

3.3.2 Research Publications

SCIENCE 2014

List of the documents VII- a

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	A Critical Study on the Use, Application and Effectiveness of Organic and Inorganic Fertilizers.	Dr. Nisreen Husain Dr. Arti Gupta	Zoology	Journal of Industrial Pollution Control (International)	2014	0970-2083
2	Study of Lethal Effects of Pesticides(Trichloron) on fish Heteropneustis fossils.	Dr. Lata Meshram Dr. Alka Mishra Dr. Kanti Dubey	Zoology	Journal of Industrial Pollution Control (International)	2014	0970-2083
3	A Critical Study on the Use, Application and Effectiveness of Organic and Inorganic Fertilizers.	Dr Arti Gupta	Chemistry	Journal of Industrial Pollution Control (International)	2014	0970-2083
4	Seasonal Variations of Fungi in the <i>Phylloplane Mycoflora</i> of <i>Jatropha curcas</i> L.	Dr. Usha Chandel Dr. Rekha Pimpalgaonkar	Botany	Advances in Plant Science (International)	2014	0970-3586
5	Efficacy of Leaf Extract of <i>Jatropha curcas</i> L. on Percentage Spore Germination Inhibition of its selected <i>Phylloplane</i> and <i>Rhizosphere</i> Fungi.	Dr. Usha Chandel Dr. Rekha Pimpalgaonkar	Botany	Indian Journal of Scientific Research	2014	0970-2876 2250-0138
6	Correlative study of Solar Acitivity and Cosmie Ray Intensity Variations during Present Solar Cycle 24 in Comparision to Previous Solar Cycles.	Dr Meera Gupta S.R. Narang V. K. Mishra A. P. Mishra	Physics	International Journal of Engineering Technology, Management & Applied Sciences (International)	2014	2349-4476



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HOME SCIENCE 2014

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Stress Management Training at the Fitness Centers	Dr. Babita Dubey Jamila Khatun	Home Science	Research Journal of Arts, Management & Social Sciences (International)	2014	0975-4083
2	A Comparative study of Emotional Intelligence and job satisfaction of DAV and DPS School Teacher	Dr. Babita Dubey Khushboo Jain	Home Science	Research Journal of Social & Life Sciences (International)	2014	0973-3914
3	Stress Due to Dual Role of Women Entrepreneurship Management	Dr. Babita Dubey Vijaylaxmi singh	Home Science	Research Journal of Arts, Management & Social Sciences (International)	2014	0975-4083
4	A study on clothing Behavior and their Relation to General Values among College going students	Dr. Babita Dubey Vijaylaxmi singh	Home Science	Research Journal of Social & Life Sciences (International)	2014	0973-3914
5	Effect of clothing on Perception of Mood and Self Consciousness among Higher Secondary School students	Dr. Babita Dubey Vijaylaxmi singh	Home Science	International Indexed & Refereed Research Journal (International)	2014	0975-3486 2320-5482
6	Stress and College going students	Dr. Babita Dubey Jamila Khatun	Home Science	Research Journal of Arts, Management & Social Sciences (International)	2014	0975-4083



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
7	Control of Food Adultration by Eco Friendly cropping with Reference to Chhattisgarh State	Dr. Reshma Lakesh Padmini Sambhakar Reena Lariya Jaya Devi Sahu	Home Science	International Research Journal of Lab to Land (International)	2014	0975-282X
8	Motivation Affects learning and Behavior	Dr. Reshma Lakesh Sarika Shrivastava Tarannum	Home Science	International Research Journal of Lab to Land (International)	2014	0975-282X
9	Organic Food- Need of Present Era.	Dr. Reshma Lakesh Padmini Sambhakar Reena Lariya Jaya Devi Sahu	Home Science	Researchers Today	2014	2231-4369



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ARTS 2014


S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	भरत नाट्यम परिचय इतिहास एवं प्रस्तुतीकरण	Dr. Richa Thakur	Dance	Shodh Prakalp(69)	2014	2278-3911
2	भारतीय लोकनृत्य की अहर्षा परम्परा	Dr. Richa Thakur	Dance	Shodh Prakalp	2014	2278-3911
3	शास्त्रीय नृत्य का इतिहास	Dr. Richa Thakur	Dance	Chhattisgarh Vivek	2014	0972-9909



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COMMERCE 2014

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	मंदी की चिन्ता	Dr. V. K. Wasnik	Commerce	Research Journal of Social & Life Sciences (International)	2014	0973
2	Social Media-New Innovation in Management with Special Reference to Raipur city	Dr. K.L. Rathi	Commerce	Shodh Prakalp	2014	2278-3911


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SCIENCE 2015

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Ethno – medicinal use and Pharmacological actions of some of the domestically used Indian Spices-A Review.	Dr. Nisreen Husain Dr.Bhawana Pandey	Zoology	Indo-American Journal of Pharamaceutical Research (International)	2015	2231-6876
2	Antimicrobial activity of <i>Mimosa pudica</i> Linn. against some microbes.	Dr. Nisreen Husain Dr.Bhawana Pandey	Zoology	Indian Journal of Life Sciences	2015	2278-7879
3	Phytoremediatin of Oxidative stress by Root extract of <i>Achyranthes aspera</i> in Lymphocytes of <i>Oryctolagus cuniculus</i> L.	Dr. Nisreen Husain Dr.Anil Kumar	Zoology	Indian Journal of Life Sciences	2015	2278-7879
4	Flavonoids in Flower and Leaf of <i>Chrysanthemum</i> as Antioxidants and Therapeutic agents.	Dr. Nisreen Husain	Zoology	International Human Research Journal (International)	2015	2347-7067
5	A Critical Study on Chemistry and Distribution of Phenolic Compounds in Plants ,and their Role in Human Health.	Dr. Nisreen Husain Dr.Sunita Gupta	Zoology	IOSR Journal of Environment Science ,Toxicology & Food Technology (IOSR-JESTFT) (International)	2015	2319-2402 2319-2399
6	Antioxidant Activity of Root of <i>Achyranthes aspera</i> and its comparison with Melatonin in Recovery of Oxidative Stress.	Dr. Nisreen Husain Dr. Anil Kumar	Zoology	International Journal of Science & Research (I J S R) (International)	2015	2319-7064
7	Comparative study of Phytochemical Constituents in Flower of <i>Wedelia trilobata</i> , <i>Achyranthes aspera</i> and <i>Chrysanthemum</i> from Durg District of Chhattisgarh, India.	Dr. Nisreen Husain Dr. Anil Kumar	Zoology	International Journal of Current Microbiology & Applied Science (International)	2015	2319-7706
8	Comparative Evaluation of Antioxidant Property of Chrysanthemum Flower with that of Melatonin in Recovery of Oxidative Stress.	Dr. Nisreen Husain	Zoology	International Journal of Pharmacology & Biological Sciences (International)	2015	0973-6808



S.N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISS N NO
9	Limnological study of Sheonath River near Shivnath Temple, Durg. C.G. India	Dr. Lata Meshram	Zoology	International Journal of Science & Research (International)	2015	2319-7066
10	Hydrobiological studies of Fresh water Reservoir of Tandula Dam of District, Balod (C.G.) India	Dr. Lata Meshram	Zoology	International Journal of Science & Research (International)	2015	2319-7066
11	Water Strategies for Chhattisgarh : A Review	Dr. Arti Gupta	Chemistry	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2399 2319- 2402
12	A Critical Study on Chemistry and Distribution of Phenolic Compounds in Plants , and their Role in Human Health	Dr. Sunita Gupta Dr. Nisreen Husain	Chemistry	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2402 2319-2399
13	Energy Harvesting from Space based Solar power Satellite	Dr. Meera Gupta Shailraj Narang	Chemistry	International Journal of Advance Research in Science and Engineering (International)	2015	2319-8354
14	Studies on Occurrence of Rhizosphere mycoflora of <i>Jatropha curcas</i> L.	Dr. Usha Chandel Dr.M. L. Prasuna Dr. Rekha Pimpalgaonkar	Botany	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2402 2319-2399



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISS N NO
15	Studies of Antibacterial Activities of Leaf Extract of Selected Ethno – Medicinal Plants.	Dr. Usha Chandel Dr. M. L. Prasuna	Botany	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2402 2319-2399
16	Studies on Occurrence of Rhizosphere mycoflora of <i>Jatropha curcas</i> L.	Dr. M.L. Prasuna Dr. Usha Chandel Dr. Rekha Pimpalgaonkar	Botany	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2402 2319-2399
17	Studies of Antibacterial Activities of Leaf Extract of Selected Ethno-Medicinal Plants	Dr. M. L. Prasuna Dr. Usha Chandel	Botany	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR- JESTFT) (International)	2015	2319-2402 2319-2399



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HOME SCIENCE 2015

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	A Comparative Study in variation in iron intake of Sickle cell Anaemia patients of different Socio- economic status.	Dr. Reshma Lakesh Sarika Shrivastava	Home Science	Online International Interdisciplinary Research Journal (oiirj) (International)	2015	2249-9598
2	Women Entrepreneurship development in Chhattisgarh.	Dr. Reshma Lakesh Jaya Devi Sahu	Home Science	Research Analysis & Evaluation (International)	2015	0975-3486
3	Awareness-Cervix Cancer	Dr. Reshma Lakesh	Home Science	Research Analysis & Evaluation (International)	2015	0975-3486
4	The impact of the Curriculum development in quality enhancement of Higher Education- A Theoretical Approach.	Dr. Babita Dubey Vijaylaxmi singh	Home Science	Research Link (International)	2015	0979-1628
5	Recycling of Textile Waste is the best way to protect Environment.	Dr. Babita Dubey Khushboo Jain	Home Science	IOSR Journal of Environmental Science, Toxicology & Food Technology (IOSR-JESTFT) (International)	2015	2319-2399
6	Impact of Internet on Marketing.	Dr. Amita Sehgal Dr. Bharti Sethi Pamit Chugh	Home Science	Research Link (International)	2015	0973-1628
7	Mental Health as a function of Socio-Economic Status for Elderly person.	Dr. Meenakshi Agrawal Dr. S. K. Bharadwaj	Home Science	Research Journal of Arts, Management & Social Sciences (International)	2015	0975-4083



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ARTS 2015

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	भारत की घुमंतु जाति-बंजारा	Smt. Jyoti Bharne	Hindi	Shodh Sanchar Bulletin	2015	2229-3620
2	भारतीय शास्त्रीय नृत्य और उनसे संबंधित प्राचीन ग्रंथ	Dr. Richa Thakur	Dance	शोध प्रकल्प	2015	2278-3911
3	भरतनाट्यम् की आधारभूत इकाई-अडवु	Dr. Richa Thakur	Dance	शोध प्रकल्प	2015	2278-3911
4	संगीत और मनोविज्ञान का संबंध	Dr. Richa Thakur	Dance	Gurukul Shodh Srijan	2015	2349-9702
5	अषोकमल्ल के नृत्ताध्याय में वर्णित नृत्तहस्त	Dr. Richa Thakur	Dance	Shodh Sampreshan (International)	2015	097-6459
6	कविता का सड़क पर उतारना होगा	Dr. Ambrish Tripathi	Hindi	World Translation (International)	2015	2278-0408



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COMMERCE 2015

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	E-Commerce : Forms and Possibilities	Dr. K.L. Rathi	Commerce	Shodh Prakalp	2015	2278-3911
2	छत्तीसगढ़ में कृषि की समस्या	Dr. V. K. Wasnik	Commerce	Gurukul Shodh Srijan	2015	2349-9702

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SCIENCE 2016

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Phytochemical analysis of Flower, Leaf and Root of <i>Achyranthes aspera</i> from Durg district of Chhattisgarh – A Comparative Study .	Dr. Nisreen Husain Dr. Anil Kumar	Zoology	International Journal of Science and Research (I J S R) (International)	2016	2319- 7064
2	A Critical Study of Common Hospital – Acquired Infections and their Control strategies .	Dr. Nisreen Husain	Zoology	International Journal of Science and Research (I J S R) (International)	2016	2319- 7064
3	Capital management analysis in Steel industry with special reference to Steel authority of India.	Dr Meera Gupta Dr. Om Prakash Gupta Dr. G.P. Gupta	Physics	Research Expressions	2016	2456-3455
4	The Study of present of Solar cycle 24- Future aspects.	Dr Meera Gupta Shailraj Narang Anubha Singh Gaur	Physics	Research Journal of Physical Science (International)	2016	2320-4796
5	Correlation of the Cosmic ray intensity variations with Sunspot numbers and tilt angle from Solar cycle 21 to present Solar cycle 24	Dr Meera Gupta S. R. Narang V. K. Mishra A. P. Mishra	Physics	Advance Physics Letter	2016	2349-1108



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HOME SCIENCE 2016

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Role of Migration in Socio-Economic Empowerment of Tribal Women : A Special Reference to Chhattisgarh.	Dr. Babita Dubey Vijaylaxmi singh	Home Science	International Journal of Arts, Management & Social Sciences. (International)	2016	0975-4083
2	To Study about effect of Personality dimension in Empty Nest Syndrome .	Dr. Babita Dubey Khushboo Jain	Home Science	Research Journal of Social and Life Sciences (International)	2016	0973-3914
3	Breakfast Eating habits of College Students.	Dr. Babita Dubey Jamila Khatun	Home Science	Research Journal of Social and Life Science (International)	2016	0973-3914
4	Family Adjustment and Needs of Mentally retarded children.	Dr. Reshma Lakesh Tarannum	Home Science	Research link- (International)	2016	
5	Control of Food Adulteration by Eco - friendly cropping with reference to Chhattisgarh State.	Dr. Reshma Lakesh	Home Science	International Journal of Advance Research in Science Humanities and Engineering (International)	2016	2455-9865
6	Role of Migration in Socio-Economic Empowerment of Tribal Women: A Special Reference to Chhattisgarh	Dr. Babita Dubey Vijaylaxmi singh	Home Science	Research Journal of Arts, Management and Social Sciences	2016	0975-4083
7	Role of Emotional Intelligence and Self -Efficiency on Job Performance and health of Staff.	Dr. Babita Dubey	Home Science	International Journal of Advanced Management, Technology & Engineering Sciences (International)	2016	2249-7455



3.3.2 Research Publications

ARTS 2016


S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Role of effective communication Skills in the enhancement of Emotional Intelligence.	Dr. Tripti Bala	Psychology	Shodh Prakalp	2016	2278-3911
2	कविता का सडक पर उतारना होगा	Dr. Ambrish Tripathi	Hindi	World Translation International Journal for Literature and Research (International)	2016	2278-0408
3	नृत्य, संगीत, मूर्तिकला एवं चित्रकला से सम्बंध	Dr. Richa Thakur Dr. K. Madhvi	Dance	Shodh Prakalp	2016	2278-3911
4	नाटयोन्पत्ति	Dr. Richa Thakur Dr. K. Madhvi	Dance	Shodh Sampreshan (International)	2016	097-6459
5	विकास का मॉडल	Dr. Moniya Rakesh Dr. S. N. Lader	Sociology	International Research of Journal Printing Area (International)	2016	2394-5303
6	छत्तीसगढ़ में पर्यटन की प्रसभ्यता	Dr. Sushma Yadav Gauri Verma	Geography	Research Expression	2016	2456-3455



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COMMERCE 2016

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1.	Factor influencing : E-Commerce Development	Dr. K.L. Rathi Suman Pandey	Commerce	Research Link. (International)	2016	0973-1628
2.	आर्थिक समेकन व कौशल विकास	Dr. V. K. Vasnik	Commerce	Gurukul Shodh Srijan	2016	2349-9702
3.	भारत में प्रत्यक्ष विदेशी निवेश	Dr. V. K. Vasnik	Commerce	Vidyawarta (International)	2016	2319-9318
4.	Jal Kranti Abhiyan(Review paper)	Dr. Shashi Kashyap	Commerce	Chhattisgarh Law Journal	2016	2394-5281


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SCIENCE 2017

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Biological Activities and Role of Flavonoids in Human Health-A Review.	Dr. Sushil Chandra Tiwari Dr. Nisreen Husain	Principal. Govt. Dr. W. W. Patankar Girl's P.G. College ,Durg	Indian Journal of Scientific Research.	2017	0976-2876 2250-0138
2	Some Medicinal Plants of Kishtwar district,Jammu And Kashmir(India):Biodiversity and Ethnosacred Significance	Dr. Nisreen Husain Dr.Touseef Hussain Dr. Deepti Chauhan	Zoology	Indian Journal of Applied & Pure Biological Science	2017	
3	Wheatgrass : Herbal Remedy For Health And Beauty	Dr. Nisreen Husain Dr.Touseef Hussain Dr. Deepti Chauhan	Zoology	Flora And Fauna (International)	2017	0971-6920
4	Photography As A Conservation Tool in Science	Dr. Nisreen Husain Dr.Touseef Hussain Pranab Roy	Zoology	Trends In Bioscience	2017	0974-8431 9317-9321
5	Different Approaches For Valuation Of Antioxidant Activity In Biological Science: A Review	Dr. Nisreen Husain Onkar Chandra Dr. Kanti Choubey	Zoology	World Journal Of Pharmacy And Pharmaceutical Sciences (International)	2017	2278-4357
6	Some Important Microbial Agents of Nosocomial Infections,Their Sources and Modes of Transmission	Dr. Nisreen Husain Dr. Lata Meshram	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
7	Use of Animals as Traditional Medicine In Chhattisgarh,India	Dr. Nisreen Husain Dr. Lata Meshram	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
8	Behavioral Impact Through Dance : A Miraculous Tool for Health and Healing	Dr. Nisreen Husain Dr. Lata Meshram Dr. Richa Thakur Sandhya Yadav	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
9	Characterization of Antioxidant Property of Root Extract of <i>Sphagneticola trilobata</i> in Recovery of Oxidative Stress	Dr. Nisreen Husain Dr. Anil Kumar	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
10	Biological Activities and Role of Flavonoids in Human Health- A Review	Dr. Sushil Chandra Tiwari Dr. Nisreen Husain	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
11	Terrestrial Venomous Animals of Durg, Chhattisgarh and Their Poisoning Behaviour	Dr. Nisreen Husain Majid Ali	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
12	Ethnomedicinal and Pharmacognostical Studies of Some Traditionally Important Medicinal Plants from Three Districts of Chhattisgarh, India.	Dr. Nisreen Husain Dr. Touseef Hussain Dr. Deepti Chauhan	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
13	Some Ethno-Medicinally Important Plants from Chhattisgarh, India, with Caution Stigma in Reference to their Abortifacient Activity.	Dr. Nisreen Husain Dr. Touseef Hussain Dr. Deepti Chauhan	Zoology	Indian Journal of Scientific Research	2017	2319-7064
14	Behavioral Impact through Dance: A Miraculous Tool for Health and Healing	Dr. Lata Meshram Dr. Nisreen Husain Dr. Richa Thakur Sandhya Yadav	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
15	Use of Animals as Traditional Medicine in Chhattisgarh, India.	Dr. Lata Meshram Dr. Nisreen Husain	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
16	Some Important Microbial Agents, Nosocomial Infections, their Sources and Modes of Transmission.	Dr. Lata Meshram Dr. Nisreen Husain	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
17	Study of Traditional Man-Animal Relationship in district, Durg (C.G.) India.	Dr. Lata Meshram Dr. M. Hussain	Zoology	Indian Journal of Scientific Research	2017	0976-2876 2250-0138



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
18	Study of Endangered Grasses of Durg-Bhilai region	Dr. Lata Meshram Dr. Bhawana Pandey Dr. Pratiksha Pandey	Zoology	Flora & Fauna (International)	2017	0971-6920
19	Long term Variation of Solar failure Indices in relation to Sunspot Numbers from Solar Cycles 20 to 24	Dr. Meera Gupta Dr. A. K. Shrivastava	Physics	Journal of Pure Applied and Industrial Physics (International)	2017	2229-7596 2319-7617
20	Various Solar Activity Parameters and their Interrelationship from Solar Cycle 20 to 24	Dr. Meera Gupta Munika Rathod Dr. A. K. Shrivastava	Physics	International Research Journal of Science & Engineering (International)	2017	2322-0015
21	Evaluation of the Effect of Aqueous Plant Extract of <i>Jatropha curcas</i> on <i>Trichoderma hematum</i> , <i>Trichoderma harzianum</i> and <i>Trichoderma pseudokonengi</i> in Vitro.	Dr. Usha Chandel Dr. Rekha Pimpalgaonkar Dr. M. L. Prasuna	Botany	Flora & Fauna (International)	2017	0971-6920
22	Phytochemical Screening of Plant Latex (<i>Calotropis procera</i>).	Dr. Usha Chandel Bhavika Sharma Tulja Divya Dr. Bhawana Pandey	Botany	Flora & Fauna (International)	2017	0971-6920
23	Comparative Characterization of Nodules from Wild and Cultivated Legumes Rhizobium Nitrogen Fixing System .	Dr. Usha Chandel Dr. M.L. Prasuna Dr. S.S.Ali	Botany	Flora & Fauna (International)	2017	0971-6920



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24	Evaluation of the Effect of Aqueous Plant Extract of <i>Jatropha Curcas</i> on <i>Trichoderma hematum</i> , <i>Trichoderma harzianum</i> and <i>Trichodrama pseudo konengiin in vitro</i> .	Dr .M.L. Prasuna Dr. Rekha Pimpalgaonkar Dr. Usha Chandel	Botany	Flora & Fauna (International)	2017	0971-6920
25	Comparative Characterization of Nodules from Wild and Cultivated legumes, Rhizobium Nitrogen Fixing Systems .	Dr . M.L. Prasuna Dr. Usha Chandel Dr. S.S. Ali	Botany	Flora & Fauna (International)	2017	0971-6920
26	A Review of Medicinal Values of Ethno – Botanical Flora from Propinquity of the Institute.	Dr. M.L. Prasuna	Botany	Flora & Fauna (International)	2017	0971-6920



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HOME SCIENCE 2017

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Effective Communication for Effective Entrepreneurship	Dr. Reshma Lakesh Jaya Devi Sahu	Home Science	Shodh Sarita (International)	2017	2348-2397
2	Nutritional Status beget of Bone Health.	Dr. Reshma Lakesh Mockoul B.	Home Science	Shodh Sarita (International)	2017	2348-2397
3	Effect of Food Habits on Bone Mass Density	Dr. Reshma Lakesh B. Mockoul	Home Science	Research Challenges in Science Technology & Management(BITCON) for National Development	2017	
4	Rising of Juvenile Crimes in context of Chhattisgarh.	Dr. Reshma Lakesh Lariya Reena	Home Science	International Printing Area Research Journal (International)	2017	2394-5303
5	Nutrition consumption in context of cervical cancer Patients.	Dr. Reshma Lakesh Padmini Sambhakar	Home Science	Shodh Sanchar Bulletin. (International)	2017	2229-3620
6	Types of Job : An Important Determinate of Bone Mass Density	Dr. Reshma Lakesh B. Mockoul	Home Science	International Journal of Science & Research (International)	2017	2319-7064
7	A Concussion on Bone Health : Unhealthy Food Habits.	Dr. Reshma Lakesh B. Mockoul	Home Science	Journal of Environmental Research & Development	2017	0973-6921



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
8	Effect of Emotional Intelligence, Dependence Proneness and Gender in Empty Nest Syndrome Among Middle Age Men and Women.	Dr. Babita Dubey Vijaylaxmi singh	Home Science	Research Journal of Arts, Management & Social Science (International)	2017	0975-4083
9	Impact of Information, Communication and Social Business Technology on Micro, Small and Medium-Sized Entrepreneurship in Chhattisgarh: A Short Review.	Dr. Babita Dubey Dr. Ajit Singh Bhatnagar	Home Science	International Journal of Current Research (International)	2017	0975-833X
10	A Study on Empty Nest Syndrome among Middle aged Men and Women	Dr. Babita Dubey Vijaylaxmi singh	Home Science	International Journal of Current Research (International)	2017	0975-833X
11	Gender as a Predictor of Stress Coping Strategies.	Dr. Babita Dubey Jamila Khatun	Home Science	International Journal of Current Research (International)	2017	0975-833X
12	Behavioral Aspect and Stress Physiology	Dr. Babita Dubey Khushboo Jain	Home Science	Indian Journal of Scientific Research (International)	2017	2250-0138
13	Impact of Information, Communication and Social Business Technology on Micro, Small and Medium-Sized Entrepreneurship in Chhattisgarh: A Short Review.	Dr. Babita Dubey Dr. Ajit Singh Bhatnagar	Home Science	International Journal of Current Research (International)	2017	0975-833X



3.3.2 Research Publications

ARTS 2017


S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Impact of Yoga on Personality Improvement- An Indian Perspective	Dr. Richa Thakur Dr. Tripti Bala	Dance	Shodh Sampreshan (International)	2017	097-6459
2	Emotional Intelligence An School Adjustment of Adolescents	Dr. Tripti Bala	Psychology	Shodh Prakalp	2017	2278-3911
3	Impact of Yoga on Personality Improvement- An Indian Perspective	Dr. Richa Thakur Dr. Tripti Bala	Psychology	Shodh Sampreshan (International)	2017	097-6459
4	Behavioral Impact Through Dance : A Miraculous Tool For Health And Healing	Dr. Richa Thakur Dr. Nisreen Husain Dr. Lata Meshram Miss Sandhya Yadav	Dance	Indian Journal of Scientific Research	2017	2250-0138 0976-2876
5	उच्च शिक्षा : नियति, नीयत एवं नीति का प्रश्न	Dr Ambrish Tripathi	Hindi	बया-साहित्य, संस्कृति और विचार का त्रैमासिक	2017	2321-9858
6	पॉलिथिन के प्रयोग से उत्पन्न समस्या एवं समाधान	Dr. Moniya Rakesh Reena Tamrakar	Sociology	Research Link (International)	2017	0973-1628



3.3.2 Research Publications

COMMERCE 2017

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1.	Role of Steel in Infrastructural Development	Dr. K.L. Rathi Anurag Nagar	Commerce	Research Link (International)	2017	0973-1628
2.	Health and Mood-boosting Powers of Dogs as Pets	Dr. K.L. Rathi Dr.Tapas Mukherjee	Commerce	Indian Journal of Scientific Research	2017	0976-2876 2250-0138
3.	भारतीय सराफा बाजारों का भविष्य	Dr. V. K. Wasnik	Commerce	Gurukul Shodh Srijan	2017	2349-9702
4.	A Study of the Effect of the Jal Kranti Abhiyan at Nikumb Village of Durg District	Dr. Shashi Kashyap	Commerce	Indian Journal of Socio-Legal Studies	2017	2320-8562


