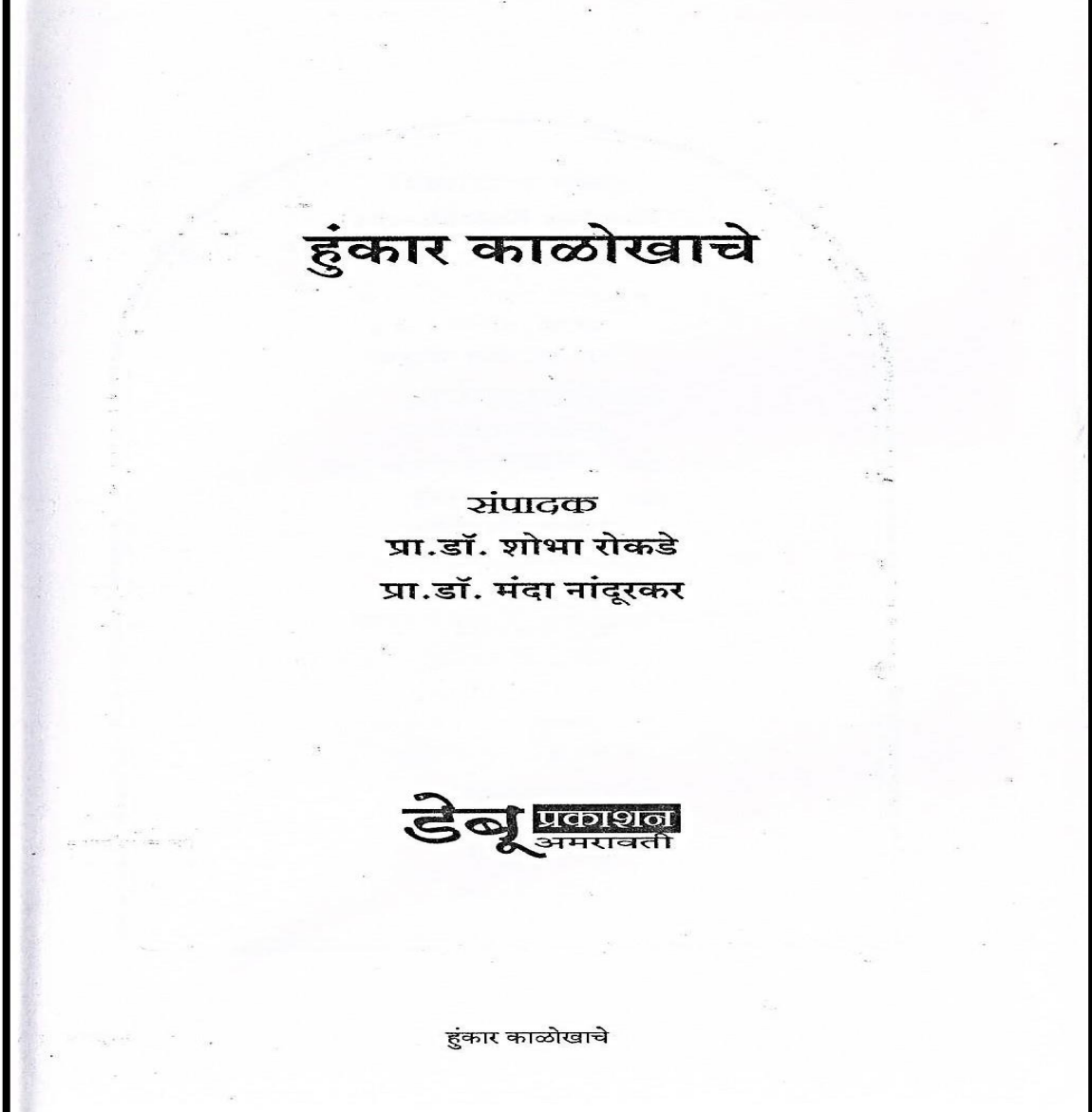
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Dr. M. M. Nandurkar –
Hunkar Kalokhache