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3.3.2 Research Publications

SCIENCE 2018

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Impact of Flood-caused Pollutants and Micro –organisms on Human Health	Dr. Nisreen Husain Dr. Touseef Hussain Dr. Lata Meshram	Zoology	International Journal of Science & Research (International)	2018	2319-7064
2	Green Herbs as Natural Healers.	Dr. Nisreen Husain Dr. Touseef Hussain	Zoology	World Journal of Pharmaceutical Research (International)	2018	2277-7105
3	Phytochemical Analysis of Leaf of <i>Wedelia trilobata</i> , <i>Achyranthes aspera</i> , and <i>Chrysanthemum</i> from the Twin-City (Durg and Bhilai), Chhattisgarh, India :A Comparative Study.	Dr. Nisreen Husain Dr. Deepak Kumar Srivastava	Zoology	International Journal of Advanced Biological & Biomedical Research (International)	2018	2322-4827
4	Physico- Chemical Study of Soil near Bhilai Steel Plant Effluent Channel.	Dr. Nisreen Husain Dr. Bhawana Pandey Dr. Deepak Kumar Srivastava	Zoology	Indian Journal of Scientific Research	2018	0976-2876 2250-0138
5	Ethnomedicinal Significance of Two Important Shrubs, viz, <i>Withania sonifera</i> (L.) and <i>Datura metal</i> (L.), (Family-Solanaceae) of Chhattisgarh, India.	Dr. Nisreen Husain Dr. Touseef Hussain Dr. Bhawana Pandey	Zoology	Indian Journal of Scientific Research	2018	0976-2876 2250-0138
6	Threatened Plants of Jammu and Kashmir and Conservation Strategies.	Dr. Nisreen Husain Dr. Touseef Hussain	Zoology	Indian Journal of Scientific Research	2018	0976-2876 2250-0138
7	Climate change due to Human Activities and its Health Impact	Dr. Nisreen Husain Dr. Touseef Hussain	Zoology	International Journal of Scientific Research Publications (International)	2018	2250-3153



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
8	Healing and Therapy with Colors.	Dr. Nisreen Husain Dr. Deepak Kumar Shrivastava Dr. Touseef Hussain	Zoology	Indian Journal of Scientific Research	2018	0976-2876 2250-0138
9	Impact of Flood –caused Pollutants and Micro-organisms on Human Health	Dr. Lata Meshram Dr. Nisreen Husain Dr. Touseef Hussain	Zoology	International Journal of Scientific Research (International)	2018	2319-7064
10	Green Coronal Index is a better parameter for the Solar terrestrial Studies.	Dr. Meera Gupta Dr. O.P.Gupta Munika Rathod	Physics	International Journal of Advanced in Management, Technology & Engineering Sciences (International)	2018	2249-7455
11	<i>In Vitro</i> Evaluation of the effect of Aqueous Leaf Extract of <i>Jatropha curcas</i> on <i>Penicillium aurantiogriseum</i> isolated from its <i>Phylloplane</i> and <i>Rhizosphere</i>	Dr. Usha Chandel	Botany	Review of Business & Technology Research	2018	1941-9406



3.3.2 Research Publications

HOME SCIENCE 2018

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Empty nest Syndrome as a Function of Personality Dimension and Socio-Economic Status.	Dr. Babita Dubey Dr. Khushboo Jain	Home Science	International Journal of Current Research (International)	2018	0975-833X
2	To Study about Effect of Extraverted Personality Dimensions in Empty nest Syndrome.	Dr. Babita Dubey Dr. Khushboo Jain	Home Science	International Journal of Current Research (International)	2018	0975-833X
3	To Study about Effect of Neuroticism Personality Dimension in Empty nest Syndrome.	Dr. Babita Dubey Dr. Khushboo Jain	Home Science	International Journal of Current Research (International)	2018	0975-833X
4	Role of Emotional Intelligence and Self-Efficacy on Job Performance and Health of Staff.	Dr. Babita Dubey Vijaylaxmi singh	Home Science	International Journal of Advanced In Management In Technology & Engineering Science (International)	2018	2249-7455
5	Role of Chhattisgarhi Language in Promoting Digital Literacy: An Overview.	Dr. Babita Dubey Dr. Ajit Singh Bhatnagar	Home Science	International Journal of Advanced In Management In Technology & Engineering Science (International)	2018	2249-7455
6	Uses of Information and Communication Technologies in Chhattisgarh Higher Education Institution	Dr. Babita Dubey Vijaylaxmi singh	Home Science	International Journal of Current Research (International)	2018	0975-833X
7	Role of Chhattisgarhi Language in Promoting Digital Literacy: An Overview.	Dr. Ajit Singh Bhatnagar Dr. Babita Dubey	Home Science	International Journal of Advanced In Management In Technology & Engineering Science (International)	2018	2249-7455



3.3.2 Research Publications

COMMERCE 2018

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	A Critical Study about Demonetization-its Merit, Demerits and Impact on the Society	Dr. K.L. Rathi Dr. Touseef Hussain	Commerce	World Journal of Pharmaceutical Research (International)	2018	2277-710

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3.3.2 Research Publications

SCIENCE 2019

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Medicinal Virtues and Phyto –chemical constituents of some of the important Indian Spices	Dr. Nisreen Husain Dr. Bhawana Pandey Dr. Touseef Hussain Dr. Deepti Chauhan	Zoology	World Journal of Pharmaceutical Research (International)	2019	2277-7105
2	Amino acids as Medical Food & their Therapeutic uses	Dr. Nisreen Husain Dr. Lata Meshram Dr. Touseef Hussain	Zoology	International Journal of Scientific Research & Reviews (International)	2019	2279-0543
3	A Critical Study about the Toxicity of Lead and the Precautionary Measures : A review	Dr. Nisreen Husain Dr. Bhawana Pandey Dr. Arti Gupta	Zoology	Indian Journal of Scientific Research	2019	0976-2876 2250-0138
4	A Critical Study about The Toxicity of Lead and the Precautionary Measures : A review	Dr. Arti Gupta Dr. Nisreen Husain Dr. Bhawana Pandey	Chemistry	Indian Journal of Scientific Research	2019	0976-2876 2250-0138
5	Amino acids as Medical Food and their Therapeutic Uses	Dr. Lata Meshram Dr. Nisreen Husain Dr. Touseef Hussain	Zoology	International Journal Of Scientific Research & Reviews (International)	2019	2279-0543
6	Correlative Study of Sunspot and Tilt Angle.	Dr. Meera Gupta Murika Rathod Dr. O.P. Gupta	Physics	International Journal of Management, Technology And Engineering (International)	2019	2249-7455
7	Correlative Study of different Types of Solar Radio Bursts between Sunspot Numbers and Solar Flare Index for the Solar Cycle 21 to 24	Dr. Meera Gupta Shailraj Narang Anubha Singh Gaur	Physics	International Journal of Management, Technology And Engineering (International)	2019	2249-7455



S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	Gender and self concept as predictors of career maturity	Dr. Reshma Lakesh Rimsha Lakesh Basheer Hasan Jyoti Ravi Tiwari	Home Sciences	International Journal of Social Sciences (International)	2019	2347-3797
2	Universal Basic Income :The Urgent Need of Common Indian Populace	Dr. Babita Dubey Dr. Ajit Singh Bhatnagar	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455
3	Effect of Social Media in Consumer Behavior in Marketing	Dr. Babita Dubey Dr. VijayLaxmi Singh	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455
4	Emotional Intelligence: An Amalgamation of Arterial Language ,Learned Language and Body Language	Dr. Babita Dubey Dr. Ajit Singh Bhatnagar	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455
5	Role of Language in Developing Emotional Intelligence	Dr. Babita Dubey Dr. Khushboo Jain	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455
6	Universal Basic Income:The Urgent Need of Common Indian Populace	Dr. Ajit Singh Bhatnagar Dr. Babita Dubey	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455
7	Emotional Intelligence: An Amalgamation of Arterial Language ,Learned Language and Body Language	Dr. Ajit Singh Bhatnagar Dr. Babita Dubey	Home Sciences	International Journal of Management, Technology & Engineering (International)	2019	2249-7455



3.3.2 Research Publications

ARTS 2019


Sr. No.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1	मृच्छ कटिकम.एक अनुशीलन	Dr. Richa Thakur Dr. K. Madhavi	Dance	International Journal of Research in Social Sciences (International)	2019	2249- 2496
2	कृष्ण और नृत्य	Dr. Richa Thakur Dr. K. Madhavi	Dance	Journal of Management Research & Analysis	2019	2249- 2770
3	Classical Dance and health.	Dr. Richa Thakur Dr. K. Madhavi	Dance	International Journal of Management, IT & engineering (International)	2019	2249- 0558
4	भोरमदेव मंदिर में अंकित नायिका मूर्तियों का विश्लेषण (भरतनाट्यम् के विशेष संदर्भ में)	Dr. Richa Thakur Shabina Begam	Dance	International Journal of Emerging Technologies and innovative Research (International)	2019	2249- 5162



3.3.2 Research Publications

COMMERCE 2019

S. N.	Title of the Paper	Authors	Department	Name of the Journal	Year of Publication	ISBN/ISSN NO
1.	A detailed Study on Correlation of Life Insurance Corporation on Economical Development of Policy Holders	Dr. K.L. Rathi	Commerce	International Journal of Management,IT & Engineering (International)	2019	2249-0568
2.	An Analytical Study of Marketing Strategies adopted by Super Market	Dr. K.L. Rathi	Commerce	Journal of Management Research & Analysis(JMRA)	2019	2394-2770
3	Mudra Vinimay dar ka nirdharan	Dr. V. K. Wasnik	Commerce	Research Journal of Social & Life Sciences	2019	0973-3914


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3.3.2 Research Publications – Consolidated

VII – b

Consolidated Research Publications (2014-2019)

			2014		2015		2016		2017		2018		2019		Total
	SN	Names	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	
Principal	1	Dr. Sushil Chandra Tiwari							1						1
Science	2	Dr. Arti Gupta		1		1							1		3
	3	Dr. Meera Gupta		1		1	2	1		2		1		2	10
	4	Dr. Nisreen Husain		1	2	6		2	10	2	4	4	1	2	34
	5	Dr. Usha Chandel	1	1		2				3	1				8
	6	Dr. Sunita Gupta				1									1
	7	Dr. Lata Meshram		1		2			4	1		1		1	10
	8	Dr M.L. Prasuna				2				3					5
	9	Dr. Anuja Chauhan													
	Arts	10	Dr. D.C. Agrawal												
11		Dr. Richa Thakur	3		3	1	1	1	1	1			1	3	15
12		Dr. Suchitra Khobragade													
13		Dr. Mukta Bakhla													
14		Dr. Yesheshwari Dhruw													
15		Dr. Moniya Singh						1		1					2
16		Smt. Sadhna Parekh													
17		Smt. Jyoti Bharne				1									1
18		Dr. Sushma Yadav					1								1
19		Dr. Ambrish Tripathi				1		1	1						3
20		Dr. Tripti Bala					1		1	1					3



	SN	Names	2014		2015		2016		2017		2018		2019		Total
			Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.	Nat.	Inter.			
Homescience	21	Dr. Amita Sehgal				1									1
	22	Dr. Alka Duggal													
	23	Dr. Meenakshi Agrawal				1									1
	24	Dr. Reshma Lakesh	1	2		3		2	2	5				1	16
	25	Dr. Babita Dubey		6		2	1	4		5		6		4	28
	28	Dr. Ajit Singh Bhatnagar								1		1		2	04
Commerce	25	Dr. Anil Jain													
	26	Dr. K.L.Rathi	1		1		1	1	1		1	1	1	8	
	27	Dr. V.K. Wasnik		1	1		1	1	1			1		6	
	28	Dr. Shashi Kshyap					1		1					2	

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Criteria 3.3.4 Consolidated Research Publications

(2014-2019)

Document VII-(b)

		2014	2015	2016	2017	2018	2019	TOTAL	GRAND TOTAL
SCIENCE	NAT.	1	2	2	15	5	2	27	72
	INTER.	5	15	3	11	6	5	45	
ARTS	NAT.	3	4	3	3		1	14	25
	INTER.		2	3	3		3	11	
HOME SCIENCE	NAT.	1		1	2			4	50
	INTER.	8	7	6	11	7	7	46	
COMMERCE	NAT.	1	2	2	3		2	10	16
	INTER.	1		2	1	1	1	6	

Total number of Research Publication : NATIONAL = 55

Total number of Research Publication : INTERNATIONAL = 108

GRAND TOTAL=163

Note : NAT. - NATIONAL INTER. – INTERNATIONAL

भरतनाट्यम : परिचय, इतिहास एवं प्रस्तुतिक्रम

डॉ. त्रद्युता ठाकुर

सहायक प्राध्यापक (नृत्य)

शास.डॉ.पा.वा.पाटणकर, कन्या स्नातकोत्तर महाविद्यालय, दुर्ग (छ.ग.)

दसवीं शताब्दी के बार 'भरतनाट्यम' का विकास वर्तमान तमिलनाडु के सभी मुख्य क्षेत्रों में होने लगा। तंजावुर के चोल राजाओं के संरक्षण से इस कला का काफी विकास हुआ और मंदिरों में नर्तकों की संख्या में वृद्धि हुई। नायक और मराठा शासन तक इस परम्परा का लगातार विकास होता रहा। उन्नीसवीं शताब्दी के प्रारंभ में राजा सरफेजी के शासनकाल में तंजावुर के चिन्नैया, पुन्नैया, शिवनन्दम् और वाडिवेलु इन चार महारथियों के माध्यम से भरतनाट्यम के सौन्दर्य तत्वों को संवारते हुए उसमें निरंतर परिष्कार होता गया।

परिचय:— दक्षिण भारत के तमिलनाडु प्रदेश की प्रमुख नृत्य पद्धति का नाम 'भरतनाट्यम' है। इस नृत्य की परम्परा 2000 वर्षों की है। भरतनाट्यम नृत्य की शास्त्रीय पद्धति का सूत्रपात विशेष रूप से दक्षिण भारत के तंजावुर नामक गाँव में हुआ। इसमें नृत्य और अभिनय की प्रधानता रहती है। दक्षिण भारतीय मंदिरों में देव-अराधना के लिए प्रस्तुत किये जाने वाले इस नृत्य को एक शास्त्रीय क्रम के अनुसार प्रयोग में लाया जाता है। जिसमें उसकी गति के अनुसार अलारिप्पु, जतिस्वरम्, शब्दम्, पदवर्णन, जावली और तिल्लाना (भक्तिकाव्य) का प्रयोग होता है। संगीत के समस्त अंगों और उपांगों का प्रयोग इसमें प्रायः शास्त्रोक्त प्रकार से ही किया जाता है।

दक्षिण भारत के प्रसिद्ध ग्रन्थ 'सिलप्पदिकारम्' को भरतनाट्यम का मूल आधार बताया जाता है जिसके 5 अध्यायों में उस समय के तमिल भाषी क्षेत्र से संबंधित नृत्य की विस्तृत सामग्री प्राप्त होती है।

दसवीं शताब्दी के बार 'भरतनाट्यम' का विकास वर्तमान तमिलनाडु के सभी मुख्य क्षेत्रों में होने लगा। तंजावुर के चोल राजाओं के संरक्षण से इस कला का काफी विकास हुआ और मंदिरों में नर्तकों की संख्या में वृद्धि हुई। नायक और मराठा शासन तक इस परम्परा का लगातार विकास होता रहा। उन्नीसवीं शताब्दी के प्रारंभ में राजा सरफेजी के शासनकाल में तंजावुर के चिन्नैया, पुन्नैया, शिवनन्दम् और वाडिवेलु इन चार महारथियों के माध्यम से भरतनाट्यम के सौन्दर्य तत्वों को संवारते हुए उसमें निरंतर परिष्कार होता गया। 'नृत्त', 'नृत्य' और 'अभिनय' इन तीनों कलाओं का क्रमिक प्रयोग इन प्रस्तुतियों में प्रदर्शित किया जाता है। 'नृत्त' में केवल अंग-संचालन मात्र होता है, 'नृत्य' में भाव सहित अंग संचालन रहता है और 'अभिनय' में भाव और रस के अनुकूल शारीरिक क्रियाओं द्वारा

नाट्याधारित अभिव्यक्ति होती है। आधुनिक काल के भरतनाट्यम में पदवर्णन की प्रस्तुति के अन्तर्गत नृत्त, नृत्य और नाट्य इन तीनों विधाओं का समान महत्त्व है तथा इनसे नृत्यकार की प्रतिभा का मूल्यांकन भी किया जा सकता है। तंजावुर के उपर्युक्त चारों संगीतकारों की संगीत रचनाएँ आज के 'भरतनाट्य' की रीढ़ कही जा सकती है।

आज कला देश-विदेश में भरतनाट्य के बढ़ते प्रभाव के कारण उसके ऑकेस्ट्रा, वेश-भूषा, मंच सज्जा तथा प्रकाश और ध्वनि व्यवस्था आदि में काफी अंतर आ गया है अतः आज 'भरतनाट्यम' अधिक आकर्षक और प्रतिभाशाली बनता जा रहा है। समय के साथ अन्य कलाओं में भी परिवर्तन की एक प्रक्रिया दिखायी देती है।

इतिहास - भारतवर्ष के शास्त्रीय नृत्यों की परम्परा में 'भरतनाट्यम' नृत्य का महत्वपूर्ण स्थान है। इसका उद्गम तथा प्रचार दक्षिण भारत में सर्वाधिक है। इस नृत्य शैली की कुछ मौलिक विशेषताएँ हैं। इसमें अभिनय के आंगिक, वाचिक आहार्य तथा सात्विक चारों ही रूप विधिवत् प्रयुक्त होते हैं, साथ ही नृत्त, नृत्य तथा नाट्य नामक तीनों तत्वों का सुललित ढंग से प्रयोग किया जाता है। इसे प्रस्तुत करने की अत्यन्त कलात्मक एवं सुनिश्चित पद्धति है। उसमें कलात्मक के साथ अध्यात्म तत्व का भी सुन्दर विनियोग दिखाई देता है।

जहाँ तक इस नृत्य के उद्गम एवं इतिहास का प्रश्न है, उसके संबंध में लोक के अनेक प्रकार की बातें प्रचलित हैं। अन्य शास्त्रीय नृत्य रूपों की भांति इसके प्रवर्तन का श्रेय भी अर्जुन को दिया जाता है। एक मत है कि अर्जुन जब छद्मवेष धारण करके वृहन्नला के रूप में अज्ञातवास में था, तब उसने यह नृत्य राजा विराट की पुत्री उत्तरा को सिखाया था। (महाभारत)

पीड़ा, वेदना, हर्ष, रीति, नीति प्रथा, गाथा, लोक विश्वास, अंध विश्वास, रूढ़ियाँ एवं सांस्कृतिक परम्परा की अभिव्यंजन अक्षुण्ण भंडार है। यद्यपि लोक विश्वास एवं अंधविश्वास के मध्य विभेदक रेखा खींचना दुःसाध्य कर्म है तथापि जो लोक विश्वास विज्ञान – सम्मत व मनो विज्ञान सम्मत न होकर निराधार रूढ़ हो गया है उसे अंध विश्वास के रूप में स्वीकारना कल्याण होगा। लोक साहित्य एवं जन मानस में व्याप्त जादू टोना संबंधी, अपशकुन संबंधी संकट निवारण संबंधी, रोग निवारण मोसम एवं ज्योतिष ज्ञान संबंधी व प्रायश्चित्त संबंधी अंध विश्वास उल्लेखनीय है। लोक जीवन में टोनही द्वारा तंत्र-मंत्र चूसना भ्रामक विश्वास है। कौवें का कांव काव करना व बिल्ली का गंतव्य पथ को पार करना अनिष्ट कारक तथा भरे कलश का दर्शन फलदायक माना जाता है। संकट निवारण हेतु देवता के सम्मुख बलि चढ़ाया जाता है। रोग निवारण तंत्र मंत्र सहित विदाई का तांत्रिकीय रष्ण किया जाता है। 'जुगनू' के घर में प्रवेश करने पर अतिवृष्टि होने की मान्यता के शरीर पर कीड़े पड़ने से घोर पाप मानते हुए प्रायश्चित्त हेतु 'भात खिलाने' की प्रथा छत्तीसगढ़ के लोक – मानस लोक जीवन में व्याप्त विश्वास व अंध विश्वास को रेखांकित करना इस शोध-पत्र का मुख्य ध्येय है।

5.संदर्भ ग्रंथ सूची

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4. छत्तीसगढ़ी लोक साहित्य का अध्ययन : दयाशंकर शुक्ल ज्योति प्रकाशन रायपुर (म. प्र.)
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“भारतीय लोकनृत्यों की आहार्य परम्परा”

डॉ. ऋचा ठाकुर

सहा.प्राध्यापक (भरतनाट्यम), शास. डॉ.वा.वा.पाटणकर कन्या स्नातकोत्तर महाविद्यालय दुर्ग (छत्तीसगढ़)

प्रकृति दर्शन का दूसरा नाम लोक-नृत्य है। यह प्रकृति की अनूठी देन है। प्रकृति की अनेक मनोहारी कलाओं लेकर आदिमानव ने अपने मनोरंजन के लिए धीरे-धीरे अनेक नृत्य-कलाओं को जन्म देना आरंभ किया, जिसमें उसे मनोरंजन अनुभूति का अनुभव हुआ। प्रकृति से प्राप्त इन क्रियाओं में वह अनेक उतार-चढ़ाव के बाद भी निरंतर लगा कालान्तर में विभिन्न लोक नृत्यों के रूप में स्थापित होकर लोक जीवन का अभिन्न अंग बन गई। लोक नृत्य के आनंद में आत्मा तन के बंधन से कुछ क्षणों के लिये उन्मुक्त हो जाती है। लोक नृत्यों का मर्म उनकी निर्धारित वेशभूषा सज्जा में है तथा यही लोक नृत्यों की वास्तविक पहचान है। यही लोकनृत्यों को अधिक सजीव एवं आकर्षक सामाजिक-सांस्कृतिक जीवन, रीति-रिवाज, अर्थव्यवस्था, आध्यात्मिकता आदि का प्रभाव लोक नृत्यों की वेशभूषा स्वाभाविक रूप से परिलक्षित होता है। भारत की बहुरंगी लोक-संस्कृति में लोक नृत्यकारों की बहुरंगी वेशभूषा (परिधान) बिखेरते आभूषण एवं आभायुक्त श्रृंगार प्रसाधन का भारतीय लोकनृत्यों में विशेष महत्व है। यह निर्विवाद सत्य है कि लोक नृत्य उसके नृत्यकारों के परिधान, आभूषण एवं प्रसाधन के अभाव में निष्प्राण है। यह भी शाश्वत सत्य है कि लोक नृत्यकारों के परिधान, श्रृंगार, आभूषण स्वयं इनकी अपनी बुद्धि की उपज है। इनका निर्धारण एवं स्थापना आदि के आदिम युग में लोक विश्वास, मान्यताओं एवं परंपराओं के अनुरूप ग्राम्य समाज के सभी वर्गों की आम सहमति से भारतीय लोक नृत्यों के अनुभवी, मर्मज्ञों से साक्षात्कार, बातचीत से यह सारगर्भित निष्कर्ष प्राप्त हुआ है। भारत की इस सांस्कृतिक धरोहर का निर्माण और निर्धारण किसी एक व्यक्ति, समय, वर्ग या समाज के द्वारा नहीं हुआ है, अपितु रूप से सुदीर्घ कालावधि में सम्पन्न हो सका है।

मानव मात्र में सजने-संवरने की प्रवृत्ति नैसर्गिक रूप से प्राप्त है। पुरुषों की अपेक्षा महिलाओं में ये मूल प्रवृत्ति बलवती रही है। भारतीय ग्रामीण महिलाओं में अपने श्रृंगार, परिधान एवं आभूषणों के प्रति अगाध प्रेम है। शरीर के अर्थात् नख से शिख तक विभिन्न अंगोपांग में तरह-तरह के धारण किये जाने वाले श्रृंगारों, परिधानों एवं आभूषण

छत्तीसगढ़-विवेक

त्रैमासिक शोधपत्रिका 000000 सम्पादक : आर.पी. मिश्रा

कार्यालय - कल्याण अध्ययन-विश्लेषण एवं अनुसंधान केन्द्र, कल्याण स्नातकोत्तर महाविद्यालय परिसर,
सेक्टर-7, भिलाईनगर, जिला-दुर्ग पंजीयन क्र CHHBIL00876 /33/1/2010/TC

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स्वीकृति प्रमाणपत्र

यह प्रमाणित किया जाता है कि डॉ. ऋचा ठाकुर सहायक प्राध्यापक (नृत्य) शा.डॉ.वा.वा.पाटणकर कन्या स्नातकोत्तर महाविद्यालय दुर्ग (छ.ग.) द्वारा प्रस्तुत शोधपत्र जिसका शीर्षक "शास्त्रीय नृत्य का इतिहास : वैदिककाल, महाकाव्य, पाणिनी काल" शोधपत्रिका छत्तीसगढ़-विवेक के अंक 44 जनवरी-मार्च, 2014 में प्रकाशन हेतु संपादक मंडल द्वारा स्वीकृत किया गया है।

यह शोधपत्र निर्धारित अंक में यथासंभव प्रकाशन किया जावेगा, एतदर्थ यह स्वीकृति प्रमाण पत्र प्रदान किया जाता है।

भवदीय,



डॉ.सुधीर शर्मा
सहायक संपादक

नगरीय क्षेत्र की गंदी बस्तियों में निवासरत परिवारों का स्तर—भिलाई नगर की गंदी बस्तियां का एक प्रतीक अध्ययन



सुषमा यादव

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नगर, भिलाई

सारांश

भारत में गंदी बस्तियों की समस्या एक प्रबल समस्या बन चुकी है। भारत के महानगरों एवं नगरों में गंदी बस्तियों का विकास कैंसर की भाँति बढ़ रहा है। गंदी बस्तियों में निवासरत व्यक्तियों की आवासीय दशा अत्यंत दयनीय एवं निम्न स्तर का होता है। प्रस्तुत शोध पत्र में नगरीय बस्तियों में निवास करने वाले परिवारों के जीवन स्तर को व्यक्त करने का प्रयास किया गया है। प्रतीक अध्ययन के रूप में औद्योगिक नगर भिलाई जिला दुर्ग छ. ग. में स्थित जोरातराई गंदी बस्ती का चयन किया गया है। इस्पात संयंत्र के लिए प्रसिद्ध भिलाई नगर में 46 घोषित गंदी बस्तियां हैं। इसमें से जोरातराई जो इस्पात संयंत्र सबसे नजदीक में स्थित गंदी बस्ती है। अध्ययन मुख्यतः प्राथमिक आकड़ों पर आधारित है। पारिवारिक अनुसूची के माध्यम से जोरातराई में निवासरत 424 परिवारों का साक्षात्कार से प्राप्त सूचनाओं के आधार पर अध्ययन किया गया। अध्ययन में पाया गया की चयनित गंदी बस्ती जोरातराई में मूलभूत सुविधाओं की उपलब्धता पर्याप्त नहीं है अधिकांश परिवार उड़ीसा राज्य से आप्रवासित हैं। अधिकांश परिवारों (64.62 प्रतिशत) का आय स्तर अतिनिम्न (3500 रु. मासिक से कम) है। अतः निम्न आय स्तर के कारण रहन सहन का स्तर निम्न है।

मुख्य शब्द : चयनित, गंदी बस्ती, जीवन स्तर, रहन सहन प्रस्तावना

नगरीय बस्तियाँ नगर के निम्न अवस्था वाले अव्यवस्थित रूप से विकसित क्षेत्र होते हैं। वर्तमान समय में गंदी बस्तियों की समस्या अन्तर्राष्ट्रीय स्तर पर चिंतन का विषय बन चुकी है।

संयुक्त राष्ट्र संघ(1952) के अनुसार "गंदी बस्ती एक मकान, मकानों का समूह या क्षेत्र है, जिसकी विशेषता भीड़-भाड़युक्त पतनोन्मुख, अस्वास्थ्यकर दशा तथा सुविधाओं का अभाव है। इन दशाओं अथवा इनमें से किसी एक के कारण इसके निवासियों अथवा समुदाय के स्वास्थ्य, सुरक्षा एवं नैतिकता को खतरा उत्पन्न हो जाता है।" "गंदी बस्तियों की समस्या को महत्वपूर्ण मानते हुए इक्कीसवीं सदी के प्रथम मानव दिवस world Habitat Day (10 oct 2001) को united Nations center for Human settlement (UNCHS) ने "Cities Without Slums" के रूप से मनाया था। यद्यपि गंदी बस्तियों को समस्याग्रस्त क्षेत्रों के रूप में जाना जाता है परन्तु नगर की सुचारु रूप से सामाजिक एवं आर्थिक उन्नति में इन बस्तियों के निवासियों की महत्वपूर्ण भूमिका होती है।

19 वीं शताब्दी से ही भारत में विभिन्न विद्वानों नियोजको द्वारा गंदी बस्तियों के सुधार के लिए अध्ययन एवं प्रयास किए जा रहे हैं। इसी तारतम्य में छ. ग. राज्य के भिलाई नगर की गंदी बस्तियों को अध्ययन हेतु चयनित किया गया है।

भिलाई इस्पात संयंत्र की स्थापना (1956) के पश्चात् नगर के विकास के साथ-साथ जनसंख्या में तीव्र गति से वृद्धि हुई है। आवास हेतु नियोजित आवासीय क्षेत्र का विकास किया गया है। परन्तु नगर के चतुर्दिक कई गंदी बस्तियों का भी विकास हुआ है। औद्योगिक क्षेत्र होने के कारण विशेषकर श्रमिक वर्ग के लोग रोजगार के तलाश में

सरकारी भूमि को अधिग्रहण कर गंदी बस्तियों का निर्माण किया है। अध्ययन का उद्देश्य

1. अध्ययन क्षेत्र में मकानों की स्थिति की भौतिक संरचना आवास प्रतिरूप एवं मूलभूत सुविधाओं का मूल्यांकन करना।

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Stress and College going Students

* Babita Dubey

**Jamila Khatun

Abstract- The objective of the present study is to investigate the level of stress of college going students. The sample for the study consisted of 125 boys and 125 girls from UG standard from various Engineering colleges located in Durg district of Chhattisgarh state. Stress Resistance Scale developed by J C Aajwane and Mrs., Versa vakhandkar. The findings of the study revealed that the result of Research shows that both girls and boys college going students have stress.

Introduction: With increasing complexity of our lifestyles, the level of stress has been increasing at a phenomenal rate. As early as in 14th century the term stress was used to denote hardships, adversity, strain and affliction (lumbden1981). The word "stress" is defined by the Oxford Dictionary as "a state of affairs involving demand on physical or mental energy." it is a condition or circumstance (not always adverse) which can disturb the normal physiological and psychological functioning of an individual. Although we normally think stress to be coming from negative events in our lives, positive events such as getting married or receiving an expected job promotion can also produce stress (Brown and McGill, 1989). Making a survey of definitions of stress, Cox, (1978) has described three approaches of definitions: stress can be thought of as a response (that is, stress response to an external stimulus), as a stimulus (that is, as a condition called stress) and as an intervening variable emphasizing upon the interaction between individual and environment. Selye (1950) defined stress as nonspecific response of the body to any demand. Role stress is a state of tension created by multiple demands and conflicting directions from two or more individuals in the performance of a role, resulting in anxiety. Role stress has been defined as the degree of incomparability of expectations, communicated to a focal person by his role giver. Many people experience stress as they combine busy lives and the demands of study and or work while trying to also save time for friends and family. For some people, stress becomes almost a way of life. We all experience episodic stress- getting ready for a major exam, completing an important paper, perhaps getting ready for an

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SOCIAL MEDIA : NEW INNOVATION IN MANAGEMENT WITH SPECIAL REFERENCE TO RAIPUR CITY

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Now in today's scenario social media like Blogs, LinkedIn, face book, twitter, Skype, etc. are playing a very important role in consumer buying behavior decision making process directly and indirectly. In recent trend of innovation in management social media become powerful and cost free approach to promote product to consumer. As per the survey result India's 75% youth are using social media for sharing their through and views and comment in different area of country. B2C is an abbreviated term for business to consumer marketing. Business to consumer marketing is when a business markets products to a consumer market. A consumer is a buyer of products that are not business related. B2C products include goods and services such as food, cloths, cars, houses, phone services, credit repair services, etc.

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Objective of the study

- To determine the impact of social media in Management.
- To know the awareness of customer/ consumer regarding social media awareness.
- To known the impact of Social media in management and their implication.
- To know the impact of Social media in
- To determine the effect of social media in management as a New innovation.

Introduction-

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powerful and cost free approach to promote product to consumer. As per the survey result India's 75% youth are using social media for sharing their through and views and comment in different area of country. B2C is an abbreviated term for business to consumer marketing. Business to consumer marketing is when a business markets products to a consumer market. A consumer is a buyer of products that are not business related. B2C products include goods and services such as food, cloths, cars, houses, phone services, credit repair services, etc.

B2B buyers are using a wider variety of sources to research their purchases, and social media continues to play a more important role in the purchasing process, according to the 2012 Demand Gen Report B2B Buyer Survey, Not surprisingly, 95% of buyers say that vendors used email to stay in touch with them during the selection process, although 84% also said they were contacted by phone. A majority of buyers (59%) said they were pleased with vendor's choices about how and when to contact them, although 33% said there was room for improvement in this area, and 8% said they were unhappy with vendors trying to contact them too often (www.demandgenreport.com/industry-topics/marketing_analytic/1702-b2bsurvey-revels-impact-of-social-on-vendor-selection-process).

This research paper is based on perception of consume regarding impact of social media in buying behavior decision marketing of consumer.

Objective of the study

- To determine the impact of social media in management.



Effect of Clothing on Perception of Mood and Self Consciousness among Higher Secondary School Students

Sept-Oct, 2014



* Dr. (Smt.) Babita Dubey ** Miss Vijaylaxmi Singh

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ABSTRACT

The present study was under taken to assess and compare the effect of clothing on perception of mood and self consciousness of 100 higher secondary school students of Bhilai. It has been evident through studies that the mood has an inborn reflex with respect to the dressing preference and fashion. Other factors related to the clothing for e.g. emotions, education of a person, design, print, quality of fabric, color can influence the mood. The result specifies strong relationships between mood and clothing style preference; mood was an important predictor of preference, at the same time as personality was restrained. Personality, emotion and mood were exposed to be managed and reflected through clothing with propositions for assistance in consumer clothing service training, resolution, and strategies for personal shoppers, market segmentation and design. The methodology derivative from a combination of research methods coupled with definite wearing experience, previously not studied collectively.

Key words: Higher secondary students, emotions, mood, personality

Introduction:

Clothes or in others words a person's wardrobe is one of the key aspects in assessing one's personality. Clothes and mood are two inter-related constituents also affecting the overall personality of an individual. In daily routine, one can observe the contrasts of mood in different types of clothing that can be either positive or negative. Here, this research central brainwave is to contemplate which factors are triggering the mood of an individual wearing a new outfit.

Through experiential studies, it is observed that individual feels happy by wearing new attire/clothing. Physiologically, when an individual wears new clothing, he/she experiences the sense of confidence about himself/herself, which drives positive mood and emotions.

Having on new clothes always have an impact on the mood of an individual by certain factors like color, style, print, fabric, situation, emotions, occasions etc. By which of these factors trigger positive reinforcement or negative reinforcement on mood has to been analyzed via this research.

The creativity which is involved in clothing and Fashion designing is seen to be more difficult than the creativity involved in designing material, because the design elements and the principles which are required in the two sectors of the designing creativity are entirely difficult and complex.

Fashion designers try to keep balance between the current fashion trends which are going to be the customers future wants in clothing. In order to keep on updating themselves with the upcoming fashion trends and plus it makes them aware too. The worth of a design mostly depends or matters on the quality and on to the

designer's talent. Exceeded level of research could only enable the designers to remain updated; Clothing is the practical application of a design (Mete, 2006). It is widely accepted that clothing has the potential (and is commonly used) to reflect and convey the inner self, e.g. self image, mood, political affiliations, social aspirations, etc; but also that consumers prefer products that are consistent with their identity.

Many studies have investigated mood and personality but are out of date, inconclusive, and do not consider the causal relationships. Experiments have also generally not explored the wearing or trying on experience of clothes, the anticipation stage of the shopping experience, when emotions and moods are heightened. Nor have they investigated these factors in relation to preference for clothing styles.

As the fashion market continues to fragment, a deeper understanding of the consumer's psychological profile would help develop more targeted strategies for retailers.

Objectives:

New clothing has an effect on mood and self consciousness of higher secondary school students. To know the role of clothing in personality development of higher secondary school students.

Hypothesis:

New clothing has a significant effect on mood and self consciousness of higher secondary school students. Clothing plays a positive role in personality development of higher secondary school students.

Method:

A Study on Clothing Behaviour and their Relation to General Values among College going Students

* Babita Dubey
**Vijaylaxmi Singh

Abstract- *Clothing is considered to be one's second skin and interest in clothing is highest during late teens and early twenties. The expression of self through clothing behaviour is clearly visible during these years. Behind this expression, one's culture, background and general values play a dominant role. The paper explores the relationship of general values and clothing behaviour. The study was carried out on 140 college students from two different streams: Technical and non -Technical . Results indicate that students in general place economic value on top and do not show any difference as regards to economic and aesthetic values irrespective of the field they belong. But educational background does make an impact on clothing behaviour and this is reflected through their difference in clothing behaviour related to economic value and social value .Another interesting finding is that students who give very high importance to general social values exhibit socially influenced behaviour through their clothing at a lower level.*

Introduction- Today in this consumer-based society, clothing has become an indispensable part of us. Everyday we spend some amount of time to decide about clothes we wear. And a lot of time goes in decision-making while selecting and purchasing clothes. In all of the activities related to clothing, values act as directive and motivating force in behaviour and decision making. Clothing behaviour research, has its roots primarily from the disciplines of psychology, sociology and social psychology. Research has mainly concentrated around two areas of prime focus: one major area of work is where appearance serves as a form of non-verbal communication, which "stimulates" judgmental and behavioural response from others. Second area is that clothing behaviour of a person himself is a function of social milieu, personality and life style (Davis

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Stress Due to Dual Role of Women Entrepreneurship and Its Management

* BabitaDubey

**Vijaylaxmi Singh

Abstract- *The present study has undertaken to examine the stress in women entrepreneurs due to dual role of work and its management. A survey of 100 women (Mean age 31.59 yrs) from Pure Earth export in durg district were conducted. This study is aimed at exploring how self-employed women cope in balancing their dual roles as mothers and entrepreneurs. The successful balancing of their dual roles was attributed to the following central themes, which emerged from all the participants: quality time spent with children and family, structure and planning, coping with guilt, support structures and self-reliance, and balance between work and life. The study showed that majority of entrepreneurs were experiencing stress as being mothers as they were performing dual responsibilities (mother, housewife and as an entrepreneurs). Constraints faced by entrepreneurs were lack of knowledge about agencies/ institutions working for entrepreneurship development, frequent and more need of finance, non-availability of skilled labour, diligent selection of raw material, and competition from established units in same line. The findings of the study are based on expressed opinions of the entrepreneurs. Hence the objectivity would be limited to the extent of the entrepreneurs' honest opinions. In spite of these limitations, it is hoped that findings of this study would provide a better insight in preparing future plan for entrepreneurship development among women. However, in the existing familial and societal setup, entrepreneurial women are overburdened and find it increasingly difficult to balance their work and life roles. To achieve this end, data were collected by area sampling paired with semi-structured interviews and a questionnaire. The generated data were subjected to standard statistical procedures, such as factor analysis, regression analysis, analysis of variance (ANOVA). The factor loadings of all accepted statements are greater than 0.5, and the eigenvalues of all dimensions/factors are higher than 1.0. The tests were administered in a group setup and were scored as*

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A Comparative Study of Emotional Intelligence and job Satisfaction of DAV and DPS School Teacher

* Babita Dubey

**Khushboo Jain

Abstract- In this research paper the researcher analyzes the effect of emotional intelligence and job satisfaction in teachers of different schools. 100 teachers were randomly selected from Bhilai city. The data was collected by using emotional intelligence scale and job satisfaction test. t-test was used for analyzing the data. The finding reveal that female teacher's emotional intelligence and job satisfaction are higher than male teachers.

Introduction: The progress, welfare and prosperity of a nation mainly depend on rapid, planned and sustained growth in the quality and extent of education. It is conceived as a powerful agency that is instrumental in bringing about the desired behavioural changes in the social life of the people of the nation. Teaching is the profession that shapes an individual. Well qualified, caring and committed teachers will improve the standard and quality of student life. The one single factor that enables a teacher to fulfill his/her responsibilities to the institution, to the society and to the nation is commitment to the cause of education. The commitment is multi- dimensional. Some of the components of teachers' commitment are- commitment to students, commitment to the profession, commitment to the society and commitment to the ethical value system. (Azad, 2003). Teachers' helps the physical mental, emotional and intellectual growth and development of students. They have to take care of effective domain of the students, besides stress on academic excellence. For academic intelligence of students, first the teacher should possess the good attitude towards teaching and better emotional intelligence (Sahaya and Manorama, 2010). Emotional intelligence (EI) refers to the ability to perceive, control and evaluate emotions. Some researchers suggest that emotional intelligence can be learned and strengthened, while others claim it is an inborn characteristic. Since 1990, Peter Salovey and John D. Mayer have been the leading researchers on emotional intelligence. In their influential article

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Stress Management Training at the Fitness Centers

* Babita Dubey

**Jamila khatun

Abstract- *In the recent walks of work life, the much spoken and worried about subject among men and women is to have a balanced living, in the midst of work and personal pressures. Almost each and every individual is prone to the ever spreading syndrome called stress. especially the working professionals in the field of beauty and fitness centers are much affected by stress due to their hectic work schedule and prolonged working hours and many more to quote. In this juncture, the organizations are very much keen in taking care of their employees by taking up utmost measures to reduce and control stress levels of the employees. The stress management training programmes is one of the current hot and hard to talk concept, which still awaits for better and better solutions for numerous work life stressors. This paper bring in the current scenario of stress management training at the fitness centers and vitality of having effective SMT that is really beneficial to the employees and the organization. It deals with the types of stress and stressors, its sources. The consequences of stress, and how it affects the individual physically, psychologically and behaviorally. The essentials of an effective stress management programme, and the general critics which in turn reveals the vital areas of focus and new methods to practice in the training programmes.*

Introduction- Stress is the simple word with enormous consequences. In today's world men and women are becoming materialistic day by day. The sources through which they get the pressures are many in every walks of life and they keep thinking of it round the clock, but the fact is the avenues through which we get peace are also many and they don't find time to concentrate on them.

Work-life at fitness centers- The machines is basically a tool, the development of fitness centers usually changes the work profile and organization of work, and thereby affects the well-being of the employees. beauty and fitness centers is widely used in all kinds of jobs, including routine makeup. Especially

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ORGANIC FOOD – NEED OF PRESENT ERA

Dr. Reshma Lakshmi Padmini Sambhakar, Reena Lariya & Jaya Devi Sahu

Introduction

Organic food has become very popular. Organic foods are foods that are produced using methods that do not involve modern synthetic inputs such as synthetic pesticides and chemical fertilizers. Organic foods are not processed using irradiation, industrial solvents, or chemical food additives. The term "organic" refers to the way agriculture products are grown and processed. Specific requirements must be met and maintained in order for products to be labelled as "organic". Organic crops must be grown in safe soil, have no modification, and must remain separate from conventional products. Farmers are not allowed to use synthetic pesticides, bioengineered genes (GMOs), petroleum-based fertilizers, sewage, and sludge-based fertilizers. These products have undergone only short-term testing to determine their effects on humans and the environment. Organic livestock must have access to the outdoors and be given organic feed. They may not be given antibiotics, growth hormones, or any animal-by-products.

Organic foods in relation to nutrition and health

Organic foods provide a variety of benefits. Some studies show that organic foods have more beneficial nutrients, such as antioxidants, than their conventionally grown counterparts. Organic foods reduce the amount of toxic chemicals ingested, totally avoids GMOs, reduces the amount of food additives and colourings, increases the amount of beneficial vitamins, minerals, essential fatty acids and antioxidants consumed, appears to have the potential to lower the incidence of common conditions such as cancer, coronary heart disease, allergies and hyperactivity in children.

Health and safety

The weight of the available scientific evidence has not shown a consistent and significant difference between organic and more conventionally grown food in terms of safety, nutritional value, or taste. Reviews of the available body of scientific literature have not found that organic food is any safer or healthier than conventional foods. There continues to be widespread public belief in arguments that organic food is significantly safer for consumption than food grown conventionally, based mainly on anecdotal evidence and testimonials rather than scientific evidence; this belief has fuelled increased demand for organic food despite higher prices. A Claim of improved safety of organic food has largely focused on pesticide residues. While studies have shown organically grown fruits and vegetables have significantly lower pesticide residue levels, the significance of this finding on actual health risk reduction is debatable as both conventional foods and organic foods generally have pesticide levels well below government established guidelines for what is considered safe. According to the UK's Food standards Agency, "Consumers may choose to buy organic fruit, vegetables and meat because they believe them to be more nutritious than other food. However, the balance of current scientific evidence does not support this view". As with vegetable produce, there is evidence that some organic fruit is drier than conventionally grown fruits. Although it is commonly claimed that organically grown food tastes better than conventionally grown food, reviews of the literature that looked at the sensory qualities of the two have not found convincing evidence that there are any significant differences.

PESTICIDES

The routine use of synthetic pesticides is not allowed under organic standards. Currently, over 400 chemicals can be regularly used in conventional farming to kill weeds, insects and other pests that attack crops. For example: Organophosphates is the most dangerous chemicals used in farming such as organophosphates (pesticides) have been linked with a range of conditions such as cancer, decreasing male fertility, foetal abnormalities, chronic fatigue syndrome in children and Parkinson's disease.

Most of us have an accumulated build-up of pesticide exposure in our bodies due to numerous years of exposure. This chemical "body burden" as it is medically known could lead to health issues such as headaches, birth defects, and added strain on weakened immune systems.

FOOD ADDITIVES



CONTROL OF FOOD ADULTRATION BY ECO-FRIENDLY CROPPING WITH REFERENCE TO CHHATTISGARH STATE.

LAKESH RESHMA

Sambhakar, Padmini / Sahu Jaya Devi / Lariya Roena /

ABSTRACT :

Take care of your food means taking care of your health. Food is essential for life. It should be pure nutritious and free from any type of adulteration for proper maintainance of human health. Polluted and contaminated water and now adulterated food are continuous selfish behaviour is not only harming the beautiful environment but it is also taking a toll on our health.

INTRODUCTION:

The population is increasing day by day at very fast rate. Naturally, the requirement of food grains are concentrating on in increase in production at any cost. Despite of improvement in production, processing and packaging more poison seem to be entering in our food chain. Every consumer wants to get maximum quantity of a commodity for as low as price as possible. This attitude of the consumer being coupled with the intention of the traders to increase the margin of profit, where the quality of the commodity gets reduced through addition of a baser substance and/or removal of vital elements also commonly known as food adulteration. Food is adulterated if its quality is lowered by the addition of substance which are injurious to health. The federal Food, Drug, and cosmetic (FD&C) Act (1938) provides that food is "adulterated" if it meets any one of the following criteria: (1) it bears or contains any "poisonous or deleterious substance" which may render it injurious to health; (2) it bears or contains any added poisonous or added deleterious substance (other than a pesticide residue, food additive, color additive, or new animal drug, which are covered by separate provisions) that is unsafe; (3) its container is composed, in whole or in part, of any poisonous or deleterious substance which may render the contents injurious to health; or (4) it bears or contains a pesticide chemical residues in foods, which are enforced by the FDA. The life of the human as well as animals becomes very hard due to the use of

fertilizers, insecticides, pesticides and herbicides in our agriculture. We have to adopt such type cropping systems, from which least use of chemical and fertilizers more production of crops and health environment for the living organisms can be maintain. With increasing awareness about the toxic long term effects coupled with consumer concerns for safer, more eco-friendly crop products and adulteration food for which a holistic approach towards growing crops by organic farming methods, help apply safe and eco-friendly techniques in farming. we have to adopt such type of cropping systems, from which use of chemicals and fertilizers more production of crops and healthier environment for the living organisms can be maintained. The control of disease in crops is still largely dominated by the use of fungicide with the increasing incidence of fungicide resistance plus mounting concern for the environment reform excessive agro-chemical use, the search for alternative, reliable method of disease control is gaining momentum.

In recent years, there has been renewed interest in popularising organic and consumer safe management technologies, to cater to organic export focus cultivation of crops in India.

OBJECTIVES:

- (1) Use of fertilizer production of agriculture in Chhattisgarh
- (2) General study of measures adopted for eco-friendly system of cropping

2014
Lata Meshram

STUDY OF LETHAL EFFECTS OF PESTICIDES (TRICHLORFON) ON FISH *HETEROPNEUSTIS FOSSILIS*

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Key words : Acute toxicity, Trichlorfon, Organophosphate, *H. fossilis*.

ABSTRACT

Trichlorfon is a toxic pollutant, which adversely affects the fauna of aquatic ecosystems. They enter in the body of organisms either directly or through food chain. The aim of the present study was to assess acute toxicity of this chemical on food fish *H. fossilis* which was exposed to Trichlorfon to determine LC50 values for 24, 48, 72 and 96 hours. The mortality data was analyzed by Finney's Probit Analysis and was found to be 0.4, 0.8, 1.6, 3.2 and 6.4 mg/L respectively and the present work was undertaken to evaluate the effect of trichlorfon on acute toxicity level of fish *H. fossilis*.

INTRODUCTION

Water quality is important for all forms of life, nobody can live without water. If the quality of water is changed, it affects all the community found in that area. Different types of substances from both domestic as well as industrial are mixed with water and change its quality, left this one other source, agricultural runoff is also responsible for this, it drains into water bodies and causes water pollution, because different types of fertilizer, insecticides and pesticides are present in it and affect the water bodies. These chemicals are entering in their body either directly or through food chain and attack them and carry serious problem in most aquatic fauna and flora and to considerable extent man (Avoaja *et al.* 1997). Pesticides are important and useful tools in agriculture and forestry but their contribution to the gradual degrada-

tion of the aquatic ecosystem cannot be ignored (Konar, 1975; Basak and Konar, 1976, 1977)

Trichlorfon is an organophosphorus insecticide used in agricultural fields for controlling different types of insects which are harmful for agricultural fields for controlling the parasites. It is also used for treating domestic animals for control of internal parasites (Hayes *et al.* 1982 and Cheminova, 1991). This pesticide is readily absorbed through the skin and highly toxic by all routes of exposure. When inhaled, the first effects are usually respiratory and may include bloody or runny nose, coughing, chest discomfort, difficult or short breath, and wheezing due to constriction or excess fluid in the bronchial tubes. Severe poisoning will affect the central nervous system, producing in coordination, slurred speech, loss of reflexes, weakness, fatigue, involuntary muscle contractions, twitching, tremors of the tongue or

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A CRITICAL STUDY ON THE USE, APPLICATION AND EFFECTIVENESS OF ORGANIC AND INORGANIC FERTILIZERS

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Key words: Organic fertilizers, Inorganic fertilizers, Fertilizers

ABSTRACT

Agrochemical is evolved by the contraction and combination of words agricultural and chemical, and is a generic term used for the various chemical products typically used in agriculture. Agrochemicals essentially help in intensifying crop production and to reduce the effects of pests and parasites on farm animals. Agrochemical basically refers to the broad range of pesticides and fertilizers. A fertilizer is any material, organic or inorganic, natural or synthetic, that supplies plants with the necessary nutrients for plant growth and optimum yield. Organic fertilizers are made from materials derived from living things. Animal manures, compost, etc. are organic fertilizers. Chemical fertilizers are manufactured from nonliving materials. Rock phosphate for example, is a common source of phosphorus in chemical fertilizers. This paper focuses on the differences between the organic and inorganic fertilizers in terms of their use, in terms of application and in terms of their effectiveness. It is summarized that the best approach is probably to use calculated quantities of organic fertilizers in combination with inorganic fertilizers so as to overcome the disadvantages and utilize the advantages of both these types of fertilizers.

INTRODUCTION

Agrochemical is evolved by the contraction and combination of words agricultural and chemical, and is a generic term used for the various chemical products typically used in agriculture. Agrochemicals essentially help in intensifying crop production and to reduce the effects of pests and parasites on farm animals. Agrochemical basically refers to the broad range of pesticides and fertilizers.

A fertilizer is any material, organic or inorganic, natural or synthetic, that supplies plants with the necessary nutrients for plant growth and optimum yield. Organic fertilizers are natural materials of either plant or animal origin, including livestock manure, green

manures, crop residues, household waste, compost, and woodland litter. Inorganic (or mineral) fertilizers are fertilizers mined from mineral deposits with little processing (e.g., lime, potash, or phosphate rock), or industrially manufactured through chemical processes (e.g., urea).

Mined inorganic fertilizers have been used for many centuries, whereas chemically synthesized inorganic fertilizers were only widely developed during the industrial revolution. Inorganic fertilizer use has also significantly supported global population growth - it is estimated that almost fifty percent of the people on the Earth are currently fed as a result of synthetic nitrogen fertilizer use.

Fertilizers typically provide, in varying propor-



Seasonal Variations of Fungi in the Phylloplane Mycoflora of *Jatropha curcas* L.

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Jatropha curcas L. is the most important biofuel plant of the family Euphorbiaceae. The phylloplane mycoflora of *Jatropha curcas* L. was isolated from March 2007 to February 2008. Total 30 species belonging to 15 genera of fungi were isolated from the phylloplane of *Jatropha curcas* L. The isolation was done by washed disc method. During summer, 16 species belonging to 7 genera of fungi were isolated whereas during rainy season, 13 species belonging to 11 genera of fungal species were isolated. During winter season, 16 species belonging to 12 genera of fungal species were isolated. Thus maximum numbers of fungal genera were isolated during winter season whereas minimum numbers were isolated during summer season. The ecological relationship of the isolated fungi were also determined by calculating their percentae frequency and percentage abundance. *Alternaria alternata* was found to be the species having maximum frequency and maximum abundance. It was constantly present in the phylloplane of *Jatropha curcas* L. throughout the study period except in the month of March and April. The results of the present investigation also indicated that some well known pathogenic fungi like *Alternaria alternata*, *Rhizoctonia bataticola*, *Fusarium solani* etc were also present in the phylloplane of *Jatropha curcas* L. Recently, the reports indicate that this disease resistant plant is now getting infections from fungal pathogens. The present study also confirms their presence in the phylloplane of *Jatropha curcas* L. with high frequency and abundance.