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‘हुंकार काळोखाचे’ या संग्रहातील कविता म्हणजे अकल्पित महामारीच्या वेदनेची शृंगलाच ! ही सर्व कविता जागतिक दुःखाच्या आवेगातून उत्स्फूर्त आलेला उद्गार आहे. या उद्गाराला व्यक्तीच्या परस्पर भावाची तीव्रता लाभतानाच ती सर्वस्तरातील समूहाची तहयात दुखरी नस होऊन बसली आहे. ‘हुंकार काळोखाचे’ मधील कवींच्या कवितांचे काळीज पिळवटून टाकणारे शब्द वाचताना आपण आतून हादरून जातो. यासाठीच या संग्रहातील कवींनी कोरोनाचे नष्टचर्य थांबल्या नंतरही ‘मऊशार हातांना सृजनाचा अवकाश लाभावा’ असे आवाहन केले आहे. या संग्रहातील ही सामूहिक प्रार्थना डोळे पाणावणारी आहे. कोरोनात अनेकांचे संसार उघडे पडले, तान्ही मुले पोरकी झाली, मजुरांची दैनावस्था झाली, बाईची सर्व पातळ्यांवर कसोटी लागली आणि राजाचा रंक होण्याचा अनुभवही आयुष्यभर मस्तीत जगणाऱ्यांनी घेतला. तरीही अशा जग उद्ध्वस्त झालेल्या या काळात स्वतःच्या स्वार्थासाठी राजकीय हातपाय पसरले गेले. या सगळ्याचा धांडोळा या संग्रहातील कवितांमधून घेतला गेल्याने समकाळावर स्वार झालेल्या अंधाराकडे ही कविता निर्देश करते. त्यामुळे या कवितेचे सामाजिक मूल्य मोठे आहे. व्यक्तीकडून समष्टीकडे जाणाऱ्या या कवितेमधील संवेदना माणसाचे जगणे क्षणभंगुर असल्याची तीव्र जाणीव करून देताना अखेर माणसाकडून माणसाकडेच

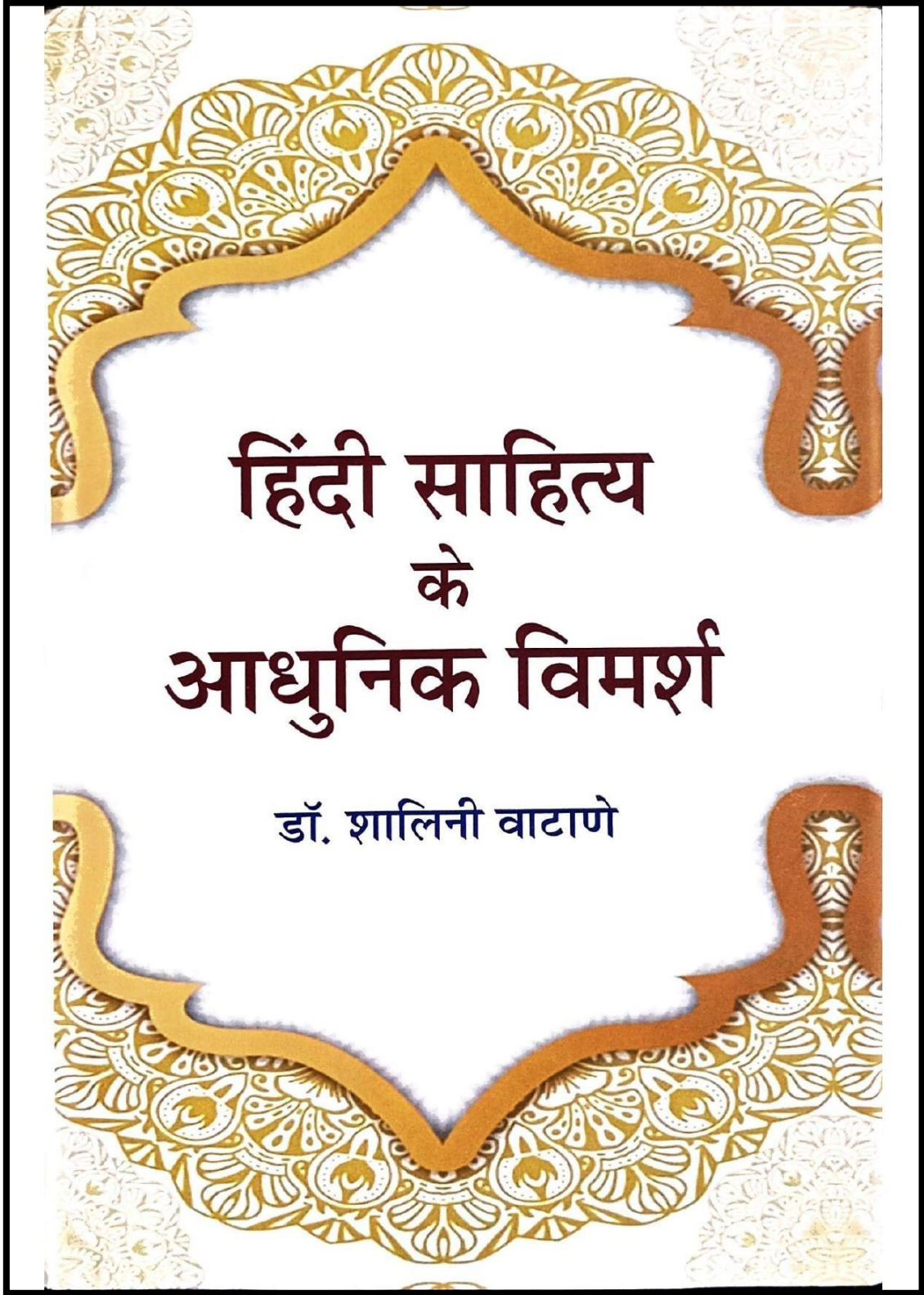
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प्रा. डॉ. शालिनी वाटाणे