Keywords : Phylloplane, Fungi, Seasonal Variations, *Jatropha*.

INTRODUCTION

Jatropha curcas L. is the most important biofuel plant currently being promoted for biodiesel production in several countries. It has gained importance as biofuel plant producing biodiesel from its seeds. *Jatropha curcas* L. belongs to the family Euphorbiaceae. It is also known as Jamalghota, physicnut, Ratanjyot or purgative nut. Curcas is the common name for Physic nut in India (Correl and Correl, 1982) and it is used in traditional folklore medicine to cure various ailments in Africa, Asia and Latin America (Burkill, 1994). *Jatropha* is considered as a wonder plant due to its drought tolerance, unpalatable, perennial, growing well in marginal soil and high oil content (37%) in its seeds. *Jatropha* plant could be grown on wasteland about 80 million hectare of which is available in India. They require less post plantation management and care. Thus *Jatropha curcas* L. is a wonder plant with many attributes and considerable potential.

In the present investigation, the phylloplane mycoflora of *Jatropha curcas* L. was isolated and the seasonal variation in the mycoflora was studied. The findings will be useful in further phytopathological studies related to this plant.

MATERIAL AND METHODS

The experiment was performed from March 2007 to February 2008 in a *Jatropha* plantation site at Kodia village of Durg district of Chhattisgarh.

Isolation of phylloplane fungi was performed from healthy leaves aseptically collected from the plants of *Jatropha curcas* L. by "Washed Disc Method" (Dickinson 1971). The leaves were washed thoroughly in running water several times followed by washing with sterilized distilled water in a sterilized flask by mechanical shaking to assess their active fungal populations. Leaf samples were cut into 4-5 cm in size with sterilized scissor in a laminar flow chamber to avoid contamination and shaken thoroughly. These small pieces of leaves first immersed in 70% ethanol for 1 min followed by second immersion in sodium hypochlorite (3.5%) for 3 minute. The samples were rinsed three times in sterilized distilled water and dried on sterilized blotters under laminar airflow to ensure complete drying. The bits of 5 mm diameter size were excised with the help of a sterilized blade. Bits from leaves were placed on 9 cm plates containing Martins Agar Medium (MAM)

EFFICACY OF LEAF EXUDATE OF *JATROPHA CURCAS* L. ON PERCENTAGE SPORE GERMINATION INHIBITION OF ITS SELECTED PHYLLOPLANE AND RHIZOSPHERE FUNGIUSHA CHANDEL^a AND REKHA PIMPALGAONKAR^{b1}^a Head, Deptt. of Botany and Microbiology, Govt. Dr. W. W. Patankar Girls' P. G. College Durg (C.G.)^b Head, Deptt. of Botany, Govt. Nagarjun P. G. Science College, Raipur (C.G.)

ABSTRACT

Jatropha curcas L. is the most important biofuel plant of the Euphorbiaceae family. The phylloplane and rhizosphere mycoflora of *Jatropha curcas* L. was isolated and fourteen fungi were selected to observe their antagonistic interactions. To study the efficacy of host factor on selected fungi the percentage inhibition of spore germination of selected fungi was observed in the leaf exudate of *Jatropha curcas* L. It was noted that *Fusarium solani* (97.14) showed highest inhibition percentage in spore germination whereas *Curvularia pallescens* (3.14) showed the lowest inhibition percentage of spore germination in the leaf exudate of *Jatropha curcas* L. Rest of the twelve fungi showed varying amount of percentage inhibition of spore germination in the leaf exudate of *Jatropha curcas* L. Thus the present study showed the antifungal properties of the leaf exudate of *Jatropha curcas* L.

Keywords: phylloplane, *Fusarium solani*, *Jatropha curcas*.

Jatropha curcas L. is one of the most important biofuel plants belonging to the family Euphorbiaceae. In recent years, it has acquired notable importance as an alternative renewable energy source since it has the ability to provide the oil yielding seeds which can be converted to bio-diesel that has shown better performance than the conventional petro-diesel. *Jatropha curcas* L. has been found to be a highly promising biofuel species since it does not compete for human consumption. It has the potential to become one of the world's key energy crops. Vegetable oil extracted from the seeds of *Jatropha curcas* L. can be refined into biodiesel for transport sector either in its pure form or as a blend with mineral diesel. In the present investigation, the leaf exudate of *Jatropha curcas* L. has been evaluated for its antifungal properties against some selected phylloplane and rhizosphere fungi isolated from *Jatropha curcas* L. and the percentage inhibition of spore germination was calculated.

MATERIALS AND METHODS

COLLECTION OF LEAF EXUDATES

For obtaining leaf exudates, potted plants of *Jatropha curcas* L. were kept in moist chamber (Dunn *et al.*, 1971) and sprayed with distilled water three times. At four hourly intervals for 24 hours, droplets were collected with the help of sterilized dropper from the

young and old leaves which represented a solution of exudates. For analysis, *Jatropha* leaf exudates were evaporated over a water bath and the residues up to one fourth of the initial volume and stored at 4°C for further use.

SELECTION OF TEST FUNGI

The phylloplane and rhizosphere mycoflora of *Jatropha curcas* L. was isolated and fourteen fungi were selected to observe the efficacy of leaf exudate of *Jatropha curcas* L. against them. The selected fungi were *Alternaria alternata*, *Aspergillus niger*, *Aspergillus terreus*, *Aureobasidium pullulans*, *Curvularia pallescens*, *Fusarium solani*, *Nigrospora sphaerica*, *Paecilomyces lilacinus*, *Penicillium aurantiogriseum*, *Pestalotiopsis maculans*, *Rhizoctonia bataticola*, *Trichoderma hamatum*, *Trichoderma harzianum* and *Trichoderma pseudokonengi*.

SPORE GERMINATION ASSAY

Spore germination study was carried out by "Hanging Drop Technique". Hanging drop or wet preparations permit examination of fungi in normal living conditions. The suspension of exudates and fungal spores (200-300) from 10-day old cultures were prepared to study the germination of fungal spores. All the tested fungi were individually picked up with a sterile inoculation needle and mixed in the exudates. For the each experiment the suspension of

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Correlative Study of Solar Activity and Cosmic Ray Intensity Variations during Present Solar Cycle 24 in Comparison to Previous Solar Cycles

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ABSTRACT

We have performed a correlative analysis of solar activity (Sunspot numbers and Tilt Angle) with cosmic ray intensity (CRI) observed by the neutron monitor stations having different cut-off rigidity for the period 1976 to 2014 covering the solar cycles 21, 22, 23 and present solar cycle 24. It is found that tilt angle (TA) and sunspot numbers (SSN) are highly correlated with each other and have inverse correlation with CRI during the entire period of investigation. We have also calculated "running cross correlation coefficient" between TA & CRI and observed that the correlation is unusually positive during the maxima of odd cycles 21 and 23. The 22-year solar cycle variational pattern is clearly apparent in the different types of analysis based on Tilt Angle observations. It has been noticed that the behaviour of cycle 23 in declining phase is different than cycle 21 & 22 and tilt angle does not coincides with the sunspot activity during the minima of present solar cycle 24. Solar cycle 24 began after an unusually deep solar minimum that lasted from 2007 to 2009. In fact, during 2008 and 2009 there were almost negligible sunspots, causing a very unusual situation during solar minimum for almost a century. The maximum activity of cycle 24 and its unusual pattern are discussed with reference to earlier solar cycles.

Keywords: cosmic ray intensity; sunspot numbers; Tilt Angle

INTRODUCTION

It was established long back that the intensity of galactic cosmic rays varies inversely with sunspot numbers having their maximum intensity at the minimum of the 11-year sunspot cycle [1], [2]. The cosmic ray intensity curve also appears to follow a 22-year cycle with alternate maxima being flat-topped and peaked. The models of cosmic ray modulation based on the observed reversal of the Sun's magnetic field polarity after every 11-year and curvature and gradient drifts in the large-scale



भारत की घुमंतू जाति - बंजारा

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शोध सारांश

सम्पूर्ण भारत देश में भिन्न-भिन्न समाज, जाति, धर्म के लोग निवास करते हैं जिनमें से एक बंजारा समाज है, जिसका इतिहास वर्षों नहीं सदियों पुराना है। भारत में वर्तमान में बंजारा समाज कई प्रांतों में निवास करता है। महाराष्ट्र, कर्नाटक, आंध्र प्रदेश, राजस्थान, गुजरात, उत्तर प्रदेश तथा मध्य प्रदेश प्रांतों में बंजारा समाज की संख्या अधिक है। पूरे देश में अपने एक अलग ही संस्कृति में जीने वाले इस समाज को अपनी विशिष्ट पहचान के रूप में जाना जाता है।

भारतीय जन समुदायों में यही एक ऐसी कौम है जो अपनी संस्कृति विशेष रूप से भाषा और पहनावा परंपरागत ही रखते गये हैं। इनकी भाषा को 'गोरबोली' के नाम से जाना जाता है। बंजारा समाज द्वारा बोली जाने वाली 'गोरबोली' राजस्थाना की भाषा है।

बंजारा समाज का वस्त्राभूषण खासकर घाघरा-लूंगड़ी और चूड़ियाँ हैं। इनका विख्यात गीत बंजारा 'चमचम चमके चूनड़ी बंजारा रे आ थोड़ो सो म्हारे संग नाच ले बंजारा रे.....' सुनने वालों को भाव विभोर कर ही देता है।

बंजारा लोग बड़े ईमानदार होते हैं। बंजारा समाज की दो खाप जिनमें प्रमुख 'बड़द बंजारे जो बैलों को व्यापार करते थे। दूसरे लभाना या लम्बाना बंजारे जो लवण यानी की नमक का कारोबार वस्तु विनियम पद्धति के आधार पर किया करते थे।

समृद्ध संस्कृति का धनी यह समाज होली जैसे पर्व को पूरे महीने भरे उत्साह एवं उमंग के साथ मनाता है जिसमें औरत तथा मर्द शामिल होते हैं। तीज के त्यौहार को भी काफी महत्व दिया जाता है। अपने परमपरागत लोक देवी देवताओं के साथ हनुमान, शिव तथा माँ जगदम्बा इन लोगों के आराध्य देव, देवी हैं। नृत्य, संगीत, रंगोली, कशीदाकारी, गोदना, चित्रकारी इनकी प्रमुख कलाभिव्यक्तियाँ हैं।

छत्तीसगढ़ के बंजारे 'बंजारा' देवी की पूजा करते हैं, जो इस जाति की मातृशक्ति की द्योतक हैं। सामान्यतया ये लोग हिन्दुओं के सभी देवताओं की आराधना करते हैं।

इस प्रकार पुलिस हो या आम आदमी, इस बंजारा समुदाय को एक अलग नजरिए से देखता है, जरूरत इस नजरिए में बदलाव लाने की भी है।



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कविता को सड़क पर उतरना होगा

डॉ० अम्बरीष त्रिपाठी*

नवोदित कवि घनश्याम त्रिपाठी का पहला काव्य संग्रह "समुद्र को बाँधना अभी शेष है" 102 छोटी-छोटी कविताओं का संग्रह है। समुद्र को बाँधना अभी शेष है, शीर्षक उस पौराणिक कथा की याद दिलाता है जब एक छोटी चिड़िया अपने प्रति हुए अन्याय का बदला लेने के लिए समुद्र के जल को ही सोख लेने के प्रति कृतसंकल्प हो जाती है। खैर अपनी विशेषता एवं श्रेष्ठता के अहंकार में चूर समुद्र को अगस्त्य मुनि ने सबक सिखाया।

वर्तमान समय में पूँजीवाद नव साम्राज्यवादी विश्व की ओर अग्रसर है। बाज़ारवाद रूपी समुद्र हमारी सभ्यता एवं संस्कृति के मानवीय मूल्यों को तेजी से लीलता जा रहा है। विडंबना यह है कि आज कोई ऋषि मुनि या चमत्कारी पुरुष या मुक्तिदाता भी नहीं दिखता। ऐसे समय में 'समुद्र को बाँधना अभी शेष है' एक उम्मीद की किरण जगाती है। उम्मीद जिसे स्वयं कवि फिल्मों के वो गीत से ग्रहण करता है " जीत ही लेंगे बाजी हम-तुम..." जो "आए दिन के पस्त होते हौंसले में नए-नए प्राण भरते हैं" और इसके लिए कवि यह भी मानता है कि "इस दुनिया में जूझते रहने के लिए, मुझे सम्हालना होगा खुद को।" वह ना केवल उम्मीद एवं हौंसला देता है बल्कि उससे जूझने का एक मुकम्मल खाका भी खींचता है—

"हमें फिर मिलना है साथियों

अपनी नाकामियों पर विलाप के लिए नहीं

मिलकर पाये गये प्रश्नों के समुचित समाधान के लिए

नए-नए रास्ते नए नक्शे के निर्माण के लिए












नए विकल्प नए संकल्प के उनवान के लिए

कवि विकल्प के रूप में बाज़ार के उपभोक्तावादी संस्कृति के बरक्स गाँधी को खड़ा करता है। 'सिक्के' कविता में वह कहता है —

मैं जब-जब बाज़ार जाता हूँ

मुझे गाँधी मिलते हैं प्रवेश द्वार पर

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Review

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भरतनाट्यम् की आधारभूत इकाई – अडवु

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वर्तमान में किये जाने वाले अडवुओं की संरचना तंजौर भाइयों द्वारा की गई है, किन्तु उपरोक्त जानकारी के अनुसार यह ज्ञात होता है कि इससे पूर्व ही अडवु की संरचना हो चुकी थी लेकिन उनके नाम, क्रम एवं निश्चित संख्या का उल्लेख कहीं प्राप्त नहीं होता। संभवतः इसी कारण तंजौर भाइयों द्वारा पुनर्निर्माण कर इसे व्यवस्थित करने की आवश्यकता महसूस की गई हो। उनके द्वारा भरतनाट्यम् के मार्गम एवं अडवुओं का विशिष्ट ढांचा तैयार किया गया। जिसे कुछ संवर्धित एवं परिवर्तित कर सभी बानियों द्वारा अपनाया जाता है।

भरतनाट्यम् की प्रमुख आधारभूत इकाई अडवु है। अडवु भरतनाट्यम् का प्रारंभिक एवं अत्यंत महत्वपूर्ण चरण है। जैसे वर्णमाला के बिना किसी भाषा का ज्ञान अधूरा है उसी प्रकार अडवुओं के बिना भरतनाट्यम् सीखना संभव नहीं है।

भरतनाट्यम् के प्रशिक्षण का आरंभ "अडवु" की शिक्षा से आरंभ होता है। भरतनाट्यम् में प्रयुक्त किये जाने वाले प्रारंभिक अंग संचालन को अडवु कहा जाता है। जिसमें शरीर के लगभग समस्त अंगों का प्रयोग होता है। किन्तु मुख्य रूप से पैरों एवं हाथों का प्रयोग अधिक किया जाता है। अडवुओं के माध्यम से, एक नर्तक के लिये, अपने शरीर व मन दोनों पर आत्म-नियंत्रण कर पाना आसान हो जाता है। अडवु करने के पश्चात् आइटम्स के लिये नर्तक का शरीर पूरी तरह तैयार हो जाता है।

जयलक्ष्मी ईश्वर के अनुसार "Adavu is a combination of the three units sthana, chari and nritta hasta.¹ अडवु तीन इकाइयों— स्थान, चारी एवं नृत्त हस्त का सम्मिश्रण है। स्थान अथवा स्थानक का अर्थ होता है— स्थिति (static posture) चारी का अर्थ होता है— पैरों की गति एवं नृत्त हस्त से तात्पर्य है— हस्त मुद्राएं, जो अडवुओं में प्रयोग किए जाते हैं जिनका कोई अर्थ नहीं होता, यह केवल नृत्त की सुंदरता में वृद्धि करते हैं इस कारण इन्हें नृत्त हस्त कहा गया है।

"अडवु शब्द की उत्पत्ति तमिल शब्द आडलु से हुई है जिसका अर्थ है— नृत्य। इसके अतिरिक्त अडि अथवा अडु शब्द से भी इसकी उत्पत्ति मानी जाती है जिसका अर्थ होता है—नृत्य करना।"²

"अडवु के संबंध में सबसे प्राचीनतम उल्लेख 'कूथानूल' नामक ग्रंथ में प्राप्त होता है जो नृत्य से संबंधित तमिल ग्रंथ

है। इसके अतिरिक्त देवेन्द्र भट्ट द्वारा रचित संगीत मुक्तावली में इसका उल्लेख प्राप्त होता है। "यह दोनों ही ग्रंथ लगभग 14 वीं शताब्दी की है। इन ग्रंथों के पश्चात् 1729— 1735 में तंजौर के मराठा शासक राजा तुलजा द्वारा रचित ग्रंथ संगीत सरामृतम् में भी अडवुओं का उल्लेख प्राप्त होता है।³

वर्तमान में किये जाने वाले अडवुओं की संरचना तंजौर भाइयों द्वारा की गई है, किन्तु उपरोक्त जानकारी के अनुसार यह ज्ञात होता है कि इससे पूर्व ही अडवु की संरचना हो चुकी थी लेकिन उनके नाम, क्रम एवं निश्चित संख्या का उल्लेख कहीं प्राप्त नहीं होता। संभवतः इसी कारण तंजौर भाइयों द्वारा पुनर्निर्माण कर इसे व्यवस्थित करने की आवश्यकता महसूस की गई हो। उनके द्वारा भरतनाट्यम् के मार्गम एवं अडवुओं का विशिष्ट ढांचा तैयार किया गया। जिसे कुछ संवर्धित एवं परिवर्तित कर सभी बानियों द्वारा अपनाया जाता है। कुछ संदर्भों के अनुसार यह उल्लेख प्राप्त होता है कि पहले अडवुओं की संख्या 120 होती थी। "यह 10 वर्गों में बंटे होते थे और प्रत्येक वर्ग के 12 प्रकार होते थे।"⁴ किन्तु वर्तमान में इतने सारे अडवु संभवतः किसी भी शैली में नहीं किये जाते। यही कारण है कि अब निश्चित एवं क्रमानुसार निर्धारित अडवुओं को जानना एक शोध का विषय बना चुका है।

इतने सालों में भरतनाट्यम् के बानियों के निरंतर विकास के परिणाम स्वरूप इन अडवुओं के मूल स्वरूप एवं प्रदर्शन में काफी बदलाव देखने को मिलते हैं। सभी शैलियों के तकनीकी रूप व आधार एक ही होते हैं किन्तु करने के ढंग, उनके क्रम, नाम एवं उनकी संख्या में भिन्नता पाई जाती है। यही कारण है कि समान्यतः हमें तंजौर, कलाक्षेत्र अथवा पंदनल्लूर जैसे बानियों के अडवुओं में समानता दिखाई नहीं देती।

अशोकमल्ल के नृत्ताध्याय में वर्णित नृत्तहस्त

हस्तों का प्रसंग के अंतर्गत अशोकमल्ल ने तीस नृत्य हस्तों का भी पूर्ण विवरण प्रस्तुत किया है। इन नृत्त हस्तों की रचना भी हस्ताभिनय के विविध रूपों के आधार पर की गई है।

नृत्त के अन्तर्गत विभिन्न चाल, शारीरिक मुद्राओं तथा स्थितियों में शोभा, सौन्दर्य तथा आकर्षण उत्पन्न करने के लिए नृत्त हस्तों की सर्जना की गयी है। नृत्त हस्तों में किसी अर्थ विशेष या भाव भी प्रतीति नहीं होती लेकिन अंग भंगिमाओं से जो सौन्दर्य प्रकट होता है, उसमें नृत्त हस्तों का भी काफी सहयोग रहता है। नृत्य हस्त हाथ, पैर तथा शरीर के सामंजस्य द्वारा सौन्दर्य उत्पन्न करते हैं, अतः नृत्य-प्रदर्शन शोभा को प्राप्त होता है।

नृत्य हस्तों की उत्पत्ति संयुक्त तथा असंयुक्त हस्त मुद्राओं से ही होता है, परन्तु कुछ नृत्य हस्तों में मिश्रित मुद्राओं का भी प्रयोग किया जाता है।

चूँकि अशोकमल्ल ने नाट्यशास्त्र का ही अनुकरण किया है तथा नृत्याध्याय में नामवर्ण श्लोकों का उल्लेख नहीं किया गया है। अतः नीचे दिये गये नृत्त हस्त श्लोक नाट्यशास्त्र से लिया गया है—

आचार्य अशोकमल्ल के 30 नृत्त हस्तों का वर्णन किया है हस्ताभिनय के अंत में आचार्य अशोकमल्ल कहते हैं कि स्थदिकृत भेद से हस्ताभिनयों के अनेक प्रकार हों सकते हैं, परन्तु विस्तार-मय से कुछ ही हस्ताभिनय का वर्णन मेरे द्वारा निरूपित किया गया है। हस्तोपयोगी लक्षण बताते हुए कहते हैं कि अभिनेताओं को दृष्टि भ्र और मुख आदि उपांगों और प्रत्यंगों से प्रेरित रस भावों के प्रकाशक हाथों का प्रयोग करना चाहिए। नृत्तचार्या के तीन प्रकार के उत्तम, मध्यम एवं अधम जनों के अनुसार करणों के विविध प्रचार भेद बताये हैं।

नृत्तहस्तानतश्चोर्ध्वे मदतो में निबोधत ।

चतुरयौ तथोद्धत्तौ तथा तलमुखौ स्मृतौ ।।

स्वस्तिकौ विप्रकीर्णौ चास्यरालकर्टकामुखौ ।

आविद्धवक्रौ सूच्यास्यौ रेंचितावर्द्धरिचितौ ।।

उत्तानर्वजिवातौ चैव पल्लवा च तथा करौ ।

नितम्बावपि विज्ञेयौ केशबन्धौ तथैव च ।

लतारत्यौचतथाप्रोक्तौकरिहस्तौतथैव च ।

पक्षवच्चितकौ चैव पक्षप्रद्योतकौ तथा ।।

ज्ञेयौ गरूडपक्षौ च दण्ड पक्षावतः परम् ।

ऊर्ध्वमण्डलिनौ चैव पार्श्वमण्डलिनौ तथा ।।

उसेमण्डलिनौ चैव उसपाश्वधिमण्डलौ ।

मुष्टिकस्वरितकौ चापि नलिनीपद्मकोशकौ ।।

अल्पल्लवोल्बणौ च ललितौ वलितौ तथा । (ना.शा./40) श्लोक/11/16

नृत्त हस्तों का लक्षण एवं विनियोगों का संक्षिप्त विवरण इस प्रकार है—1

1. चतुरहस्त—

लक्षण:— छाती से आठ अंगुल की दूरी पर दोनों हाथों को खटकामुख मुद्रा में दोनों कन्धों और कुहनियों को समान ऊँचाई में रखा जाए, तो उसे चतुर हस्त मुद्रा कहते हैं।

विनियोग:— नृत्याध्याय के अनुसार हार और मुकुट उतारने के लिए इस मुद्रा का प्रयोग किया जाता है।

डॉ. ऋचा ठाकुर

सहायक प्राध्यापक (नृत्य)

शास.डॉ.वा.वा.पाटणकर

कन्या स्नातकोत्तर महाविद्यालय,

दुर्ग (छ.ग.)

भारतीय शास्त्रीय नृत्य एवं उनसे संबंधित प्राचीन ग्रन्थ

डॉ. ऋचा ठाकुर

विभागाध्यक्ष (नृत्य)

शा.डॉ. वा.वा. पाटणकर

कन्या स्ना.महा., दुर्ग

दीपिका सरकार

शोधार्थी

भरतनाट्यम विभाग

(इं.क.सं.वि.वि.खैरागढ़)

“भारत की वर्तमान शास्त्रीय नृत्य शैलियों का नामकरण संस्कार इसी बीसवीं शताब्दी के चौथे दशक के आसपास हुआ है। भरतनाट्यम नाम रूकमणिदेवी अरुण्डेल का दिया हुआ है, मणिपुरी नृत्य गुरु रविन्द्र नाथ ठाकुर की देन और कथकलि नाम वल्लाथोल नारायण मेनन का दिया हुआ है, इनमें से किसी भी नाम का उल्लेख किसी भी प्राचीन ग्रंथ में प्राप्त नहीं होता।”

भारत में लोकनृत्य विभिन्न स्रोतों से विकसित हुए हैं। इसमें देश के विभिन्न भागों के सांस्कृतिक परम्पराओं एवं परिधानों को दर्शाया गया है। किन्तु, जहाँ तक शास्त्रीय नृत्यों की बात है, तो उनका उद्भव हिंदू मंदिरों से हुआ है। ये नृत्य मंदिरों में ही जन्में एवं विकसित भी हुए हैं। इसके साथ ही प्राचीनकाल में राजा-महाराजाओं के राज-दरबारों में भी नृत्य किये जाने की परम्परा रही है। भारत विश्व का एक मात्र ऐसा देश है जहाँ नृत्य करते हुए ईश्वर की मूर्तियों का माना गया है एवं पूजा गयी है। भगवान शिव को 'नटराज' नृत्य के देवता के रूप में पूजा जाता है।

अन्य भारतीय क्रियात्मक कलाओं की तरह नृत्यों में भी रस की अवधारणा सौन्दर्यपरक मनःस्थिति केन्द्र में है जो सभी के द्वारा महसूस की जाती है। भारतीय शास्त्रीय नृत्य, नृत्त-नृत्य-नाट्य, राग और ताल, हस्त मुद्रा, पाद भेद, नायक-नायिका भेद तथा गुरु-शिष्य परम्परा की अवधारणाओं पर आधारित है।

“भारत की वर्तमान शास्त्रीय नृत्य शैलियों का नामकरण संस्कार इसी बीसवीं शताब्दी के चौथे दशक के आसपास हुआ है। भरतनाट्यम नाम रूकमणिदेवी अरुण्डेल का दिया हुआ है, मणिपुरी नृत्य गुरु रविन्द्र नाथ ठाकुर की देन और कथकलि नाम वल्लाथोल नारायण मेनन का दिया हुआ है, इनमें से किसी भी नाम का उल्लेख किसी भी प्राचीन ग्रंथ में प्राप्त नहीं होता।”

भारतीय शास्त्रीय नृत्य

भारत के विभिन्न भागों में अनेक प्रकार के शास्त्रीय

नृत्य प्रचलित हैं, इनमें से प्रमुख नृत्यों का विवरण निम्न प्रकार है-

1. भरतनाट्यम्	-	तमिलनाडु
2. ओडिसी	-	ओडिसा
3. कथकलि	-	केरल
4. कुचिपुड़ी	-	आन्ध्र प्रदेश
5. कथक	-	उत्तर प्रदेश
6. मणिपुरी	-	मणिपुर
7. मोहिनीअट्टम	-	केरल

भरतनाट्यम्

यह तमिल संस्कृति का प्रमुख नृत्य है। इससे पहले 'सादिर अट्टम' भी कहा जाता था। सादिर अर्थात् एकल।

प्राचीन काल में युवतियाँ भगवान के समक्ष मंदिरों में नृत्य किया करती थी, इन्हें देवदासी अर्थात् देवों की दासी कहा जाता था। इसे दासी अट्टम भी कहा जाता था। आधुनिक काल में भरतनाट्यम् को उच्च स्तर पर लाने का श्रेय ई.कृष्ण अय्यर को जाता है, जिन्होंने इस नृत्य के विलुप्त हो चुके गुणों तथा मूल्यों से जनमानस को अवगत कराया। उन्होंने धीरे-धीरे इसे कर्नाटक संगीत से जोड़ा। श्रीमती रूकमणि देवी अरुण्डेल ने इसकी रूपरेखा में परिवर्तन लाया एवं इसके प्रशिक्षण की विधि बताई। मिनाक्षी सुन्दरम् पिल्लई, टी.बाला सरस्वती को भी भरतनाट्यम् के महानतम् प्रतिपादक के रूप में माना जाता है। यामिनी कृष्णमूर्ति, पद्मा सुब्रमण्यम्, लीला सेमसन आदि भरतनाट्यम् के उत्कृष्ट कलाकार हैं।

E-COMMERCE : FORMS AND POSSIBILITIES

Dr. K.L. Rathi

Guide

Professor of Dr.Vaman

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Suman Pandey

Research Scholar

Abstract: E-commerce (also written as e-Commerce, e Commerce or similar variants), short for electronic commerce, is trading in products or services using computer networks, such as the internet. Electronic commerce draws on technologies such as mobile commerce, electronic fund transfer, supply chain management, internet marketing, online transaction process, electronic data interchange (EDI), inventory management systems and automated data collection systems. Modern electronic commerce typically uses the World Wide Web for at least one part of the transaction's life cycle, although it may also use other technologies such as e-mail. It will be first introduced in India in 1991 and today it gives vast field not only to consumers but also to suppliers to deal with various kinds of products within a minute all across the world. There are various types of E-Commerce and now it had various possibilities to growth in near future.