सारांश :

प्रेमचंद का जन्म बनारस के पास लमही नामक गाँव में हुआ था। उन्हे नौकरी करते समय गाँव-गाँव का दौरा करना पड़ता था। अतः प्रेमचंद उस समय ग्रामीण जीवन से सुपरिचित थे। उनकी दरिद्रता, आर्थिक विपन्नता, उनकी दुरवस्था आदि से भली-भांति परिचित थे। उनकी कठिन परिस्थितियों ने उनके मन पर गहरा प्रभाव डाल दिया था। वे उस दुर्दशा का अपने उपन्यासों में अत्यंत मार्मिक शब्दों से चित्रांकन करते हैं। प्रेमचंद किसानों की आर्थिक दशा में सुधार करना चाहते थे। प्रायः उनकी कई समस्याएँ इस पर आधारित थीं। इसलिए प्रेमचंद का निश्चय था, कि आर्थिक सुधार किए बिना उनकी समस्याओं को हल नहीं किया जा सकता है। उनकी कृतियों में भारतीय कृषक की आर्थिक दुःस्थिति का विशद वर्णन मिलता है।

प्रस्तावना :

प्रेमचंद की कथा दृष्टि मूलतः किसान और गाँव पर आधारित है। इनका संपूर्ण कथा साहित्य प्रत्यक्षतः इन्ही दो विषयों के इर्द-गिर्द चक्कर काटता है। प्रेमचंद गरीब किसान की इस भावना का चित्रण करते हुए कहते हैं – “कृषि-प्रधान देश में खेती केवल जीविका का साधन नहीं है, सम्मान की वस्तु भी है, गृहस्थ कहलाना गर्व की बात है। किसान गृहस्थी करता है। मान प्रतिष्ठा का मोह औरों की भांति उसे घेरे रहता है। वह गृहस्थ रहकर जीना और गृहस्थी में ही मरना चाहता है। उसका बाल-बाल कर्ज से बंधा हो, लेकिन द्वार पर दो चार बैल बांधकर वह अपने को धन्य समझता है। उसे साल में 360 दिन आधे पेट खाकर रहना पड़े, पुआल में घुसकर राते काटनी पड़े, बेबसी से जीना और बेबसी से मरना पड़े, कोई चिंता नहीं, वह गृहस्थ तो है। यह गर्व उसकी सारी दुर्गति की पुरौती कर देता है।”