Meaning of e-Commerce

E-Commerce stands for Electronic Commerce. As the name suggest it is the the process of doing business electronically all over internet. It includes business-to-business, business-to-consumer, and even consumer-to-consumer transactions that involve the buying and selling of goods and services, the transfer of funds, and even the exchange of ideas (Paul 2000). It will be helpful in streamlining current business process to improve operating efficiencies which, in turn, will strengthen the value to provide to customers which, in turn, will provide the competitive advantage over competitors.

Definitions of e-Commerce

According to Bharat Bhaskar:

"Electronic commerce means the capability to buy and sell goods, services, and information online, through public networks."

Bajaj and Nag (2008) :

"paperless exchange of business information using electronic data interchange, electronic mail, electronic bulletin boards, electronic funds transfer. World Wide Web and other network-based technologies."

According to the WTO:

"..... Production, distribution, marketing, sale or delivery of goods and services by electronic means. A commercial transaction can be divided into three main stages: advertising and searching stage; ordering and payment stage; and delivery stage. Any or all of these may be carried out electronically and may, therefore, be covered by the concept of electronic commerce."

Review of Literature

Arvind Panagariya (2000):

E-Commerce offers unprecedented opportunities to both developed and developing countries. The gain are likely to be concentrated in developed countries have more to benefit. This is because developed countries in short run lack the infrastructure necessary to take full advantage of internet. For many countries; especially the developing ones in these countries, most consumer do not have computer or internet access.]

Diana Oblinger (2001):

Education and continuous learning have become so popular in all societies that the demand for open and distance learning will increase. As the availability of the internet expands as computing device become more affordable and an energy requirements and form factor shrink, e-learning will become more popular.

E-Commerce in India : Past, Present & Future

1991: Introduction of E-Commerce

e-commerce became a hot choice amongst the commercial use of the internet in the year 1991. At that time nobody would have even thought that the buying and selling online or say the ONLINE TRADING will become a trend in the world and India will also share a good proportion of this success.

2002: IRCTC teaches India to Book ticket online

India first came into interaction with the online E-Commerce via the IRCTC. The government of India experimented this online strategy to make it convenient for its public to book the train tickets which for the first time encountered the online ticket booking from anywhere at any time. The advancements in the technology as the years passed on have been also seen in the IRCTC Online system

2003: Introduction of Low Cost Airline with AirDeccan

After the unpredicted success of the IRCTC, the online ticket booking system was followed by the airlines (like AirDeccan, Indian Airlines, Spicejet, etc.). Airline agency encouraged, web booking to save the commission given to agents and thus in a way made a major population of the country to try E-Commerce for the first time. Today, the booking system is not just limited to the transportation rather Hotel booking, bus booking etc. are being done using the websites like Makemytrip and Yatra.

2007: The Deep Discounted model of FLIPKART

Though online shopping has been present since the 2000 but it gained popularity only with deep discount model of Flipkart. In a way it re-launched online shopping in India. Soon other portals like Amazon, Flipkart, JABONG, etc. started hunting India for their businesses.

Women Entrepreneurship Development in Chhattisgarh

* Sahu Jaya Devi ** Dr. Lakesh Reshma



Nov-2015-Feb-2016

Research Scholars & * Asst. Professor Govt. Dr. V.V. Patankar P.G. Girls College, Durg (C.G.)

ABSTRACT

Women entrepreneurship development is an essential part of human resource development. The development of women entrepreneurship is very low in India, especially in the rural areas. Entrepreneurship amongst women has been a recent concern. Women have become aware of their existence their rights and their work situation. However, women of middle class are not too eager to alter their role in fear of social backlash. The progress is more visible among upper class families in urban cities. This paper focuses on women entrepreneurship. Any understanding of India women, of their identity, and especially of their role taking and breaking new paths, will be incomplete without a walk down the corridors of Indian history where women have lived and internalized various role models. The papers talk about the status of women entrepreneurs and the problems faced by them when they ventured out to carve their own niche in the competitive world of business environment.

Keywords: Entrepreneurship, Development, Women, Chhattisgarh State.

Introduction:

The Indian economy has been witnessing a drastic change since mid - 1991, with new policies of economic liberalization and privatization initiated by the Indian government. India has great entrepreneurial potential. At present, women involvement in economic activities is marked by a low work participation rate, excessive concentration in the unorganized sector and employment in less skilled jobs.

Any strategy aimed at economic development will be lop-sided without involving women who constitute half of the world population. Women entrepreneurship has gained momentum in the last three decades with the increase in the number of women enterprises and their substantive contribution to economic growth.

In this dynamic world, women entrepreneurs are an important part of the global quest for sustained economic development and social program. In India, though women have played a key role in the society, their entrepreneurial ability has not been properly tapped due to the lower status of women in the society. There is a need for changing the mindset towards women so as to give equal as enshrined in the constitution. Empowerment of women is essential as their thoughts and their value systems lead to the development of a good family, good society and ultimately a good nation.

In advanced countries, there is a phenomenon of increase in the number of self-employed women after the world war I. In USA, women own 25% of all businesses.

Objectives:

The study is undertaken with the following objectives-on

- 1) To explore the effect of motivation in women entrepreneur.
- 2) To explore the effect of achievement in women entrepreneur.
- 3) To explore the effect of skilled and unskilled on women entrepreneur.

Methodology and Data Sources :-

About 60 females aged 25-45 years of age, of middle income group, skilled and unskilled, working individual, starting own business like beauty parlors and spas, boutiques and tailors shops, Tiffin centers, cyber cafes, gym and health centers, hobby centers, laghu udyog, will be selected for the study from Raipur district of Chhattisgarh.

Sample Design:

The study adopted a stratified random sampling method for the collection of the required information. 60 sample women Entrepreneurs are selected through the stratified random sampling method and the collected data are processed and analyzed.

Study Area:-

The study was concluded in different area of Raipur district in Chhattisgarh.

Result:-

This table shows that out of 60 subject 25% were be-

शालेय स्तरावर विविध उपक्रमाची अंमलबजावणी

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Awareness : Cervix Cancer

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ABSTRACT

Cervix cancer is the most common cancer among Indian women. Cervix cancer also remains an important public health in the developed and developing countries. This study was aimed to knowledge of cervix cancer of different socio economic status and level of education. A total of 60 women were taken as a subject for study, age group 30-60 years, six group of education level 10 women selected of each level, randomly selected from Raipur district. The result shows only 22 women had knowledge of cervix cancer.

Keywords : Cervix cancer, socio economic status, education, knowledge.

Introduction

Cervical cancer is a malignant neoplasm arising from cells originating in the cervix uteri. One of the most common symptoms of cervical cancer is abnormal vaginal bleeding, but in some cases there may be no obvious symptoms until the cancer has progressed to an advance stage. Treatment usually consists of surgery in early stages, and chemotherapy and/or radiotherapy in more advanced stages of the disease. Cervix cancer screening using the pap smear can identify precancerous and potentially precancerous changes in cervical cells and tissue. Treatment to high grade changes can prevent the development of cancer in many victims. In developed countries, the widespread use of cervical screening programs has dramatically reduced the incidence of invasive cervical cancer. Human Papilloma Virus (HPV) infection appears to be a necessary factor in the development of almost all cases (90+% of) cervical cancer. According to Parikh et al., 2003 cervical cancer risk of associated with a low socio-economic status (SES), as defined by education or income levels.

Objective

1. To explore the knowledge of different socioeconomic status of cervix cancer.
2. To explore the knowledge of different education level about cervix cancer.

Methodology

This study was conducted on a sample of 60 women of age group 30-60 years, six group of education level 10 women selected of each level, randomly selection from Raipur district of Chhattisgarh.

Tools

To measure of the subject appropriate scale were used during study.
 * Individual data sheet

* Questionnaire

Result

Table No. 1 Distribution according age in selected subject

Age group	N=60	Percentage
30-40	38	63
41-50	16	27
51-60	06	10

This table shows that out of 60 subject 63% were belonged to 30-40 years of age, 27% were 41-50 years of age and rest 10% were 51-60 years of age.

This table shows that level of education were illiterate

Table No. 2 Distribution of subject according to level of education

Education level	N=60	Percentage
Illiterate	10	16.7
Primary	10	16.7
Middle	10	16.7
Higher secondary	10	16.7
Graduation	10	16.7
Post graduation	10	16.7

10%, 10% primary school, 10% middle school, 10% higher secondary, 10% graduation and 10% of post graduation. This table shows that according to socio-economic status 63% were low income group, 25% were middle

Table No. 3

Monthly income	N=60	Percentage
Low income	38	63
Middle income	25	35
Higher income	07	12

income group and rest 12% of higher income group. This table shows that according to knowledge of cervix cancer 17% were aware of its dirty vaginal discharge symptoms, 10% were aware heavy vaginal bleeding, 3% were know contact bleeding, 7% were know pelvic pain, no knowledge of its symptoms of leakage of urine or faeces from vagina and 63% were no knowledge of cervix cancer. This table shows that out of 22 subject according to knowledge of high risk factor of cervix cancer 18% were know its risk factor of early sexual intercourse, 23% were

A comparative study in variation in Iron intake of Sickle Cell Anaemia Patients of Different Socio- Economic Status

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Abstract

This study was aimed to explore and comparative study of the iron intake strategy of sickle cell anemia Patients of different socio economic status and gender. A total of 210 sickle cell patients were taken as a subject for study, all of them belonged to the various district of Chhattisgarh. The name were selected from govt. hospitals and Red Cross society of Chhattisgarh. We have selected 210 patients (105 female and 105 male. All patients were taken from three income group 70 patients from lower income group (35 female and 35 male), 70 patients from middle income group (35 female and 35 male) and 70 patients from higher income group (35 female and 35 male). Study design was a factorial design based on 3*2 (taken three level of socio-economic status and two level of gender). The result shows iron intake of the male of all the income groups is higher than the female. It is found that both male and female of lower income group are very anaemic as compare to middle income and higher income group. Middle income group female takes more than middle income group male but they are also anaemic. Higher income group sample is also not satisfactory because intake of iron in female is lower than the male. All income group male and female take low iron than recommended daily allowance.

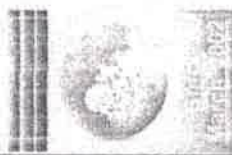
KEYWORDS-Sickle cell anaemia, Iron intake, Socio-economic status, Gender, Anaemic.

Introduction

Sickle cell anemia, the name of the responsible mutation and dropanocytosis is a genetic lifelong blood disorder characterized by red blood cells that assume an abnormal rigid sickle (C) shape sickling. Sickle Cell Anemia is genetic hereditary disorder where income and gender of patients play very important role.

Since the severity of sickle cell anemia is unpredictable its toll on the person's mental and emotional health is equally unpredictable, it is characterized by uncertainty with period of relative wellness interrupted by period of serious illness and crisis. Sickle haemoglobin (HbS) is a first molecular disease known to human. It is structural variant haemoglobin in which glutamic acid, an amino acid, at position No.6 of globing chain of hemoglobin is replaced by valine. This happens due to change of nucleotide, adenine to thymine of cordon 6 of-globin gene, which located on the arm of chromosomes 11. The substitution of amino acid changes the net charge of hemoglobin, oxygen affinity and three-dimensional structure of hemoglobin thus rendering it as unstable hemoglobin. Sickle hemoglobin gets polymerized at low oxygen tension and deforms the red blood cell from discoid shape to sickle like form.

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The Impact of the Curriculum Development in Quality Improvement of Higher Education: A Theoretical Approach.”

The aim of the study was to investigate the impact of curriculum change in teaching learning of science subjects at colleges in Dhamtari District. The research also meant to answer the following research objectives on the impact of new changes in curriculum. First research objective was based on the effects of curriculum changes in the teaching and learning of science. The second research objective was based on the constraints or factors that might be affecting the effectiveness of new changes in teaching and learning of science. The third research objective was based on the monitoring and support on the changes in science curriculum. Research objective four was addressed as a recommendation. It was about the suggestion for future planning of changes in curriculum. In this era of on-going new developments in curriculum, it was imperative to find out how changes are affecting teaching and learning of science curriculum even in the most remote parts of the country. The continuous changes that are taking place in science curriculum demand the need for this research. Questionnaires, interviews and observation were used as data collection methods using the qualitative method. Colleges which participated in the study were selected using purposive sampling. The findings also indicate that lack of resources impact negatively on the implementation of curriculum reform in teaching and learning of science in many under-resourced colleges in rural areas. The findings also reveal that, it is not easy for subject advisors to give relevant support because of inadequate resources and lack of human capacity. According to the research findings, inadequate resources, skills and knowledge and lack of pre-planning on new curriculum development adversely affect the teaching and learning of science in schools. It is therefore recommended that the proposed curriculum development and reform be piloted before it is implemented as proposed in the model for the preparation of effective curriculum development and development in science. Also, it is important to have functional curriculum development forums at colleges, circuit and district levels. The provisioning of science centres and well-equipped laboratories in each and every circuit will play a greater role in effective teaching and learning of science.

***DR.SMT.BABITA DUBEY **MISS VEJAYLAXMI SINGH CHOPADE**

change in India came as an idea for the dressing education system which was free from racism, discrimination and inequalities. To implement successful new curriculum still to be argued that well designed curriculum reform goals have not been successful because attention has been focused on the desired

educational change and neglects how the curriculum change should be implemented. The adoption of the new constitution after the country became a democracy in 1994 has provided the basis for curriculum change and development in South Africa. This has led to the adoption of outcomes-based education (OBE) which was followed by the introduction of curriculum. The adoption of outcomes-based education brought many changes in the education system. The changes

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Dr. W. W. Patankar P.G College, Durg*

“Recycling Of Textile Waste Is The Best Way To Protect Environment”

Dr. Babita Dubey¹, Mrs. Khushboo Jain²
¹(Dept of Home Science, Govt. Girls P.G. college, Durg)
²(Research Scholar)

Textile recycling-

Textile industry is among the most essential consumer goods industry. We all need garments and other textile products such as footwear and bags etc. However, textile industry is also accused of being one of the most polluting industries. Not only production but consumption of textiles also produces waste. To counter the problem, textile industry has taken many measures for reducing its negative contribution towards environment. One of such measures is textile recycling- the reuse as well as reproduction of fibers from textile waste.

Recovery and recycling provide both environmental and economic benefits Textile recovery:

- Reduces the need for landfill space. Textiles present particular problems in landfill as synthetic (man-made fibers) products will not decompose, while woolen garments do decompose and produce methane, which contributes to global warming.
- Reduces pressure on virgin resources.
- Aids the balance of payments as we import fewer materials for our needs.
- Results in less pollution and energy savings, as fibers do not have to be transported from abroad.

Reclaiming fiber avoids many of the polluting and energy intensive processes needed to make textiles from virgin materials, including: -

- Savings on energy consumption when processing, as items do not need to be re-dyed or scoured.
- Less effluent, as unlike raw wool, it does not have to be thoroughly washed using large volumes of water.
- Reduction of demand for dyes and fixing agents and the problems caused by their use and manufacture.

Sources of textile waste-

Mainly textile waste comes from household sources. Average lifetime of any clothing is deemed to be for about 3 years, after which, they are thrown away as old clothes. Sometimes even 'not so worn garments' are also discarded as they become unfashionable, or undesirable. These are post-consumer waste that goes to jumble sales and charitable organizations. Most recovered household textiles coming to these organizations are sold or donated. The remaining ones go to either a textile recovery facility or the landfill. Textile wastes also arise during yarns and fabric manufacturing, apparel-making processes and from the retail industry. They are the post-industrial waste. Apart from these textile wastes other wastes such as PET bottles etc. are also used for recycling polyester fiber.

Why textile recycling?

Textile recycling is good for both, environmental and economic benefits. It avoids many polluting and energy intensive processes that are used to make textiles from fresh materials.

- The requirement of landfill space is reduced. Textiles lead to many problems in landfill. Synthetic fiber doesn't decompose. Woolen garments do decompose but also produce methane, which contributes to global warming.
- Pressure on fresh resources too is reduced.
- Leads to balance of payments as we buy fewer materials for our requirements.
- As fibers get locally available, they don't have to be transported from abroad thus reducing pollution and saving energy.
- Lesser energy is consumed while processing, as items don't need to be re-dyed or scoured.
- Waste water reduces as it does not have to be thoroughly washed with large volumes of water as it is done for, say, raw wool.
- Demand is reduced for textile chemical like dyes and fixing agents.



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Impact of Internet on Marketing

In recent years, important changes have had an impact on economic and social life. The Internet makes no exception, it provides a lot of opportunities, like interaction and customization and it can be utilized by both consumers and organizations. It should not be overlooked the fact that organization is no longer the only source of information for consumers. Internet provides them an enormous potential of information & communication and the possibilities of interactions with each other.

DR. AMITA SEHGAL*, DR. BHARTI SETHI & RAMIT CHUGH*****

Introduction :

Internet has become an indispensable tool for today's business. Every business organization is using it in some ways. Marketing managers, who fail to use the Internet in formulating their companies' managing strategy, will be at a disadvantage. This paper discusses the Internet's impact in conducting any firm's marketing outcomes. The discussion includes impact of Internet on product & branding, pricing, distribution and promotion methods. Marketing strategist can use these ideas, presented in this paper to formulate more effective Internet based marketing strategies.

To succeed in today's fast-paced business environment, we need to transform our marketing, communications and advertising skills. We need to focus on taking risks with new directions on Internet. If we leverage and refresh existing strategies, the possibilities are enormous to gain competitive advantage. Incorporation of new media and techniques on the web is desired. To be successful, our online promotional plan must be closely woven with all marketing activities. With upgraded strategy and focused planning, we can achieve the target within our marketing budget. The greatest challenge is choosing the strategies which are adequate for business integration with marketing and advertising initiatives.

The next section deals with the role of the Internet in developing product, brand, pricing, distribution, and promotional methods :

(1) Product and Brand Strategy : Internet based technologies have significantly reduced the marginal cost of production and distribution of digital goods such as

software, news stories, music, photographs, stock quotes, horoscopes, sports scores, and health tips. Firms as America Online are selling large aggregations of digital goods for a low flat monthly fee. Aggregation of many products would be extremely expensive by using traditional distribution methods.

(2) Pricing Strategy : Among the marketing areas, Pricing is the most influencing area affected by Internet. The Internet influences pricing strategy of firm in multiple ways including, providing consumers with more information, increasing competitiveness with increasing number of suppliers, established auction houses, and pricing researches.

(a) Increased information. (b) Interactive Shopping Agents. (c) Growth of Online Suppliers. (d) Auction houses. (e) Pricing research.

(3) Distribution Strategy : The Internet is a medium for retail storing and deliveries. The customer after locating the products makes a purchase online. The deliveries of non-digital products can be made up to customer's address. Online distribution has a number of characteristics which differentiate it from offline distribution.

(a) Greater convenience. (b) More time consuming. (Disadvantage) (c) Different cost structure. (d) Electronic data interchange. (e) No distance constraints. (f) Open 24 hours a day.

Conclusions and Implications :

The Internet is revolutionizing the marketing success of many business companies. The Internet enables companies to gain several competitive advantages over their competitors. Some of the changes brought about by the

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QUALITY IMPROVEMENT IN HOME SCIENCE EDUCATION : NEED OF HOUR

Curriculum can refer to educational system prescribes for a specific group of learners, in which learners gain knowledge and understanding, develop skills and alter attitudes. A curriculum planning is a tool to help organizing various elements of a curriculum, such as the core objectives, subject, unit definitions, activities, assessment and resources. For this firstly we have to plan Quality Enhancement Plan from which students learning outcomes can be enhanced, it gives a successful model for sustainable change and it also increases faculty development activities which facilitate the sharing of best practices and support. Planning gives an opportunity to build on a vital institutional strength. The broad objective of teaching Home Science is to improve the quality of their own life and contribute towards the betterment of the family making and the community. The main aim of planning curriculum is to enhance the quality of education in home science so that students should be aware of importance of home science and its scope. But in the present scenario, the exiting purpose of Home Science to prepare youth and adults for 'homemaking' is demanding a revolutionary change. Now it should become a process by which an individual grows, develops and becomes increasingly well adjusted in the changing society. Today we are realizing that there are lacunae in Home Science Education & Quality Improvement is the need of hour. Though, the task is gigantic, top priority is to be given to employment potential, so that the students can get both theoretical and practical knowledge to become successful in their ventures.

DR. RESHMA LAKESH & DR. AMITASEHGAL

Introuction :

A good understanding of curriculum planning is essential for good teachers. In other words, curriculum is the sum total of skills and concepts that students learn. It gives a track and by following it, we don't lose track. Sensible curriculum planning will bring focus on teaching and it also make it easier to what activities, projects and lessons we do each day.

Curriculum planning enhances the quality of education and learning becomes more challenging enjoyable and relevant. Quality enhancement in the field of Home science through curriculum planning.

Home science is on area of knowledge which is essential for learners, male and female, to understand and handle more efficiently their personal life. their resources and their inter personal life. This body of knowledge also develops in them skills that enable them to deal with day

day problems and ultimately establish them as more competent and productive members of the family and community at large. By perfect curriculum we can

- sensitize the learners towards their role in family and society.
- Develop their skills.
- Develop their scientific tempers
- Develop a lifelong ability to absorb knowledge.

In the bachelor degree of 3 year, both BA & BSc Home Science is available. Apart from the core subjects Development Communication & Extension, Fabric and Apparel Science, Food & Nutrition, Human Development and Resource management, one would study Enterpremierhip, family Life Education, Microbiology, Personality Development. Food preservation, Fashion Designing etc.

Home science as a field of study is application

ASSTT. PROFESSOR, PROFESSOR HEAD HOME SCIENCE DEPARTMENT,
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Mental Health as a function of Socio-Economic Status for Elderly Person

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** S K Bharadwaj

Abstract- This paper is aimed at investigating the influence of SES on mental health of elderly persons. A study to find correlation between SES and mental health was conducted in Durg, Bhilai, Rajnandgaon and Raipur cities of Chhattisgarh state in which 360 people participated. Male female ratio was 1:1. SES scale questionnaire urban (prepared by Pandey 1960 and modified by Bharadwaj and Agarwal, 2009) was used for measuring SES. On the basis of these scores the sample was divided into high, middle and low SES categories. Then mental health score of each category was calculated using PMHI given by Agashe and Helode. ANOVA analysis was carried out on data in each category to arrive at final conclusions.

Key Words- PMHI, SES, HSES, MSES, LSES, Socio-economic status

Introduction: Sound mental health is an essential component of overall well-being of an individual. It is a state of well-being in which the individual realizes his or her own ability, can cope with the normal stress of life, can work productively and fruitfully, and is able to make a contribution to his or her community (World Health Organization, 2005). Positive mental health is not merely absence of mental health related problems. Rather it is a multi-dimensional concept with six components -Positive attitude, Self-actualization, Psychic integration, Personal Autonomy, Realistic perception & Adequate Environmental mastery (Jahoda, 1958). Mental health becomes a cause of worry particularly in old age. Old age is the closing period in life span of a human. It is a period when people "move away" from previous more desirable periods of 'usefulness'. Old age is characterized by certain physical and psychological limitations such as reduced physical capacity, failing eye sight, frailty, loss of companionship, reduced pride, etc. Many old people find it difficult to

ENERGY HARVESTING FROM SPACE BASED SOLAR POWER SATELLITE

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ABSTRACT

The outer space is the field of huge amount of uninterrupted solar energy, available in the form of light and heat. The future technologies of space based solar power satellites (SBSP) are capable to collect 99% of solar radiation in 24x7days. In space the collection of solar energy is unaffected by the day/night cycles, seasonal changes and the filtering effects of earth's atmospheric gases. SBSP system has huge solar panels which are consistently exposed to a high amount of solar radiation rather than earth's ground based solar power stations, in which solar panels are facing towards the sun and it collects solar energy during the day-time only. SBSP technology consistently provides clean, renewable and constant energy: it is capable to complete displacement of fossil fuels, nuclear energy and biological energy sources in near future. Energy harvesting from SBSP system, we need to establish it into geosynchronous orbit of the earth that converts the solar energy into DC power and DC power to microwave signal for the transmission through antenna towards the earth based receiving antenna. The ground based rectennas are able to convert microwave signals into DC electricity. Energy harvesting from space based solar power satellite is most useful and effective.

Keywords: Magnetron, Microwave power transmission, Space based solar power satellite (SBSP).