भारतीय कृषक की आर्थिक समस्याएँ

प्रेमचंद की कृतियों में भारतीय कृषक की आर्थिक दुःस्थिति का वर्णन मिलता है – जैसे वरदान में विरजन कमलाचरण के नाम एक पत्र लिखती है। जिसमें वह अपने गाँव का चित्रण प्रस्तुत करती है। “क्या सुनती थी और क्या देखती हूँ? टूटे-फूटे फूस के झोपड़े, मिट्टी की दीवारें, घरों के सामने कूड़े-करकट के बड़े-बड़े ढेर, कीचड़ से लिपटी हुई भैंसे, दुर्बल गायें ये सब दृश्य देखकर जी चाहता है कि कहीं चली जाऊँ। मनुष्यों को देखो तो उनकी शोचनीय दशा है। हड्डियाँ निकली हुई हैं। वे विपत्ति की मूर्तियाँ और दरिद्रता का जीवित चित्र हैं। किसी के शरीर पर एक बेफटा वस्त्र नहीं है और कैसे भाग्यहीन की रात-दिन पसीना बहाने पर भी कभी भरपेट रोटियाँ नहीं मिलती।”

ठीक इसी प्रकार ‘कर्मभूमि’ उपन्यास में भी किसानों की दुःस्थिति का वर्णन देखने को मिलता है। अमर, सलीम तथा अन्य कई विद्यार्थी डॉ. शांतिकुमार के संग देहातों की आर्थिक परिस्थिति का निरक्षण करने जाते हैं और अमर, सलीम तथा डॉ. शांतिकुमार के आपसी वार्तालाप से किसानों की दारुण दशा का शब्द चित्र प्राप्त होता है। जिसका सार यह निकलता है, कि ऐसा कोई बिरला किसान ही था, जिसका सिर ऋण के नीचे न दबा हो। उनसे पूरी लगान वसूल करना, मानो उनके मुँह से रोटी का टुकड़ा छीन लेना है, उनकी रक्तहीन देह से खून चूसना है।

‘गोदान’ और ‘प्रेमाश्रम’ कृषक जीवन के महाकाव्य है। गोदान के होरी का जीवन चित्रित कर प्रेमचंद ने तत्कालीन भारत के लाखों-लाख किसानों के जीवन के चित्रप्रस्तुत कर दिये हैं। होरी की दयनीय आर्थिक स्थिति का वर्णन करते हुए प्रेमचंद लिखते हैं – “एक तो जाड़े की रात, दूसरे माघ की वर्षा। मौत का सा सन्नाटा छाया हुआ था। होरी भोजन करके पुनिया के मटर के खेत की मेड़ पर अपनी मड़ैया में लेटा हुआ था। चाहता था, शांति को भूल जाय और सो रहे, लेकिन तार-तार कम्बल, फटी हुई मिजई और शीत के झोंको से गीली पुआल, इतने शत्रुओं के सम्मुख आने का नींद में साहस न था। आज तमाखू भी न मिला कि उसी से मन बहलाता। उपला-सुलगा लाया था, पर शीत में वह भी बुझ गया। बेवाय फटे पैरों को पेट में डालकर, हाथों को जाँधों के बीच में दबाकर और कम्बल में मुँह छिपाकर अपनी ही गर्म सांसों से अपने को गर्म करने की चेष्टा कर रहा था। कम्बल तो उसके जन्म से भी पहले का है। बचपन में अपने बाप के साथ वह इसी में सोता था, जवानी में गोबर को लेकर इसी कम्बल में उसने जाड़े काटे

थे और बुढ़ापे में आज वही बूढ़ा कम्बल उसका साथी है, पर अब वह भोजन को चबाने वाला दाँत नहीं, दुखने वाला दाँत है। जीवन में ऐसा तो कोई दिन नहीं आया कि लगान महाजन को देकर कभी कुछ बचा हों।”

‘प्रेमाश्रम’ में भी ऐसी ही कुछ हृदय विदारक स्थिति का वर्णन प्रेमचंद जी ने किया है – जहाँ उपट सिंह के पुत्र की मृत्यु होने पर उसके घर में कफन तक के लिए पैसे नहीं मिलते। कृषकों की सोचनीय दशा का यथार्थ चित्रण करते हुए प्रेमचंद लिखते हैं – “चारों तरफ तबाही छाई हुई थी। ऐसा बिरला ही कोई था जिसके घर में धातू के बर्तन दिखाई देते हों। कितने घरों में लोहे के तवे तक न थे। मिट्टी के बर्तनों को छोड़कर झोपड़ों में और कुछ दिखाई न देता था कोठरियाँ न ओढ़ना, न बिछौना, यहाँ तक की बहुत से घरों में खाटे तक न थी। और वह घर ही क्या थे, एक-एक दो-दो छोटी कोठरियाँ थीं। एक मनुष्य के लिए एक पशुओं के लिए। उसी एक कोठरी में खाना, सोना, बैठना सब कुछ होता था... जो किसान बहुत सम्पन्न समझे जाते थे, उनके बदन पर साबित कपड़े न थे। उन्हे भी एक जून चबेना पर ही काटना पड़ता था। वह भी ऋण के बोझ से दबे हुए थे कितने ही गाँव ऐसे थे जहाँ दूध तक मयस्सर न होता था।”

ठीक इसी प्रकार प्रेमचंद ने किसान वर्ग के जीवन की विस्तृत झँकी अपनी औपन्यासिक कृतियों में प्रस्तुत कर, उनके प्रति सहानुभूति को व्यक्त किया है।

किसान वर्ग की ऋण समस्या :

भारतीय किसानों की सबसे ज्वलंत समस्या ऋण के बोझ से मुक्ति पाने की समस्या है। अधिकांश किसान महाजनी सभ्यता के पाट के नीचे पिस रहे हैं। प्रेमचंद ने बताया है, कि इन किसानों के लिए – “कर्ज वह मेहमान है जो एक बार आकर जाने का नाम नहीं लेता।” किसानों को इस ऋण भार से ही अत्यंत कष्ट उठाना पड़ता है। किसान ऋण से इतना दबा होता है, कि उसे चुकाने के लिए उनका नाज का पैसा इन्ही महाजनों की जेब में चला जाता है और बेचारा किसान भरपेट खाना भी खा नहीं पाता। इतना होने पर भी वह ऋण से मुक्त नहीं होता। प्रत्युत उसी में अधिक से अधिक फंस जाता है। ‘गोदान’ में होरी की ऋण बढ़ता और अन्य किसानों की ऋण की चर्चा करते हुए, प्रेमचंद मार्मिक व्यंग्य के साथ लिखते हैं – “फसल में सब कुछ खलियान पर तौल देने पर भी अभी उस पर कोई सौ रुपये सूद के बढ़ते जाते थे। मंगरू साह से आज पांच साल हुए बैल के लिए साठ रुपये लिये थे। उसमें साठ दे चुका था, पर यह साठ रुपये ज्यों के त्यों बने हुए थे। दातादीन

पंडित से तीस रुपये लेकर आलू बोये। आलू तो चोर खोद ले गए, और उस तीस के इन तीन बरसों में सौ हो गये थे। ... प्रायः सभी किसानों का यही हाल था। अधिकांश की दशा तो इससे भी बदतर थी।” और वस्तुतः ऋण चुकाने के लिए एक दिन उसे अपना सबकुछ महाजन दातादीन के हाथों बेच देना पड़ता है। वह भूमि का स्वामी नहीं, सेवक मात्र रह जाता है। इस महाजनी प्रथा में किसानों का रक्त चूस लिया और उनके जीवन के संतोष को लूट लिया, उनके आनन्द को समाप्त कर दिया।

इस तरह किसानों के शोषण का भयंकर रूप प्रेमचंद ने अपने उपन्यासों में विस्तार से प्रस्तुत किया है।

किसान वर्ग की समस्या के हल :