I INTRODUCTION

Our outer space contain uninterrupted and huge amount of renewable source of energy, we obtained this without expanding anything. The exploration of non-renewable energy sources like nuclear energy, fossil fuels (coal and petroleum products) are deteriorated our environment and creating the problem of global warming. The future energy demand cannot be fulfilled by the non-renewable sources; we need to explore sustainable and reliable renewable energy sources like solar energy, wind, hydro and biomass. Solar energy has been recognized as an ideal source of energy for mankind. It is naturally available and plentiful, does not disturb the environment. The utilizing solar energy to generate electricity on a 24-hour continuous basis was proposed by Dr. Peter Glaser in 1968, introduced the concept of a space based solar power satellite system of square miles of solar collector in geosynchronous orbit i.e. 36,000 km (22,369 miles above the equator of the earth, illustrated in figure 1. Solar power satellite (SPS) would be able to face the sun over 99% of the time and no need for any costly storage devices when sun is not in view. Only a few days at spring and fall equinox would the satellite be in shadow [3]. SBSP system converts solar energy into direct current (DC) electricity and DC to an electromagnetic microwave

Studies on occurrence of Rhizospheremycoflora of *Jatropha curcas* L.

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I. Introduction

Jatropha curcas L. is the most important biofuel plant belonging to Euphorbiaceae family. Among plant evaluated for the extraction of biodiesel from its seeds, *Jatropha curcas* has been found to be most promising. Several parts of *Jatropha* plant have medicinal and cosmetic uses also. In India, *Jatropha curcas* is gaining importance commercially as biodiesel plant. It was found that performance of *Jatropha* seed oil based biodiesel was superior among the other biodiesel derived from different vegetable oils (Lutz, 1992; Pak and Alexi, 1994). *Jatropha* seeds contain 30-35% viscous non edible oil that has attracted the attention of the world as an alternate fuel (Takeda, 1982; Banerjee et al., 1985; Martin and Mayeux, 1985; Openshaw, 2000).

The original definition of the rhizosphere means the zone of soil in which the microflora is influenced by plant roots (Rovira, 1965). A series of reports have suggested that microbial community structure in the rhizosphere are dependent upon the type of plant species (Germida et al., 1998) including the genotypes within a species.

II. Materials & Methods

The rhizospheremycoflora of *Jatropha curcas* was studied during March 07 to Feb 08. The rhizosphere soil samples were collected from the *Jatropha* plantation site monthly for a year during March 2007 to February 2008. Soil particles adhering to the roots of *Jatropha curcas* were used as the study materials. Enumerations of rhizospheremycoflora were done by serial dilution technique (Harley and Waid, 1955). Martin's agar medium supplemented with Rose Bengal was used to isolate the rhizosphere fungi of *Jatropha curcas*. The petri plates were incubated at 27±2°C for a week.

III. Results & Discussion

During investigation period 22 species belonging to 11 genera of fungi were recorded and identified as *Aspergillus cervinus*; *Aspergillus flavus*; *Aspergillus niger*; *Aspergillus terreus*; *Chaetomella raphigera*; *Cladosporium cladosporioides*; *Cladosporium oxysporum*; *Curvularia lunata*; *Curvularia pallescens*; *Emericella nidulans*; *Fusarium equiseti*; *Fusarium solani*; *Monodictys castaneae*; *Monodictys fluctuata*; *Paecilomyces lilacinus*; *Penicillium aurantiogriseum*; *Penicillium citrinum*; *Penicillium thomii*; *Rhizopus soryzae*; *Rhizopus stolonifer*; *Trichoderma hamatum* and *Trichoderma harzianum* (Table-1). A total of 1220 colonies of rhizosphere fungi were isolated. Maximum number of colonies were isolated during Rainy Season (757) followed by summer (323) and winter season (140). Colonies of *Aspergillus niger* was isolated throughout the study periods. Maximum number of colonies of *A. terreus* was isolated (317) during investigation period followed by *Paecilomyces lilacinus* (309) and *Penicillium aurantiogriseum* (207). Monthly analysis of the rhizosphere fungi showed that highest 109 colonies of *Paecilomyces lilacinus* were isolated in the month of August followed by *Aspergillus terreus* (108) in Sept. *Cladosporium oxysporum* was present only in the month of Feb 08 with its highest (45) number of colonies. Thus many pathogenic, non-pathogenic, saprophytic and antagonistic fungi were isolated from the Rhizosphere of *Jatropha curcas*. Two species of the most important antagonistic fungus *Trichoderma* were also present.

Several fungal and bacterial biocontrol agents have been used for achieving plant disease control, amongst them *Trichoderma* group has been found effective against aerial, root and soil pathogens (Weller, 1988; Kumar and Mukerjee, 1996; Van Loon et al., 1998; Whipsett et al., 1993; Elad et al., 1998 a, b and 2000; Chaube et al., 2002; Harman et al., 2004). *Trichoderma* as a potent fungal biocontrol agent against a range of plant pathogen has attracted considerable scientific attention (Rini and Sulochana, 2007). Along with other factors, presence of *Trichoderma* species in the rhizosphere of *Jatropha curcas* may be one of the cause for its disease resistant nature.

Studies of Antibacterial Activities of Leaf Extract of Selected Ethno –Medicinal Plants

Dr(smt)M.L.Prasuna¹, Usha Chandel²
^{1,2}(Govt. Dr W W Patankar, Girls PG college Durg)

Abstract: The potential of higher plants may give a new source of antimicrobial agents with novel mechanism of action (Narayan V, J shukla) the drugs from higher plants and their effects continue to occupy and important niche in modern medicine (B Mahes and V Satish) plants are rich in secondary metabolites which have been found to have antimicrobial properties. In general bacteria have the genetic ability to transmit and acquire resistance to synthetic drugs which are used for therapy. To study the spectrum of antibacterial agents from natural sources few plants were selected from the college campus. The plants used in the experiment are osmium sanctum, azadirectha indica, psidium gujava and aegle marmilos. The test organism selected is e coli. The result obtained in present study reveal that plant extract possess potential medicinal activity against tested bacteria.

I. Introduction

From the ancient days plant parts and there extracts are used for therapeutic purpose to cure several diseases caused by microorganisms. The plant and their products play significant role in preventing the human diseases (Ramaswamy et al). Even though man has the knowledge of herbal medicine from many decades natural products from plants may provide a new possible mechanism of action against micro organisms (Runyioro et al, Shahidi et al).

The emergence of new infectious disease there reoccurrence earlier seemed to be controlled and the enhancement in the bacterial resistance to bacterial resistance have created the necessity to create towards the development of new antimicrobials. The antibacterial agent is that which kill or inhibit the growth of bacteria. Many researchers from different parts of the world studied the effect of plant extracts on bacteria (Reddy P S et al). Much work has been done on ethno medicinal plants in India (Maheshwari j k et al).

The plant extracts or its active constituents are used as folk medicine in traditional therapies of 80 % of world population (Shaik et al). In general the bacteria are clever enough to transfer and acquire resistance used in therapy (towers g h et al). Plants have varieties of secondary metabolites and can be a source of new drugs which are still yet unexplored. The medicinal plants represent a rich antibacterial activity (Mahesh b and Satish s).

II. Material and methods:

The plant extract are also used worldwide for synthesizing various medicines to study the spectrum of antibacterial agents from natural sources, few plants were selected. The fresh and healthy leaves and plants

Tulsi : ocimum sanctum, bel : aegle marmilos, guava: psidium gujava, neem : azadirecta indica were collected in the months of February and march from the college campus.

The plant material especially leaves were well washed repeatedly double distil water and then the leaf extracts were obtained by grinding them. the extracts were filtered using whatman filter paper.

The test organism i.e. E. coli is seeded into NAM (nutrient agar medium) with spread plate method 10^8 cells/ml with the 24 hours cultured bacteria in nutrient broth. After solidification the filter paper disks 5mm in diameter impregnated with different Concentrations of 3 plant extracts were placed on test organism. in the second method 50 µl of natural 4 plant extracts were added to each of the 4 well (7mm) dia holes in the agar gel 20mm apart from. these were incubated at $36 \pm 1^\circ\text{C}$. these were compared with the antibiotic sensitivity test performed by the agar diffusion method which is designed to determine the smallest amount of antibiotic to inhibit the growth of a micro organism. this is done by measuring the diameter of growth inhibition clear zone surrounding the antibiotic disc. The antibiotic discs used were cloremphenicol and tetracycline against test organism e coli.

Water Strategies For Chhattisgarh: A Review

Dr. Arti Gupta¹

¹(Professor of Chemistry, Govt. Dr. W. W. P. PG Girls College, Durg, C.G., India)

Abstract: The Government has come out with a policy for water resources development in the state of Chhattisgarh. In this paper, the suggestions given in this policy are critically examined. The paper also examines the various water policies being adopted by other administrative bodies. The pros and cons of all such policies have been discussed at length here and the suggestions most suitable for the state of Chhattisgarh, keeping in view the availability of water in the region, the sources of water, the possible methods for efficiently utilizing these available resources etc. are outlined. It is noted that the state of Chhattisgarh had failed to utilize its groundwater resources efficiently, and this combined with limited irrigation facilities, results in several problems for all stakeholders. In conclusion various efficient strategies for water resources management, best suited for the state of Chhattisgarh, are recommended.

I. Introduction

Water resource management is the activity of planning, developing, distributing and managing the optimum use of water resources. Ideally, water resource management planning has regard to all the competing demands for water and seeks to allocate water on an equitable basis to satisfy all uses and demands. As with other resource management, this is rarely possible in practice. Water is an essential resource for all life on the planet. Of the water resources on Earth only three percent of it is fresh and two-thirds of the freshwater is locked up in ice caps and glaciers. Of the remaining one percent, a fifth is in remote, inaccessible areas and much seasonal rainfall in monsoonal deluges and floods cannot easily be used. At present only about 0.08 percent of all the world's fresh water is exploited by mankind in ever increasing demand for sanitation, drinking, manufacturing, leisure and agriculture. Much efforts in water resource management is directed at optimising the use of water and in minimising the environmental impact of water use on the natural environment. Successful management of any resources requires accurate knowledge of the resource available, the uses to which it may be put, the competing demands for the resource, measures to and processes to evaluate the significance and worth of competing demands and mechanisms to translate policy decisions into actions on the ground.

II. Demand Management And Water Use Efficiency

The National Commission for Integrated Water Resource Development (NCIWRD) has assessed that in India about 83% of water is used in irrigation and the remaining for domestic, industrial and other purposes. Although, water for irrigation would increase over the time, the share of irrigated water in the overall demand has been estimated to reduce from the present level to about 69% by the year 2050. The National Water Mission suggests an increase of 20 % in water use efficiency in the next couple of years. The National Water Policy also stresses on efficient use of water, as part of the demand management strategies. This is an achievable goal and must be strongly supported by State level policies. This should require States to adopt technological as well as regulatory measures, some of which include the following:

- Methods to encourage water saving during irrigation which need to be propagated include aligning cropping pattern with natural resource endowments, micro-irrigation such as drip, sprinkler, automated irrigation operation, and evapo-transpiration reduction.
- Conjunctive use of surface water and ground water needs to be encouraged.
- Local level micro-irrigation through small bunds, field ponds, agricultural, and engineering methods for watershed development would be very useful for enhancing water use efficiency.
- Water use efficiency needs to be incentivized by proper energy pricing for use in agriculture, both in ground water extraction and lift irrigation.
- Regional water audits with respect to water use in agriculture on sample basis needs to be institutionalized in order to locate policy and management gaps for remedial action.
- Water audit needs to be made mandatory for specified types of industries and/or identified areas in order to efficiently manage water resources in the industrial sector.

Studies on occurrence of Rhizospheremycoflora of *Jatropha curcas* L.

UshaChandel¹, ML Prasuna², Rekha Pimpalgaonkar³

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Lata

Limnological Study of Sheonath River Near Sheonath Temple Durg (C.G.) India

Dr. (Smt.) Lata Meshram

Assistant Professor, Department of Zoology, Govt. Girls P.G. College, Durg (C.G.)

Abstract: The influence of physico-chemical properties of Sheonath river were investigated for one year from June 2014 to May 2015. Analysis of physico-chemical parameters like water temperature, pH, rainfall, DO, BOD, EC, Total alkalinity, Total hardness, chloride, SO_4 , Fe has been made during the investigation period. Results reveal all parameters are within the permissible limits. It was quite evident from the findings that the quality of river water near Sheonath temple was suitable for drinking, agriculture purposes.

Keywords: Physico-chemical factors, Sheonath temple, Sheonath river

1. Introduction

Water is a basic and most essential life sustaining substance. Rivers are large natural stream of water emptying into the ocean and they considered important fresh water resource for human beings. However, since many years, they have also been utilized for many activities of the human beings. River water contain only about 0.0001% of the total amount of water in this world. The river water generally collected from precipitation through surface runoff.

In recent years because of continuous population growth, rapid urbanization, load of wastes from industries, domestic sewage, and agricultural waste leading to deterioration of water quality. Water quality assessment is critical for pollution control and the protection of surface and ground waters leading to the outbreak of water borne diseases such as cholera, paratyphoid, diarrhea, amoebic dysentery and hepatitis. Biodegradable organic matter is the contamination is concern for dissolved oxygen concentration which is the principal indicator of pollution of surface water.

In many places, both surface and ground waters are fouled with industrial, agricultural and municipal wastes and according to the World commission on water for the 21st century, more than half of the World, major rivers are so depleted and polluted that they endanger human health and poison surrounding ecosystems. There is progressive deterioration of water quality throughout the world. The causative factors responsible for degrading water quality need to be evaluated so as to take proper steps before the situation becomes worst.

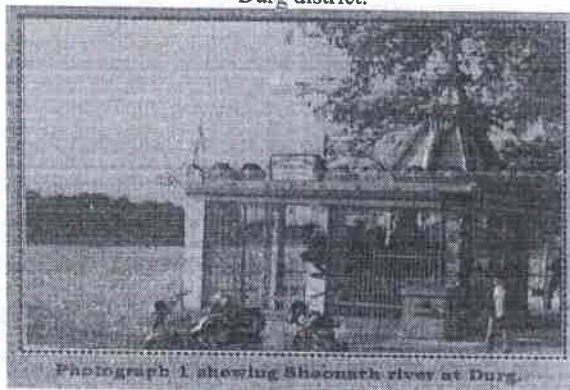
2. Materials and Methods

Major part of the district is drained by Sheonath, Hamp, Kharr and Tendula river and their tributaries. Major surface water sources in the district is Tendula canal/ system and the total irrigated area is 100703 ha. Geologically, 87% of the total geographical area of the district is covered by sedimentary formations of Chhattisgarh Super group comprising gypsiferous sale, Chandi limestone, Gunderdehi shale, Charmuria limestone, Chandarpur sandstone and Archaean granite gneisses. The assessment of physico-

chemical factors was carried out for one year i.e., from June 2014 to May 2015.



Map 1: Location map of Chhattisgarh and study area of Durg district.



Lata

Hydrobiological Studies on Freshwater Reservoir of Tandula Dam of District Balod (C.G.) India

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Abstract: Water quality has become a major concern due to ever increasing human developmental activities that over exploit and pollute the water resources. The physico-chemical parameters like pH, EC, DO, BOD, alkalinity, hardness, calcium and magnesium were analyzed during monsoon and post-monsoon season. A study on physical, chemical and biological characters of River water and its suitability for drinking purpose was carried out of reservoir water of Balod, Chhattisgarh. The results of the present study have been discussed it is clear that the water is not highly polluted, but the variations in physico-chemical parameters were observed as seasonally. The recorded range of physico-chemical parameters were within the maximum permissible limit.

Keywords: Physico-chemical parameters; Reservoir; Seasonal variations

1. Introduction

Water is the base of life and development. The wetland forms unique biological fresh water ecosystem on the planet earth. These water bodies store the freshwater from adjoining are during rainy season. It plays an important role in any ecosystem, hydrology of area and economy. They provide the habitats for migratory birds, aquaculture, plants animals and microbes. Water is one of the major components of environmental resources (Efe, 2002). Freshwater is a natural home of innumerable living things, many of them harmless or even beneficial, some of them directly or indirectly injurious to man. The environmental pollution affects the general quality of our health (Parimala *et al.* 1994). Several studies have been made on the limnology of freshwater bodies in India (Naganandi *et al.* 1998, Pandey *et al.*, 2000 and Bhadja and Vaghela, 2013). Water resources in India have reached a point of crisis due to unplanned urbanization and industrialization (Pathak and Dwivedi 2007). Urbanization has directly negative impacts on water bodies. Therefore now a days freshwater has

become a scare commodity due to over exploitation and pollution (Bhadja and Vaghela, 2013). River water is one of the most important and widely distributed natural resources which are considered as supplemental resource to meet the domestic, agriculture and industrial requirements. The present work is aimed in assessing the reservoir water quality with respect to drinking purpose.

2. Materials and Methods

Study area

BALOD: Tandula Dam is located in Chhattisgarh in India. It is located 5 km away from headquarter of Balod district. The dam project was completed in 1921 in the confluence of Tandula and Sukha Nala rivers. The dam stores water from catchment area of 827.2 km². The gross storage capacity of the reservoir is 312.25 million cubic metres and the highest flood level is 333.415 m. The district Balod is famous for Prachin Kila (Oldest Palace), Mandir (Temples) & Sati Chabutra.



Map 1: Location map of Chhattisgarh and study area of Tandula dam

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ANTIMICROBIAL ACTIVITY OF *Mimosa pudica* LINN. AGAINST SOME MICROBESBHAWANA PANDEY^{a1} AND NISREEN HUSAIN^b^aDepartment of Microbiology & Biotechnology, Bhilai Mahila Mahavidyalaya, Hospital Sector, Bhilai, Durg, Chhattisgarh, India^bDepartment of Zoology, Govt. Dr. W.W. Patankar Girls' PG. College, Durg, Chhattisgarh, India

ABSTRACT

Mimosa pudica leaves extract were used for antimicrobial activity towards pathogens i.e. bacteria and fungi. The activity was tested against *Bacillus subtilis*, *Pseudomonas aeruginosa* and *Klebsiella pneumonia* at different concentrations of 25, 50, 75 and 100 µl/ disc and the results have been illustrated. Phytochemical analysis of the extract revealed that the antimicrobial activity of the plant materials is due to the presence of active constituents like alkaloids or tannins. *Mimosa pudica* is used in disease related to blood, piles, jaundice, leprosy and ulcer. In the present study ethanolic extracts of *Mimosa pudica* leaves sample were obtained using soxhlet apparatus. Phytochemical studies for the presence of revealed that tannin and proteins are sample.

KEYWORDS: *Mimosa Pudica*, Antimicrobial Activity, Phytochemical

Mimosa pudica Family Mimosae known as sensitive plant in English and lajvanti or chumui in Hindi language. The plant is distributed through out in India in moist locality. A diffuse prickly under shrub. is about 45-90 cm in height. Leaves bipinnately compound, pinnate 2-4 delicately arranged with 10-20 pairs of leaflets, rachis clothed with ascending bristles. Flowers pink, in globose heads, peduncles prickly, usually in auxiliary pairs all along the branches. Fruits bristly pods, flat, straw colored consisting of 3-5 one seeded segments. The roots and leaves are commonly used in treatment as bitter, astringent, acrid, cooling vulnerary, alexipharmic, diuretic antispasmodic, emetic, constipating and febrifuge (Vaidyaratnam, 2001). The present study intends to study about the phyto constituents of the plant extracts of *Mimosa pudica* against pathogenic microbes in Chhattisgarh.



Figure 1: *Mimosa pudica* Plant



Figure 2: Powdered *Mimosa pudica* leaves

Many plants species used traditionally have potential antimicrobial and antiviral properties (Shelef *et al.* 1983) and this has raised the optimistic thinking of scientists about the future of phyto-antimicrobial agents. (Das *et al.* 1999). Mimosa plant has a history of use for the treatment of various ailments and the most commonly used plant part for this purpose is the root, but flowers bark and fruit can also be utilized. Several research works have been carried out to study about the phytochemical components of *Mimosa pudica* (Ahmad *et al.* 2001; Athar, 1954.) and also about the antimicrobial activity of the plant (Palacios *et al.* 1991). The major chemical substances of interest in these surveys were the alkaloids and steroidal saponins, however also been reported (Lozoya & Lozaya, 1989). The methanolic extract of leaves of *M. pudica* showed the presence of bioactive components like terpenoids, flavonoids, glycosides, alkaloids, quinines, phenols, tannins, saponins and coumarin (Gandhiraja *et al.* 2009). In Chhattisgarh, the consumption of the decoction of leaves boiled in water causes diuresis and is used in

PHYTOREMEDIATION OF OXIDATIVE STRESS BY ROOT EXTRACT OF *ACHYRANTHES ASPERA* IN LYMPHOCYTES OF *ORYCTOLAGUS CUNICULUS* L.

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ABSTRACT

Oxidative stress plays an important role in the various pathological processes leading to many dreadful diseases. It arises due to the excessive damages of bio membranes and macromolecules caused by the harmful effects of free radicals. Free radicals (ROS & RNS) are generated during cellular oxidation and metabolic processes. Their decomposition exhibits deleterious effects on various physiological systems of living organisms and human health. The free radicals are scavenged by the cellular antioxidants that constitute the strong antioxidant defense system of the body. The antioxidants from natural sources such as the medicinal plants have been of prime importance in the biological world. The aim of the present study is to evaluate the antioxidant activity of the root extract of *Achyranthes aspera*, a well-known medicinal herb, for the phyto-remediation of hydrogen peroxide induced oxidative stress in lymphocytes of *Oryctolagus cuniculus* L. (rabbit). Incubation with H₂O₂ (hydrogen peroxide) for 2 hours increased lipid peroxidation, affecting the concentrations of antioxidant enzymes and glutathione, in terms of malondialdehyde (MDA - 3.90 ± 0.04), superoxide dismutase (SOD - 1.36 ± 0.04), reduced glutathione (GSH - 2.36 ± 0.06), catalase (CAT - 3.73 ± 0.02) and glutathione peroxidase (GPx - 4.83 ± 0.09). Pretreatment with the methanolic root extract of *Achyranthes aspera* for 18 hours was found to control lipid peroxidation and positively enhances the activities of antioxidant enzymes, with gradual increase in dosages, ultimate being 20µl / 10,000 cells, viz., MDA (1.00 ± 0.03), GSH (5.12 ± 0.12), SOD (1.75 ± 0.02), CAT (5.03 ± 0.05) and GPx (8.45 ± 0.36). The high antioxidant activity and the efficient free radical scavenging ability of the methanolic root extract of *Achyranthes aspera* contributed to the minimization of oxidative stress in lymphocytes. The rich phytochemical content present in the roots is usually considered to be responsible for the antioxidant efficiency of root extract of *Achyranthes aspera*, and hence ideal for phytoremediation of oxidative stress.

KEYWORDS: Lipid peroxidation, Oxidative stress, Antioxidants, Free radicals

The cellular oxidation and free radical generation leads to impaired antioxidant defense system. The oxygen free radicals induce damage to biomembranes and biomolecules such as proteins, lipids, carbohydrates and DNA (Young *et al.*, 2001; Mc Cord *et al.*, 2000), which are responsible for various kinds of cellular dysfunctions. The imbalance and the deleterious effects developed due to free radicals, in the living system, give rise to "Oxidative Stress" (Kovacic *et al.*, 2001; Ridnour *et al.*, 2005). The continuous and rapid production of free radicals leads to deficient antioxidants. Once the natural antioxidant defense system becomes weak, there is biochemical lesion in many metabolic pathways (Sood *et al.*, 2004). Thus, the conditions of oxidative damage and oxidative stress are responsible for pathological processes of various dreadful diseases and fast ageing as well (Tiwari *et al.*, 2001; Mohammad *et al.*, 2004).

The strong and efficient antioxidant system is significantly required for the control of the toxic and harmful state caused by oxidative stress. Antioxidants are the substances that

scavenge the free radicals, and thus reduce oxidative stress by inhibiting cellular damages and lipid peroxidation (Irshad *et al.*, 2002), thereby preventing the condition of pathogenicity (Rock *et al.*, 1996). The harm caused to significant antioxidant enzymes of the antioxidant system, viz., MDA (Malondialdehyde), SOD (Superoxide dismutase), CAT (Catalase), GSH (Reduced Glutathione) and GPx (Glutathione peroxidase) is compensated by the routine intake of antioxidants through food, tonics, supplements and medicines.

There are many plants with medicinal values that have been the major part of the traditional medicines since ages, as well as form the basis of many of the modern pharmaceuticals. The medicinal value of such plants has been attributed to their rich phytochemical constituents and antioxidant properties. Thus in recent era, there is an inclination to use antioxidants from natural sources such as medicinal and dietary plants (Brown *et al.*, 1998; Herrera *et al.*, 2001) and their characterization for successful phytoremediation of oxidative stress.



Original Research Article

Comparative Study of Phytochemical Constituents in Flower of *Wedelia trilobata*, *Achyranthes aspera* and *Chrysanthemum* from Durg District of Chhattisgarh, India

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ABSTRACT

Keywords

Phytochemical compounds,
Cardiac glycosides,
Steroids,
Flavonoids,
Terpenoids,
Alkaloids

The variety of medicinal plants have been known since ages for their therapeutic and pharmacological potentials. Such plants are known to have the ability to synthesize a wide range of chemical compounds and secondary metabolites. The active biological functions and medicinal values of such plants is attributed to the presence of such bioactive compounds. In the present study, the significant phytocompounds were screened from the methanolic and chloroformic flower extracts of three important medicinal plants commonly found in Durg district of Chhattisgarh, viz , *Wedelia trilobata*, *Achyranthes aspera* and *Chrysanthemum*, and then comparatively analyzed. The significant secondary metabolites viz., Cardiac glycosides, steroids, Alkaloids, Flavonoids, Terpenoids, Tannins and Saponins were qualitatively analyzed from different flower extracts and for which the standard protocol was followed. The methanolic flower extracts of three of the plants were found to have the rich sources of phytoactive compounds as compared to the chloroformic flower extract. Cardiac glycosides were richly present in the flower extracts of *Wedelia trilobata*, and *Chrysanthemum*. Flavonoids, Tannins, Terpenoids and Alkaloids were present in bulk in *Chrysanthemum* flower extract.