प्रेमचंद ने किसान वर्ग की बहुतेक समस्याओं का समुचित उद्घाटन करने के साथ-साथ उसके हल भी प्रस्तुत किये हैं। किसान वर्ग के आर्थिक, सामाजिक व धार्मिक जीवन पर प्रेमचंद ने प्रकाश डाला है। साथ ही उनके सम्पूर्ण जीवन की समस्याओं की झँकी प्रस्तुत की है। वस्तुतः किसान की समस्या आर्थिक परिस्थिति की उपज है। जब तक किसानों का शोषण बंद नहीं होता, तब तक किसान सुधर नहीं सकता। अपने जीवन को सफल व सुख-समृद्ध बनाने में असफल ही रहेगा। अतः किसान के शोषक वर्ग का विनाश होना अत्यंत आवश्यक है। प्रेमचंद इस विषय की पुष्टि करते हैं। उन्होंने किसान वर्ग में उभरती एक नई विद्रोही पीढ़ी का चित्रण करके किसानों के मुक्ति-संग्राम का पथ-प्रदर्शन किया है। प्रेमाश्रम, गोदान, कर्मभूमि आदि से प्रेमचंद के क्रांतिकारी व्यक्तित्व का परिचय प्राप्त होता है। उन्हे पता था, कि किसानों की प्रमुख समस्या जमींदारी से मुक्ति की समस्या है। अतः उन्होंने अपने किसानों को इस प्रथा के विरुद्ध खड़ा किया है। यह सही दिशा भी है। यह उनके सुधारक रूप का प्रमाण है। उनकी सहानुभूति का उदाहरण है। यही उपन्यास साहित्य को व किसान वर्ग को उनकी देन है।

निष्कर्षतः हम कह सकते हैं कि प्रेमचंद ने किसान वर्ग के जीवन की विस्तृत झँकी प्रस्तुत की है। अपनी औपन्यासिक-कृतियों में इस वर्ग के हर एक पहलू की चर्चा कर अपने विचार व्यक्त किये हैं। उनकी प्रत्येक समस्या का उद्घाटन कर उन्हे हल करने का भी प्रयास किया है। प्रेमचंद के हृदय में किसान वर्ग के प्रति सहानुभूति थी। उन्हे सुधारने की आवश्यकता जानकर उनके जीवन की कठिनाईयों का चित्रण कर उनके सम्मुख समस्याओं का सुझाव भी प्रस्तुत किया।

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संदर्भ

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परशुराम शुक्ल की प्रतिनिधि बाल कविताएँ

डॉ. संगीता जगताप

मनुष्य एक सामाजिक प्राणी है, समाज में घटित घटनाओं का उसके संवेदनशील अंतस् पर अत्यधिक प्रभाव पड़ता है। इसका सीधा प्रभाव उसके विचार चिंतन-मनन पर आघात करता है। साहित्य की लेखनी उस दिशा में आगे बढ़ती है, जिन प्रभावों से उसका अंतस् टकराया है। जीवन में घटित घटनाओं, अनुभवों एवं प्रेरणा से प्रेरित होकर साहित्य का सृजन करता है। साहित्य शब्द का विग्रह दो तरह से किया जा सकता है। सहित स+हित सहभाव अर्थात् हित का सामर्थ्य होना ही साहित्य है अर्थात् जिसमें राष्ट्र, समाज का हित का लक्ष्य निहित हो। भाषा के माध्यम से अपने अंतःकरण की अनुभूति, अभिव्यक्ति करने वाली ललित कला काव्य अथवा साहित्य कहलाती है। इसी परिप्रेक्ष्य में साहित्य का स्वरूप स्पष्ट करने के लिए संस्कृत विद्वानों द्वारा साहित्य की परिभाषा आचार्य विनाथ के अनुसार- वाक्य रसात्मक काव्यम् अर्थात् रस युक्त वाक्य काव्य है।

हिंदी विद्वान द्वारा साहित्य की परिभाषा आचार्य रामचंद्र शुक्ल के अनुसार कविता जीवन और जगत की अभिव्यक्ति है। इसी तहत सुमित्रानंदन पंत के अनुसार- कविता हमारे परिपूर्ण क्षणों की वाणी है। अर्थात् साहित्य हमारे आंतरिक जीवन की अनुभूतियों का लेखा-जोखा प्रस्तुत करता है। हिंदी बाल साहित्य में मौलिक सामाजिक एवं उद्देश्य पूर्ण लेखन का प्रारंभ 20 शताब्दी के दूसरे दशक में दिखायी देती है। जब विद्यार्थी शिशु तथा बाल सखा जैसी पत्रिकाओं का प्रकाशन प्रारंभ हुआ। इनमें से सन 1917 में लल्ली प्रसाद पांडे के संपादन से प्रारंभ बालसखा लगातार 53 वर्ष तक प्रकाशित हुयी है। श्री. जयप्रकाश भारती ने बाल साहित्य का स्वर्णिम युग कहा था। परंपरा को खोजते हुए महाकवि सूरदास को ही बाल साहित्य का आदि गुरु माना है, ऐसा प्रतीत होता है। बाल साहित्य के अंतर्गत वह शिक्षाप्रद साहित्य आता है जिसका लेखन बच्चों के

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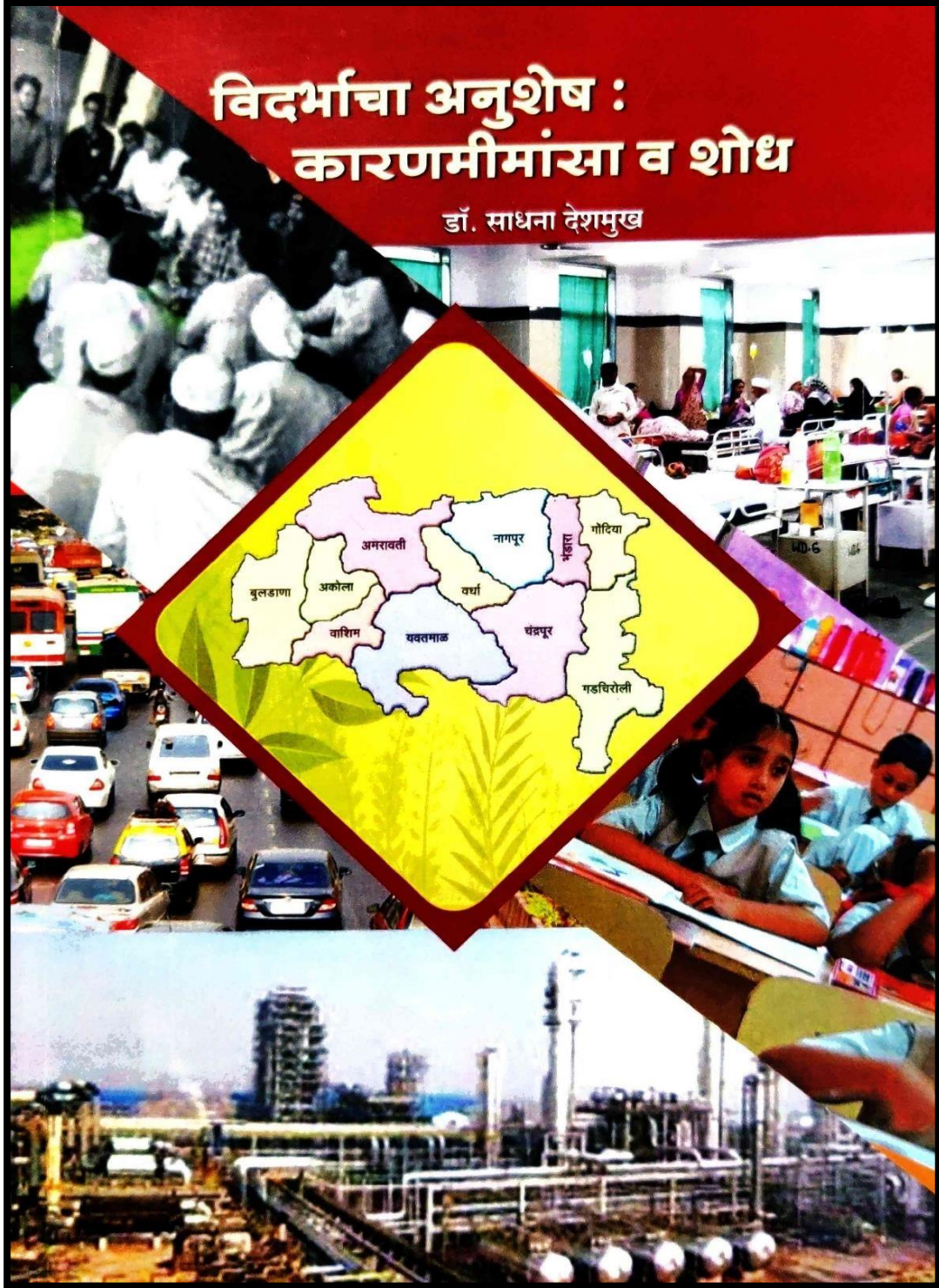
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