Introduction

Chhattisgarh is the 'Herbal state' of India, rich in the natural sources of plants and herbs with medicinal values. The medicinal plants have been the important part of the the Indian traditional systems of medicines and herbal drugs since age. The tremendous beneficial properties of medicinal plants to fight against free radicals and to prevent epidemics of infectious diseases, has led to

the rapid and intense exploration of more and more of such plants with therapeutic and pharmacological potentials (Anil Kumar Dhiman, 2006). The properties like anti-cancerous, anti-fungal, anti-bacterial, anti-inflammatory, anti-microbial, analgesic and antioxidant ones are often attributed to the presence of a wide range of phytochemical compounds in the different extracts of the

Antioxidant Activity of Root of *Achyranthes Aspera* and its Comparison with Melatonin in Recovery of Oxidative Stress

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Abstract: The free radicals produced during the cellular oxidation and metabolic processes cause excessive damage to biomembranes and macromolecules like DNA, carbohydrates, lipids and proteins. Such a condition of oxidative stress and the harmful effects of free radicals bring about imbalance in the antioxidant system of the human body. The pathological conditions so developed are implicated into many dreadful diseases and fast ageing as well. In the present study, the antioxidant activity of the Chloroformic root extract of the well known medicinal herb, *Achyranthes aspera* is evaluated in recovery from H₂O₂ induced oxidative stress in lymphocytes of *Oryctolagus cuniculus*. The H₂O₂ incubated lymphocytes showed increased lipid peroxidation in terms of Malondialdehyde (MDA - 3.83 ± 0.09), and also altered the activities of other antioxidant enzymes and glutathione systems, viz., Superoxide dismutase (SOD - 1.47 ± 0.08), Reduced Glutathione (GSH - 2.42 ± 0.03), Catalase (CAT - 3.75 ± 0.04) and Glutathione peroxidase (GPx - 4.66 ± 0.62). Pretreatment with Chloroformic root extract of *Achyranthes aspera* in increasing concentrations (5 µl, 10 µl, 20 µl / 10,000 cells) for 18 hours was found to decrease lipid peroxidation and increase the antioxidant activities of the significant enzymes, viz., MDA (1.07 ± 0.04), GSH (5.03 ± 0.09), SOD (3.15 ± 0.06), CAT (5.16 ± 0.06) and GPx (8.16 ± 0.17). The decline in the state of oxidative stress attributed to the high antioxidant activity and efficient free radical scavenging ability of the Chloroformic root extract of *Achyranthes aspera*. Further, the antioxidant activity of root of *Achyranthes aspera* was compared with the powerful antioxidant, Melatonin. The melatonin exposure (5 µl, 10 µl, 20 µl / 10,000 cells) also enhanced the antioxidant activity of the enzymes, viz., GSH (3.78 ± 0.17), SOD (2.94 ± 0.04), CAT (4.60 ± 0.05) and GPx (7.66 ± 0.19), and decreased lipid peroxidation in terms of MDA (1.60 ± 0.10). Both the Chloroformic root extract and melatonin as well, were found effective in recovery from oxidative stress, but the root extract of *Achyranthes aspera* was reported to exhibit high antioxidant activity as compared to melatonin.

Keywords: Free radicals, Oxidative stress, Antioxidant enzymes, Peroxidation, Melatonin.

1. Introduction

The enzymatic and non-enzymatic reactions during the natural cellular processes by the endogenous system of the body produce oxygen free radicals continuously [1]. The harmful effects of free radicals give rise to the state of oxidative stress by causing potential biological damage [2]. The rapid and continuous production of free radicals reduce the antioxidants and their activity, as well as give rise to many physiological imbalances and metabolic disruptions [3]. Thus, the state of oxidative damage and oxidative stress lead to pathogenesis and rapid ageing [4].

The antioxidants with strong free radical scavenging ability constitute the characteristic components of the efficient antioxidant defense system. It helps to reduce the cellular damages, oxidative stress and lipid peroxidation [5] thereby preventing the condition of pathogenicity. The significant antioxidant enzymes of the antioxidant defense system and their activity is usually restored by the intake of antioxidants through food, tonics, supplements, and also by intake of many herbs and spices of medicinal importance. Some of the such important antioxidant enzymes are MDA (Malondialdehyde) SOD (Superoxide dismutase), CAT (Catalase), GSH (Reduced Glutathione) and GPx (Glutathione peroxidase).

There are many medicinal plants known since ages, for their therapeutical potentials, because of which they are used traditionally to cure many diseases, and also in the modern

pharmaceuticals. The rich phytochemical constituents and efficient antioxidant properties attribute to the remarkable medicinal values of such medicinal and dietary plants [6]. So, there have been continuous attempts towards the use of antioxidants from the natural sources of medicinal plants, that increase the antioxidant activity of the enzymes and other components of the defense system. This helps in rapid scavenging of free radicals, and thereby in recovery of oxidative stress. One of the very well known antioxidant sources is the commonly available medicinal herb of India, i.e., *Achyranthes aspera*. It has been traditionally used in the treatment of respiratory, digestive and cutaneous problems. *Achyranthes aspera* is also well known for its anti-bacterial, spermicidal, anti-allergic and anti-inflammatory activity [7,8].

At the same time, Melatonin, the neurohormone, is the powerful antioxidant, known for its free radical scavenging abilities [9]. It is primarily produced by the pineal gland, and also synthesized in bone marrow, retina and lymphocytes. Melatonin is easily available to all tissues and cells because of its remarkable ability to cross the blood-brain-barriers with ease [10]. Melatonin is known to stimulate many antioxidant enzymes, and also promote the glutathione activity [11]. It acts as the most efficient detoxifying agent that can easily suppress the oxidative effects of free radicals by increasing the production of endogenous antioxidants [12].

The present paper focuses on the evaluation of antioxidant efficacy of the root extract of *Achyranthes aspera* in the

A Critical Study on Chemistry and Distribution of Phenolic Compounds in Plants, and Their Role in Human Health

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Abstract: Phytochemicals are the secondary metabolites synthesized in different parts of the plants. They have the remarkable ability to influence various body processes and functions. So they are taken in the form of food supplements, tonics, dietary plants and medicines. Such natural products of the plants attribute to their therapeutic and medicinal values. Phenolic compounds are the most important group of bioactive constituents of the medicinal plants and human diet. Some of the important ones are simple phenols, phenolic acids, flavonoids and phenyl-propanoids. They act as antioxidants and free radical scavengers, and hence function to decrease oxidative stress and their harmful effects. Thus, phenols help in prevention and control of many dreadful diseases and early ageing. Phenols are also responsible for anti-inflammatory, anti-biotic and anti-septic properties. The unique molecular structure of these phytochemicals, with specific position of hydroxyl groups, owes to their powerful bioactivities. The present work reviews the critical study on the chemistry, distribution and role of some phenolic compounds in promoting health-benefits.

Key words: Antibiotic, Antiseptic, Antioxidants, , Oxidative Stress, phenolic acids, Phenyl propanoids, Simple phenols.

I. Introduction

Many plants and herbs consumed by humans are known to contain rich amounts of phenolic compounds and flavonoids. These compounds are currently of great interest due to their antioxidative, anti-inflammatory and pharmacological activities. They are the good sources of natural antioxidants in human diets (Kim *et al.*, 2003). Phenolics have the ability to scavenge free radicals, and protect cells from the damages of oxidative stress. Their contribution in providing security against diseases, alongwith the activity of antioxidant vitamins and enzymes indicate their therapeutic potentials. Plant extracts rich in phenolics are of great interest in food industry because they inhibit the oxidative degradation of lipids, and thereby improve the nutritional value of food. Alongwith flavonoids, the phenols show antioxidant and inhibition properties, affecting hydrolytic and oxidative reactions (Patel *et al.*, 2010).

II. Chemistry and distribution of Phenolic compounds

Phenolic compounds comprises of all the phytochemicals of the plant which possess in common an aromatic ring bearing one or more hydroxyl substituents. They frequently occur in combined states with sugar or glycosides, hence tend to be water soluble. Among the natural phenolic compounds, the simplest are phenols, and flavonoids form the largest group. Simple monocyclic phenols, phenyl propanoids and phenolic quinines also exist considerably. Other important polyphenolics present in plants are lignins, melanins and tannins.

Simple phenols include three dihydroxybenzenes, viz., hydroquinone, catechol and resorcinol. The three trihydroxybenzenes of the simple phenols are benzenitrol, pyrogallol and phloroglucinol. Hydroxyl set in phenol molecule imparts the nature of alcohol and this enables the categorization of phenols as tertiary alcohols. All phenol by-products are basically polycyclic molecules changing their basic features. When fundamental elements are replaced by one or more hydrogen, it leads to the formation of simple phenols. Naturally occurring phenolic acid contain two distinctive carbon structures, viz., the hydroxycinnamic and hydrobenzoic structures. Phenolic acids are the phenols with functionality of one carboxylic acid. Plant phenolic compounds are recognized by unusual molecular structure, characterized by hydroxylated aromatic rings (Mandal *et al.*, 2010). Phenyl propanoids are naturally occurring phenolic compounds which have an aromatic ring to which a three-carbon side-chain is attached. They contain one or more C₆-C₃ residues, and are derived from the aromatic

Flavonoids in Flower and Leaf of *Chrysanthemum* as Antioxidants and Therapeutic agents

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Abstract

The medicinal plants are the rich sources of natural products. They have the ability to synthesize a wide range of chemical compounds and secondary metabolites. Such bioactive compounds attribute to the antioxidant and medicinal values of medicinal plants. Amongst the so many natural constituents, flavonoids are regarded as one of the most important groups of phytochemicals found in plants. Flavonoids have the efficacy to scavenge free radicals, and function as antioxidants and therapeutic agents, thus providing security against human diseases. *Chrysanthemum*, is one of the popularly known medicinal herb that possess potential bioactive constituents and remarkable antioxidant activity. The flower and leaf extracts of *Chrysanthemum* play major role in therapeutic treatments, owing significantly to the presence of flavonoids. The present study deals with the qualitative analysis of the presence of flavonoids in the methanol extracts of flower and leaf of *Chrysanthemum*, that function to contribute towards the welfare of human health.

Keywords

Secondary metabolites , Antioxidants, Therapeutic agents, Flavonoids, Free radicals.

Introduction

The herbal drugs and the natural products of the plants play an important role in maintaining human health (Nayak *et al.*, 2011). This special contribution includes the participation of natural phytochemicals as antioxidants in intensifying the antioxidant defenses of the human body (Herrera *et al.*, 2001). Flavonoids are such significant group of bioactive



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ETHNO-MEDICINAL USE AND PHARMACOLOGICAL ACTIONS OF SOME OF THE DOMESTICALLY USED INDIAN SPICES – A REVIEW

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ABSTRACT

A wide variety of plants commonly growing around us in the surrounding environment have been known for their medicinal values and traditional uses since ages. Their remarkable antioxidant properties and healing abilities provide health care to human beings. This helps in prevention of many chronic diseases and delay in early ageing. Thus, the medicinal plants form the major part of not only the traditional medicinal systems but also in modern pharmaceuticals. The present review focuses on the ethno-medicinal use and pharmacological actions of some of the very commonly used spices from the Indian homes, viz., Pepper, Cardamom, Clove, Cumin and Fenugreek seeds. All these plants are used for the cure of different diseases.

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A Critical Study of Common Hospital-Acquired Infections and Their Control Strategies

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Abstract: Hospitals, in general, are the places where the patients are admitted for a period of time when ill. This helps the doctors to have their patients under constant observations with essential follow ups and treatments. However, it is a paradox, that the hospitals considered as the curing and treatment centers for patients, often become the places of catching new infections. This owes to the fact that the hospital environment becomes contaminated with many pathogenic micro-organisms. Other reason is that the patients with weak immunity become more susceptible to the infections. These new infections, which patients acquire as a result of healthcare interventions to treat other conditions are called 'Hospital – or Healthcare-Acquired Infections' (HAI). The present article reviews on the critical study of hospital-acquired infections, causative microbial agents and their control strategies.

Keywords: Hospital-acquired infection, Healthcare-acquired infection, Healthcare interventions, Pathogenic agents, Drug-resistant, Antibiotics

1. Introduction

Hospital-acquired infections or Healthcare-associated infections (HAI), as recently known, denote all such conditions and diseases that are acquired by patients under medical care [1]. All the different types of infections caused by prolonged stay in hospital accounts for various health issues, often leading to death [2]. Considerable morbidity and mortality incidences are known to be caused by hospital infections. There are various factors that lead to an increased risk of infection among hospitalized patients. One of such major reasons for increased risk of infection is the patient's weak defence mechanisms that make them more susceptible to other infections. Other factors responsible for the hospital infections are the miseffects of certain medical procedures, and poor control practices of infections.

The incidence of healthcare infections have been reported from the advanced countries, and much higher from the over-crowded hospitals. Even, in the cases, when there is no obvious evidence of hospital-acquired infection in patients hospitalized, there is a marked change in patients microbial flora. In such individuals, the normal flora is replaced by the drug-resistant micro-organisms, prevalent in the hospital environment [3,4,5]. Hospital-acquired infections are also called 'Nosocomial infections'. These include all such types of diseases that are developed in the patients during their hospitalization, particularly the ones, which the patients didn't suffer from formally or at the time of admission. Such infections may become evident while the stay of patients in the hospital itself or after their discharge [6].

The present article emphasizes on the critical study of some common hospital-acquired infections, their agents and control strategies.

2. Common 'Hospital-acquired infections'

Nosocomial infections have been classified into 13 types, with 50 infection sites, as according to the National Healthcare Safety Network with Centre for Disease Control (CDC). The common sites of infection are soft tissues,

surgical wounds, urinary and respiratory tracts and intestinal sites [7].

The common types of Hospital-acquired infections may be categorized as follows:

• Wound infections

Wound infections include delayed wound healing or abscess in stitches, other skin infections and cracks due to exogenous pathogens. Surgical wound infections occur due to the complexity and duration of surgery, and weak health of the patient. Most wound infections manifest within a day or in a week of surgery. Patients own micro-flora, personnel in the operating room, and the environment at the time of surgery are responsible for contamination of surgical wound. *Staphylococcus epidermidis*, *Streptococcus pyogenes*, and *Clostridial* species are generally known to cause wound infections. It has been reported that about 50% of wound infections become apparent after discharge from hospital due to shorter post-operative stays. Non-surgical sites of wound infections include ulcers, burns and 'cuts'. Infection in burns is caused by *Pseudomonas aeruginosa*. In case of gastrointestinal or urinary tract surgery, wound infections are caused by Gram-negative bacilli, such as *Escherichia coli*. The common clinical features observed in surgical wound infections are localized pain, swelling, redness and discharge. Infection severity leads to fever within 2-4 weeks of surgery. Antibiotic help in superficial healing of wound infections. Deeper organ or tissue infections are cured by surgical drainage and antimicrobial therapy [8]. Tetanus as hospital-acquired infection, can be prevented by administering toxoid in low immune patient [9].

• Urinary tract infection due to Catheterization :

The infections manifested by the catheter, when in place, or after its removal are known as catheter-associated infections. Urethra, bladder and the complete urinary tract gets infected due to the easy entry of micro-organisms, and also the inner lining gets injured from erosions and trauma. Catheterization also leads to fever and pericatheter discharge. The usual symptoms of UTI are seen after the removal of catheter. The pathogens causing such infections

Phytochemical Analysis of Flower, Leaf and Root of *Achyranthes Aspera* from Durg District of Chhattisgarh- A Comparative Study

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Abstract: A large number of Indian medicinal plants have been the important components of traditional medicinal system, and also in modern pharmaceuticals. Their biologically active functions and medicinal value is due to the presence of a wide range of chemical compounds in different parts of the plants. Most of such compounds act as natural antioxidants, and help in reducing the incidences of diseases and early ageing. In the present study, all the seven groups of the important phytochemicals, viz., Cardiac glycosides, Steroids, Alkaloids, Flavonoids, Terpenoids, Tannins and Saponins, were screened from the different parts of the well known medicinal herb, *Achyranthes aspera*. Their presence was revealed through in vitro phytochemical screening of methanolic and chloroformic extracts of flower, leaf and root of *Achyranthes aspera*. The analysis for the same was carried out by qualitative tests for which the standard protocol was followed. Methanolic flower and root extracts were found as the good sources of phytoactive constituents. Both methanolic and chloroformic extracts of flowers, leaf and root showed the distinct presence of Steroids. Flower and root parts ascertained the presence of Terpenoids. Methanolic extracts of three of the plant parts were found to consist of good stores of phytochemicals as compared to the chloroformic extracts.

Keywords: Phytochemical compounds, Secondary metabolites, Steroids, Flavonoids, Cardiac glycosides, Tannins, Saponins, Alkaloids and Terpenoids

1. Introduction

The diversified species of medicinal plants have been the basis of traditional and modern medicinal systems, and herbal drugs as well. Their medicinal and pharmacological values attribute to their efficacy in treatment of many dreadful diseases and early ageing. This has increased the rapid research and exploration of more of such plants with therapeutic potentials and herbal formulations [1]. The medicinal plants are known as the store houses of special organic compounds synthesized by the plants themselves. These phytochemical compounds are responsible for the beneficial and medicinal properties of the plants [2]. The remarkable bioactivities and antioxidant properties of the medicinal plants owe to the combinations of secondary products and phytochemicals present in different parts of the plants. Most of such compounds function as natural antioxidants with the ability to prevent the oxidative damage caused by free radicals, thereby controlling the risk of infectious diseases [3]. Hence, the medicinal plants with rich phytochemical constituents are used for potent and effective drugs [4,5]. The significant phytoactive compounds screened in the present study are Cardiac glycosides, Steroids, Alkaloids, Flavonoids, Terpenoids, Tannins and Saponins.

The plant selected for the present work, was *Achyranthes aspera*, an indigenous medicinal herb, widely growing throughout India, especially Chhattisgarh. The herb is particularly known for its anti-parasitic, spemicidal, anti-inflammatory, wound healing and antioxidant properties [6,7,8]. The whole plant of *Achyranthes aspera* is traditionally used in the treatment of skin problems, asthma, rheumatism and gastric disorders [9,10]. The aqueous paste of flowering spikes, the paste of fresh leaves

and the root infusion have been commonly found effective against snake bites, strained back and wasp bites, and ophthalmic and bowel complaints respectively [10,11,12]. The varied range of bioactivities and medicinal properties of the extracts of *Achyranthes aspera* is due to the presence of phytochemical constituents. The focus of the present study is the comparative analysis of important phytochemicals screened in the flower, leaf and root extracts of *Achyranthes aspera* prepared in methanol and chloroform separately.

2. Materials and Methods

Collection and Preparation of Extract

The medicinal herb of *Achyranthes aspera* of healthy growth were collected from the open grounds and fields of some areas of Durg, Chhattisgarh. The different plant-parts, i.e., flowers, leaves and roots were separated from the plants, washed and shade dried for a few days. The dried plant-parts were grinded into coarse powder separately. The extract of each plant-part (flower, leaf and root) was prepared using different solvents, Methanol (59%) and Chloroform separately by Soxhlet Extraction apparatus.

Methods for Phytochemical screening tests

Test for Cardiac glycosides

0.5 ml of each of the extract was dissolved in 2 ml Glacial acetic acid alongwith 1% Ferric Chloride (FeCl₃). This solution was underlayered with 1 ml of Sulphuric acid (H₂SO₄). The presence of Cardiac glycosides was indicated by the formation of a brown ring at the interface.



The Study of Present Solar Cycle 24 – Future Aspects

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Abstract

In this paper we have studied about the present Solar Cycle 24 in comparison with previous solar cycles. The progression of present Solar Cycle 24 at late 2008 to 2015, indicates that the solar minimum is similar to the Dalton Minimum. The predictions of Solar dynamo, sunspot numbers are mostly used as basic solar activity index which is responsible for variation in space-weather. It is observed that the solar minimum between solar cycle 23 and 24 during the period of 2007 to 2009 has been longest at least since for the last 100 years and it looks that Sun is going to the next super centennial minimum solar cycle. Our aim is to investigate the facts of solar activity behavior during the period of present solar cycle 24.

Keywords: Sunspot numbers (SSN), Solar cycle (SC), Dalton minimum (DM), Gleissberg minimum (GM)..

Introduction

The sunspot numbers (SSN) are used as basic parameter for knowing the behavior of solar activity which appears in the photosphere of the Sun. It consists with very high magnetic fields up to thousand Gauss and their temperatures are much lower than their surroundings, therefore it looks as dark spots in the photosphere of the Sun. The Sunspot numbers are usually calculated by daily Wolf number or Zurich number R_z which is expressed as:

$$R_z = k(10g + s)$$

Where: S is the number of individual spots, G is the number of sunspot groups, and K is a factor that varies with location and instrumentation¹.

The space weather variations depend on the solar variability, mostly expressed by sunspot numbers (SSN). The sunspot cycles seems on the photosphere of the solar disk with an average period of 11.2 years cycle, during this period polarity of the magnetic field of the sunspots changes to opposite sign in a northern hemisphere to southern hemisphere. The polarities of the preceding spots shifts from one cycle to the next as the solar field reverses polarities within ~ 22 years period (Hale cycle)³. It is great to study the behavior of the solar activity of solar cycle 24 with respect to the period of solar minima, such as the Maunder minimum (1645-1715), Dalton minimum (1790-1830), and Gleissberg minimum (1889-1923) in which observed minimum solar activity^{2,4}.

Solar cycle 24 began after an unusually deep minimum solar activity during the descending period of solar cycle 23 from 2007 to 2008 and ascending period of solar cycle 24 from 2008 to 2009. In fact, during 2008 and 2009 there were almost negligible sunspots observed, causing a very unusual situation

during solar minimum for almost a century. The maximum activity of cycle 24 and its unusual pattern are discussed with reference to earlier solar cycles⁵. Continuous decrease in solar flare activity has been found from solar cycles 20 to 23⁶.

It has been observed that the solar activity cycle is an important factor for study of heliospheric atmospheric conditions which mainly depends on the sun spot numbers, its area and magnetic property appears in the photosphere of the Sun. It is therefore important for long-term space-weather predictions to understand the rate of formation of different types of sunspots during a solar cycle and the possible consequences for the long term behavior of geomagnetic activity in an ascending and descending phase of the solar cycle^{7,8,9,10}.

For the present study we have selected the solar activity parameter SSN from 1700 to 2015. It is observed that from descending and ascending period of solar cycle 23 and 24, such as 2007 to 2008 and 2008 to 2009, there were almost no sunspots observed for 265 days and 262 days respectively, this unusual solar activity occurs after almost a century and seems to progress like a period of Dalton minimum^{11,12,13}.

Data and Method of Analysis

In this work, we have taken the solar indices data of monthly mean and smoothed monthly mean count of sunspot numbers (SSN) during the period of 1750 to 2015, and yearly mean sunspot numbers (SSN) during the period of 1700 to 2015 from the website of NOAA which is available in the public domain for a long period of time and it is publishing "Solar Geophysical Data" every month from NOAA, Boulder Colorado, USA.

Capital Management Analysis in Steel Industry with Special Reference to Steel Authority of India

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Abstract

Finance is regarded as the soul of business. It's the finance that makes the resources of production dynamic. Thus, capital management in any industrial organization must be adequate and proper. Steel Authority of India (SAIL) is a maharatna company of Indian public sector which is operating as one of the biggest steel producing units through the combined efforts of integrated steel plants, special steel plants and subsidiaries. This paper studies capital structure of the organization and its management through various financial ratios and statistical analysis of the financial data. The analysis brought out the fact that the financial position of SAIL is satisfactory. Karl Pearson correlation coefficient showed a high negative correlation of net profit after interest and tax and also net profit before tax with other financial items and a high positive correlation among other financial items. This proved that profit is a dependent variable which depends on how favourable other financial items are.

Keywords: Capital structure, Financial ratios, Correlation coefficient.

Introduction

The fundamental instruments on which human life is based and which fulfill his material and cultural needs are known as resources. They are also called natural resources as they are gathered from earth and occur naturally within environments. Major natural resources include biotic resources like forests, animals and the materials that can be obtained from them, fossil fuels such as coal and petroleum and abiotic resources such as land, fresh water, air & heavy metals including ores such as gold, iron, copper, etc. Minerals hold an esteemed place among natural resources for they have contributed towards improvement in standard of living in every stage of industrial development. The level of development of a country depends on the availability and optimum utilization of natural resources in every aspect of the economy whether it be agriculture, manufacturing, trade or transport. Iron is one of the most important mineral resource and is considered as the backbone of the civilization. Steel was first produced in Iran 1000 BCE followed up by improved Indian and Chinese versions. The steel industry is often considered an indicator of economic progress, because of its

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“Correlation of the cosmic ray intensity variations with sunspot numbers and tilt angle from solar cycle 21 to present solar cycle 24”

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Abstract- A detailed correlative analysis between sunspot numbers (SSN) and tilt angle (TA) with cosmic ray intensity (CRI) in the neutron monitor energy range has been performed for the solar cycle 21,22,23 and present solar cycle 24. It is an observed fact that sunspot numbers and tilt angle are highly correlated with each other and cosmic ray intensity shows inverse correlation with them during the entire period of investigation. The running cross correlation coefficient between CRI-SSN and CRI-TA have been obtained considering time lag factor and it is found that the correlation is unusually positive during maxima of odd solar cycles 21 and 23 and the time lag is larger for odd solar cycles in comparison to even solar cycles. It has been noticed that the behaviour of solar cycle 23 in declining phase is different than solar cycle 21 & 22 and tilt angle does not coincides with the sunspot activity during the minima of present solar cycle 24. Solar cycle 24 began after an unusually deep solar minimum that lasted from 2007 to 2009. In fact, during 2008 and 2009 there were almost negligible sunspots, causing a very unusual situation during solar minimum for almost a century. The maximum activity of solar cycle 24 and its unusual pattern are discussed with reference to earlier solar cycles.

Keywords: cosmic ray intensity; sunspot numbers; Tilt Angle

I. INTRODUCTION

The intensity of galactic cosmic rays varies inversely with sunspot numbers having their maximum intensity at the minimum of the 11-year sunspot cycle (Forbush 1954, 1958). The cosmic ray intensity curve also appears to follow a 22 year cycle with alternate maxima being flat-topped and peaked as predicted by models of cosmic ray modulation based on the observed reversal of the Sun's magnetic field polarity after every 11-year and curvature and gradient drifts in the large-scale magnetic field of the heliosphere (Jokipii et al., 1977, Jokipii & Thomas 1981, Smith 1990, Potgieter 1998).

Recently, features of the interplanetary medium have been explained on the basis of heliospheric neutral current sheet, which separates the whole heliosphere into the two regions of opposite polarity of magnetic field. In each hemisphere the field is well approximated

by a Parker Archimedian spiral with the sense of the field being outward in one hemisphere and inward in the other. The field direction in each hemisphere altered in each 11-year sunspot cycle. At the solar minimum, the current sheet is nearly equatorial with the northern hemisphere solar magnetic field being in one direction and the southern magnetic field having the opposite sign. The solar magnetic field structure near the sunspot maxima is complex, where it corresponds roughly to increasing the inclination of the current sheet. The inclinations of the heliosphere neutral current sheet along the equatorial plane of heliosphere are often named as Tilt Angle. The waviness of neutral current sheet i.e. Tilt Angle has been used as solar/interplanetary index by various investigators to explain the long-term modulation of cosmic rays (Webber and Lockwood 1988, Swinson & yasue, 1992, Ahluwalia 1992). The Tilt Angle (α) is computed by averaging the maximum latitude through the neutral line in the north and south hemisphere in each Carrington rotation. The heliospheric neutral current sheet and its waviness provide us some basic physical mechanism to explain the long-term modulation of galactic cosmic rays.

Many researchers have studied that correlation between CRI and Tilt Angle is better during $qA < 0$ than $qA > 0$ (Belov, 2000, Iskra & Wybraniec, 2001, Usoskin et al., 2003, Gupta et al. 2006). In this paper we have made an attempt to correlate CRI with Tilt Angle and SSN to explain the momentary behavior of cross correlation function with respect to time (by running cross correlation method) during the whole investigation period.

II. DATA AND METHOD OF ANALYSIS

In this work, we have taken waviness of heliospheric neutral current sheet (HCS) or Tilt Angle as a key parameter in drift model of modulation and the cosmic ray intensity for the period of 1976 to 2015. To study the average behaviour of cosmic ray intensity, monthly mean values of neutron monitor stations of different cut-off rigidity (Oulu, Kiel and Huancayo) have been used,

Breakfast Eating Habit of College Students

* Babita Dubey
**Jamila Khatun

Abstract- The aim of the study was to investigate the breakfast eating habit among college students in rajnandgaon. a sample of 120 subjects was randomly selected from colleges, 60 boys and 60 girls with age range of 18 to 21 years. Information was collected an interview schedule. The study shows that 20% of students were having complete breakfast, 49.17% students were having intermediate breakfast and 30.83% students were not consuming breakfast. This finding supports the results of several other studies that people of college age show an increase in the percent skipping breakfast over individual of a younger age.

Key words: Breakfast, Adolescent.

Introduction: Adolescent is the crucial time when many changes in their bodies. a wholesome breakfast is necessary to begain the day. it is also known as brain food. According to Kathleen M. Zelman (2012), "Not only does it [breakfast] give you energy to start a new day, but breakfast is linked to many health benefits, including weight control and improved performance" (WebMD). As a student most of the time is spent studying, doing homework, and sleeping. However, most students do not spend 30 minutes to have a healthy breakfast. Students tend to grab a coffee and/or a granola bar as their breakfast and it is not sufficient. Breakfast has many benefits along with weight control including improved concentration and performance in the classroom and it can even lower cholesterol. These studies have consistently pointed toward the importance of eating breakfast and doing well in college. Several researchers (Cantore, 1999; Given, 1998; Kleinman, 1998; and Pollitt, 1995) further suggest that breakfast can have a significant impact upon the grade obtained in a standardized test. In this studies have focused on college students and their breakfast eating habit.

Objects: To study breakfast eating habits in college students of Rajnandgaon in Chhattisgarh state.

Methodology:

Area: Rajnandgaon the city of Chhattisgarh state were selected for the present

of Rajnandgaon were incorporated in the study.

Sample: A total of 120 college going student of Rajnandgaon were selected randomly, which comprised of 60 boys and 60 girls of 18 to 21 years age group.

Data collection:

An interview schedule was developed to collect information of breakfast eating habits.

Result and discussion

The result of the study are depicted in table

Table-1
Distribution of subject as per their breakfast habit

Particulars	Boys (n=60)		Girls (n=60)		Total (n=120)	
	No.	%	No.	%	No.	%
Complete breakfast	15	25	9	15	24	20
Intermediate breakfast	28	46.7	31	51.7	59	49.17
No breakfast	17	28.3	20	33.4	37	30.83

Table shows that 20% (boys=25%, girls=15%) of student were having complete breakfast, 49.17% (boys=46.7%, girls=51.7%) students were having intermediate breakfast and 30.83% (boys=28.3%, girls=33.4%) students were not consuming breakfast.

Conclusion : "Breakfast is essential for an individual's well-being and healthy life." This is becoming almost cliché to people. We all know that breakfast is important, but sometimes it can be difficult to eat breakfast while keeping up with our busy schedules. How then can breakfast help us maintain a healthy lifestyle? Most people are aware that eating breakfast can help us maintain greater better brain function and work more efficiently with higher levels of concentration. What a lot of people don't know is that eating breakfast can actually help us to lose weight and maintain a healthy weight range. Breakfast is especially very important for college students. They should take a balanced breakfast with adequate nutrition. For proper functioning of brain, physical growth and development. In this study we found that mostly students were not consuming breakfast. This habit needs to modification, in order their growth and development.

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To Study about Effect of Personality Dimension in Empty Nest Syndrome

* Babita Dubey
** Khushboo Jain

Abstract- Extraverted middle aged women have less feeling of empty nest syndrome than introverted middle aged women. In the case of neuroticism it is not found that who has more feeling of empty nest syndrome.

Introduction:

Empty Nest Syndrome

“Leaving home in a sense involves a kind of second birth in which we give birth to ourselves.”

Robert Neely Bellah

Empty nest refers to the home environment once children have matured and left to make their way in the world, but also includes the concept of them returning.

Empty nest syndrome is a general feeling of depression and loneliness that parents/other guardian relatives feel when one or more of their children leave home. While more common in women, it can happen to both sexes.

According to Social and Cultural Factor Empty nest syndrome has become more prevalent in modern times, as the extended family is becoming less common than in past generations, and the elderly are left living by themselves.

In many cultures, such as those in Africa, India, Middle Eastern and East Asia, one's elderly parents were held in very high esteem and it was considered almost a duty to care for and respect them. In contrast to most Western societies, extended families were common in those places. However, nowadays, even in these countries, as cities become more Westernized and industrialized, values are gradually changing. It is sometimes rather inconvenient or impractical to live with or care extensively for one's parents in a modern setting. This is also true if these relatives were abusive or otherwise repressive. Empty Nest Syndrome is starting to surface in some of those nations as well.

Role of Emotional Intelligence and Self-Efficacy on Job Performance and health of staff.

Dr. Babita Dubey, Vijaylaxmi Singh

Dr. W. W Patankar Govt. Girl's P.G College, Durg (C.G)

Abstract

The purpose of the research was to study the relationship between Emotional Intelligence (E.I.) and Self-Efficacy (S.E.) with demographic variables in the staff of Simplex Company at Junwani in Bhilai. This study was descriptive. There are of total 2,000 staff in 2016 and the sample was 120 who were randomly selected. Emotional Intelligence Inventory (Bar-Ann) was employed as a tool. Correlation, t- test and regression were used to analysis of data. Results showed that there was significant relationship between E.I. and S.E ($r=0.62$) positively. There was no significant differences between operational and administrative found; and trained and untrained staff in Emotional Intelligence and Self-Efficacy.

INTRODUCTION

"Emotional Intelligence is the ability to sense, understand, value and effectively apply the power of emotions as a source of human energy, information, trust, creativity and influence"

-DANIEL GOLEMAN

The Human being is the one that can express feelings and thoughts, which result in behaviour verbally. Emotions have effect, which can influence all of one's behaviour at each stage of his life. For long time, it is seen that within the studies concerning intelligence, emotions have not been taken into consideration. However, the impact of emotions upon intelligence and behaviour is begun to be discussed with emerge of the term emotional intelligence. Organizations are the best settings that require interpersonal interaction. Most of these interactions are related to the performance of job duties, for example, serving customers, receiving instructions and reporting to supervisors, or cooperating and coordinating with colleagues etc., Employees with high levels of EI are those who can make use of the antecedent- and response-focused emotional regulation effectively, and master their interactions with others in a more effective manner.

According to Bar-On, emotional intelligence is a set of capabilities, qualification and non-cognitive skills that affect person's ability to be successful in dealing with environmental requirements and pressures. It includes five internal components (emotional self-awareness, assertiveness, self-respect, self-actualization and independence), three personal components (empathy, social responsibility and interpersonal relationships), two compatibility components (problem solving, reality and flexibility assessment quality), two components of tension control (stress tolerance and impulse control), and two components of general mood (happiness and

Role of Migration in Socio-Economic Empowerment of Tribal Women: A Special Reference to Chhattishgarh

* Babita Dubey
** Vijaylaxmi Singh

Abstract- According to the 2001 Census, the population of STs is 84.3 million constituting 8.2% of the total population of the country. Chhattishgarh (31.8%) has the highest percentage of ST population followed by Jharkhand (26.3%) and Orissa (22.1%). The tribal women, like any other social group, about half of the total population. Tribal societies generally view gender as complimentary and egalitarian, where each role is defined but complimentary to the other. Men focus on cultivation and women plant and gather the foods, both roles are necessary and complimentary in the holistic functioning of the family/community. Traditionally, tribal women and men have equal access to lands, animals and resources, and this was shared to the collective. However, as a result of the integration and modernization efforts of dominant culture, capitalistic systems and individual ownership, tribal women in particular have fewer opportunities to access their natural resource and as a consequence Gender relations within tribal society have been changing. The present paper is based on empirical study carried out in the Bastar district of Chhattisgarh that highlights the plight of tribal women in present scenario. Globalization and economic liberalization have often destroyed indigenous subsistence economies and displaced tribals from their land. Tribal women have lost their livelihoods. Poverty has contributed to displacement of indigenous communities. There has also been an increase in migration of tribal women in search of employment, to cities, where they face the danger of exploitation and inhumane treatment. Forced migration has led to destruction of indigenous lifestyles and compounded the problems faced by tribal women. The findings of the study will be utilised in suggesting forward various suggestions which can help the policy makers.

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Family Adjustment and Needs of Mentally Retarded Children

The study was aimed to Find out the Family Adjustment and need of mentally retarded children. Through status of parental vocation to fulfillment of need of mentally retarded children and relationship between type of family to fulfillment of need among mentally retarded children the sample was collected from different district of Chhattisgarh. We have selected 300 children under the age group eighteen years. Data was collected from different institute some family Through care takers and parents We.
KEY WORDS : Mental retardation, mild, moderate.

TARANNUM* & DR. RESHMA LAKSHI**

Introduction :

Mental retardation is a universal problem. Mental retardation is a condition diagnosed before age 18 that includes below average general intellectual function, and a lack of the skills necessary for daily living. mental retardation affects about 1-3% of the population there are many causes of mental retardation but doctor find a specific reason in only 25% of cases.

A family may suspect mental retardation if the child motor skill, language skills, and self-help skills do not seem to be developing or slower rate than the child peers, failure to adapt adjust to new situation normally and grow intellectually may become apparent early in a child's life. In the case of mild retardation these failure may not become recognized until school age or later.

(1.2) Symptom :

Continues infant like behavior, decreased learning ability, failure to meet the intellectual development, inability to meet the educational demands, and lack of curiosity.

(1.3) Family Adjustment with the children with mental retardation :

Generally for facing any situation, adjustment is very much required for that many psychological factor are responsible. When a person is well balanced with his wishes, decision, thoughts, aims, ideal and inspiration, he can adjust himself very smoothly and can full-fill his needs.

In this process of adjustment, certain things help the families to cope and adapt well. Families need to gather the right kind of information about it. At some stage, they have to accept the mental retardation in family members will continue to development.

(1.4) Needs of Children with Mental Retardation :

Every family has their own basic needs. that need depends on same sources and for identifying that sources family member help to attain basic needs like, love, affection care. Affection is the foundation of life and family is the root. Other than these needs there are some conventional needs like physical safety, accommodation, food and shelter. Mentally retarded children are different from normal children but they are some similar from them or therefore have all of the basic needs of their normally children. One of the first primary needs of the mentally retarded children is communication, Acceptance, Freedom to Grow and Develop, Needs Of Sibling, Attention.

(2) Objectives :

The objectives of the present study are as follows :

(1) To examine the relationship between parental education and fulfillment of needs among mental retardate children.

(2) To examine the relationship between type of family and fulfillment of needs among mental retardate children.

(3) Hypotheses :

The hypotheses of the present study are as follows:

(1) The parental education would emerge as predictor of fulfillment of needs among mental retardate children.

(2) The type of family would emerge as predictor of fulfillment of needs among mental retardate children.

(4) Methodology :

(4.1) Research Design :

In this research work cor-relational research design was employed. Fulfillments of needs is the criterion variable, parental education, type of family and level of mental

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CONTROL OF FOOD ADULTERATION BY ECO- FRIENDLY CROPPING WITH REFERENCE TO CHHATTISGARH STATE

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ABSTRACT

Lack of awareness and motivation has decreased interest of farmers organic farming , which includes the various eco friendly crop production techniques like crop rotation green manuring , trash mulching use of compost , animal and plant waste vermi- compost , bio fertilizers, bio pesticides and botanical extracts are used in integration of conserve natural resources. It is equally important minimize the cost of production and supply of various biological inputs like bio pesticides and bio fertilizers.

Keywords: Eco friendly, Fertilizers fungicides, farming agro-chemical use

INTRODUCTION

Take care of your food means taking care of your health. Food is essential for life. It should be pure, nutritious and free from any type of adulteration for proper maintenance of human health.

Polluted air, contaminated water and now adulterated food are continuous selfish behavior is not only harming the beautiful environment but it is also taking a toll on our health.

The population is increasing day by day at very fast rate. Naturally, the requirement of

food grains is concentrating on in increase in production at any cost. Despite of improvement in production, processing and packaging more poison seem to be entering in our food chain. Every consumer wants to get maximum quantity of a commodity for as low as price as possible. This attitude of the consumer being coupled with the intention of the traders to increase the margin of profit, where the quality of the commodity gets reduced through addition of a baser substance and / or removal of vital elements also commonly known as food adulteration. Food is adulterated if its quality is lowered by the

Review Paper On Jal Kranti Abhiyan

Dr. Shashi Kashyap*

INTRODUCTION

Water is considered to be a renewable natural resources since it is continually being renewed through nature's hydrological cycle. Also it may be regarded as a unique resource, as the total amount of water available on the 'Global basis' remains constant. It does not imply that local or regional sources of water can neither be exhausted by irrational use nor rendered unusable due to large scale contamination. More and more water is being used for different purpose which tend to deteriorate the quality of water receiving bodies and simultaneously there is an increasing demand for good quality water. So, time to time various plans are introduced at global, national and state level to cope up with this alarming situation.

Government of India introduced 'JAL KRANTI ABHIYAN'. Jal Kranti Abhiyan has been celebrated in the year 2015-16 to consolidate water conservation and management in the country through a holistic and integrated approach involving all stakeholders, making it a mass movement.

Jal Kranti Abhiyan was launched on 5th June, 2015 across the country.

The Ministry of Water Resources, River Development and Ganga Rejuvenation initiated Jal Kranti Abhiyan during 2015-16 for creating awareness on aspects of water security and water conservation. The Abhiyan was inaugurated by Union Minister of Water Resources, River Development and Ganga Rejuvenation in Rajasthan in June 2015. Under Jal Kranti Abhiyan two villages, preferably facing acute water scarcity are being selected as "Jal Grams". An integrated water security plan, water conservation, water management and allied activities are being planned for these villages by Panchayat level committee to ensure optimum and sustainable utilization of water. Totally 1348 villages have to be identified in 674 districts, out of which 1001 have been selected as Jal Grams in the country. Senior officials from CWC and CGWB who are nodal agencies for implementation have been directed to take up issue with State Governments whenever Jal Gram selection has been slow. From each Jal Grams, one elected representative of Panchayat and one representative of the water users association are being identified as Jal Mitra Neer Nari and training is being imparted to them to create mass awareness about issue pertaining to water as well as providing necessary guidance in tackling water supply related routine issues. A card known as Sujalam Card (with the logo "Water Saved, Water Produced) is being prepared for every Jal gram which would provide the yearly status/information on availability of water for the village from all

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आर्थिक समेकन व कौशल विकास



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शोध संक्षेप :

कौशल विकास के अंतर्गत अर्थव्यवस्था के तीनों क्षेत्रों से जुड़े 200 से अधिक कौशलों को शामिल किया जा चुका है जिसमें परंपरागत हस्तकला एवं अन्य व्यवसायिक कुशलताएं शामिल हैं। इस प्रकार इस प्रक्रिया द्वारा न सिर्फ भारत के परंपरागत कौशल को बचाया जा सकता है बल्कि उन्हें संशोधित एवं नवीन बनाने का अवसर भी प्राप्त होगा। वहीं दूसरी तरफ औद्योगिक जगत के विनिर्माण क्षेत्र से जुड़ी नवीन कौशल का विकास करके रोजगार एवं स्वरोजगार के नये अवसरों का सृजन किया जा सकता है। अर्थात् कौशल विकास कार्यक्रम की पहुंच काफी विस्तृत है और इसके द्वारा आर्थिक विकास की प्रक्रिया को वास्तव में एक जनक्रांति का रूप दिया जा सकता है।

प्रस्तावना :

समेकित विकास की अवधारणा – आर्थिक विकास की अवधारणा में समेकन की बात स्वतः ही शामिल है लेकिन व्यवहार में ऐसा देखा गया है कि वृद्धि और विकास की प्रक्रियाएं कई बार समस्त जनसंख्या को शामिल नहीं कर पातीं। ऐसी स्थिति में संबद्ध देश की सरकार को समेकन के लिए सचेत लोक नीतियां बनानी पड़ती हैं। अगर भारत की स्थिति पर गौर किया जाए, तो ज्ञात होता है कि यहां की एक बहुत बड़ी जनसंख्या आर्थिक वृद्धि एवं विकास की प्रक्रियाओं में उचित तौर पर शामिल की जा सकी है।

भारत सरकार समेकित विकास के मुद्दे पर अपनी स्पष्ट धारणा वर्ष 2000-01 के पश्चात् घोषित करती है। इस वर्ष सरकार द्वारा यह माना गया है कि भारत की आर्थिक विकास की प्रक्रिया समेकित नहीं रही है। जिस कारण देश की एक बहुत बड़ी जनसंख्या वृद्धि एवं विकास के लाभों से वंचित है। जहां तक समेकित विकास की स्पष्ट अवधारणा का प्रश्न है तो इसकी घोषणा ग्यारहवीं पंचवर्षीय योजना (2007-12) में की गई। इसके अनुसार, समाज के वंचित एवं सीमावर्ती वर्गों को विकास की प्रक्रिया में विकास शामिल करना, समेकित विकास है।

भारत की आर्थिक नीतियों में समेकन का पुनः प्रारंभ हो रहा है। **कौशल विकास की वृहत् अवधारणा** – कौशल विकास की अवधारणा का उद्भव वास्तव में व्यवसायिक शिक्षा से हुआ है। प्रारंभ में इसके अंतर्गत सिर्फ औद्योगिक जगत से जुड़े कौशल को शामिल किया गया। (आईटीआई के माध्यम से) वर्ष 2008-09 में इस अवधारणा का विस्तार

भारत में प्रत्यक्ष विदेशी निवेश (वर्तमान स्थिति)

डॉ० विजय कुमार वासनिक

सहा० प्राध्यापक—वाणिज्य

शास० डॉ० वा० वा० पा० कन्या स्ना० महाविद्यालय,
दुर्ग (छ०ग०)

संक्षेप शोध:—

सरकार ने कई आर्थिक सुधारों की घोषणा करते हुए प्रत्यक्ष विदेशी निवेश (एफडीआई) पर लगी किसी भी तरह की सीमा हटा दी। इस बड़े फैसले के साथ एफडीआई हमारे कितना हित में है, यह बहस भी लगभग खत्म हो गई है। इस फैसले से डिफेंस से फार्मास्यूटिकल्स तक के मैन्यूफेक्चरिंग सेक्टर में विदेशी निवेश की राह खुल गई है। सर्विस सेक्टर में एयरलाइंस से इश्योरेंस और सिंगल ब्रांड रिटेलिंग तक विदेशी निवेश के लिए दरवाजे खोले गए हैं। इसके मायने समझने की कोशिश करें तो इतना तो साफ है कि भारत पीछे लौटकर देखने वाला देश नहीं रहा। अब वह अधिक मार्केट फ्रेंडली देश बनना चाह रहा है। ऐसा देश जहां अर्थव्यवस्था छलांग लगाकर आगे बढ़ रही है। लेकिन भारत में अभी भी बिजनेस करना उतना आसान नहीं है।

विदेशी निवेश अथवा विदेशी पूंजी से
आशय:—

विदेशी निवेश से आशय किसी उद्योग में विदेशी सरकार, संस्था या समुदाय द्वारा पूंजी के लगाये जाने से है। यह पूंजी विदेशी मुद्रा, विदेशी मशीनों व विदेशी तकनीकी ज्ञान के आधार पर लगायी जा सकती है जिसका स्वरूप पूंजी में

हिस्सा बंटाना, विदेशी सहयोग व विदेशी मुद्रा में ऋण आदि हो सकता है, लेकिन कुछ विदेशी संस्थाएं या सरकारें ऋणों के साथ-साथ कुछ अनुदान भी देती हैं जिसको वे वापस नहीं लेती हैं। यह अनुदान विदेशी सहायता कहलाता है। यह सहायता वर्गीकृत व अवर्गीकृत दोनों प्रकार की होती है। वर्गीकृत सहायता किसी विशेष परियोजना के लिए होती है उसको उसी परियोजना पर व्यय करना पड़ता है, जबकि अवर्गीकृत सहायता किसी भी परियोजना के लिए काम में लायी जा सकती है।

अब लगातार ग्रोथ का रास्ता:—

भारत अभी भी वर्ल्ड बैंक के बिजनेस के लिए बेहतर 119 देशों की सूची में 130वें नंबर पर है। हमारी ब्यूरोक्रेसी अभी भी बिना झुके काम करती है और उसमें पर्याप्त रचनात्मकता है। करीब दो दशक पूर्व स्लोगन दिया गया था 'कम्प्यूटर चिप के लिए एफडीआई का स्वागत, मगर आलू चिप्स के लिए नहीं।' भारत जैसा देश जिसके पास पर्याप्त पूंजीगत संसाधन नहीं हैं वह एफडीआई इसलिए चाहता है ताकि यहां नौकरियां पैदा हो सकें और इकॉनॉमी में गति और बेहतरी बनी रहे। आलू चिप्स प्लांट पूरी तरह आयातित होगा। इसमें जो सामग्री लगेगी वह आयात की जाएगी। यूनिट के खर्च कम रहेंगे क्योंकि वैश्विक प्रतिस्पर्धा में टिके रहना है और इसलिए बहुत कम वैल्यू एडिशन हो पाएगा। इस तरह के पूरी तरह ऑटोमेटेड प्लांट्स में बहुत कम लोगों को रखने की गुंजाइश होगी। इसके उलट आलू की चिप्स का प्लांट लगता है तो आलू यहीं उगाए जाएंगे, उन्हें खेतों से निकालने और साफ करने का काम भी यहीं होगा। उनसे चिप्स भी यहीं तैयार होगी और उन्हें पैक भी यहीं किया जाएगा। फिर चिप्स का बड़ा बाजार भी यहीं है। इसमें उत्पादन के हर स्तर पर गुणवत्ता में कुछ सुधार करने की गुंजाइश भी और पूरा कच्चा माल इसी देश का होगा। स्पष्ट है कि आलू की चिप्स का हमारी इकॉनॉमी में ज्यादा बड़ा योगदान होगा। यही वजह है कि हमें इस तरह की मैन्यूफेक्चरिंग



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Factor Influencing : E-Commerce Development

E-commerce (also written as e-Commerce, e Commerce or similar variants), short for electronic commerce, is trading in products or services using computer networks, such as the internet. Electronic commerce draws on technologies such as mobile commerce, electronic fund transfer, supply chain management, internet marketing, online transaction process, electronic data interchange (EDI), inventory management systems and automated data collection systems. Modern electronic commerce typically uses the World Wide Web for at least one part of the transaction's life cycle, although it may also use other technologies such as e-mail. It will be first introduced in India in 1991 and today it gives vast field not only to consumers but also to suppliers to deal with various kinds of products within a minute all across the world. There are various types of E-Commerce and now it had various possibilities to growth in near future.

DR.K.L.RATHI* & SUMAN PANDEY**

Meaning of E-Commerce :

E-Commerce stands for Electronic Commerce. As the name suggest it is the process of buying and selling of goods or services all over the computer network through which transactions or term of sale or purchase are performed electronically.

Features of E-Commerce :

(i) **Non Cash Payment** : E-Commerce enables the use of different modes of electronic payments like debit cards, smart cards, etc. for the purchase and sale or exchange of goods or services.

(ii) **Service Availability** : E-Commerce enables the business enterprise to provide 24x7 service availability to the customers and customers are also able to take the advantages of such facility from anywhere and at anytime.

(iii) **Communication Improvement** : E-Commerce helps in faster, reliable and efficient ways of communication with customers or partners.

(iv) **Global Advertising** : E-Commerce provides a stage to the business enterprise for advertising their goods or services across the nation. It helps in better marketing management of goods or services.

(v) **Better Inventory Management** : E-Commerce helps in better inventory management through which product inventory management become more effective and efficient to maintain.

(vi) **Improved Sales** : E-Commerce helps in increasing the existing sales volume of the product as using it orders can be generated anywhere, anytime without any human intervention.

Resources required for successful implementation of E-Commerce :

(i) **Computer Hardware** : E-Commerce required

computer. So before starting E-Commerce trading the business enterprise required a computer with high speed and technology which have the capacity to handle the big volume of business.

(ii) **Technically Qualified Staff** : Only availability of computer is not sufficient for E-Commerce trading as under E-Commerce all the business transactions are carried out through internet. To carry out trading businessmen also required well qualified and capable workforce who are able to handle not only the internet but also other technical related problems.

(iii) **Computerised System of Receiving Payment** : Along with computer and technically qualified staff the businessmen must have an arrangement with commercial banks and credit card agencies so that they are able to receive payment efficiently for the goods sold. Business enterprise should give sufficient and accurate informations regarding the products.

(iv) **Well Designed Websites** : Websites act as a means of communication between the customer and businessmen so it should be designed in such a way that it alone provides the complete information regarding the price, content and use of the products to the customers.

(v) **Telecommunication Facilities** : Adequate telephone lines and internet facilities are one of the most essential resources for the success of E-Commerce. The prompt internet facilities should be made available to common man at reasonable price otherwise it will remain confined to rich people only.

Forms of E-Commerce :

(i) **B2B** : e-Commerce i.e. Business to Business e-

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**Research Scholar, Kalyan College, Bhilai (Chhattisgarh)

नाट्योत्पत्ति

नाना भावोसम्पन्नम् नानावस्थान्तरात्मकम् ।

लोकवृत्तानुकरणम् नाट्यमेतन्मया कृतम् ॥

अर्थात् इसका तात्पर्य है कि विविधभावों से सम्पन्न (मिलकर) विविध अवस्थाओं में मिलकर लोक व्यापार का अनुकरण ही नाट्य है क्योंकि नाट्य के लिए प्राण-भाव-भाव-राग-ताल-भरितम (बिना) इसका अर्थ नटन के बिना नाट्य नहीं ।

मानव प्रकृति में जन्मा प्रकृति में सृजन (सृष्टि) बढ़ा हुआ, प्रकृति में ही अपने आस-पड़ोस मिला लेता है । अनादि काल से पशुवत्त्वता को छोड़ मनुष्य की स्थिति तक मानव प्रकृति में ही सहज भाव, ललित कलाएँ आदि, उत्भव किया उनके चारों ओर उपस्थित राग-राग-राग-राग भरे वस्तुओं से वे निवास करने वाले घरों के दीवारों पर चित्रों को बनाया मिट्टी के बरतन, पुतलों, खिलौनों को बनाया, उछल कूद किये, गुनगुनाएँ, गानागाये, प्राथमिक काव्यो-एक माला की तरह तैयार किया ।

ब्रम्हाजी ने समाधि लगाकर चारों वेदों को स्मरण करके ऐसा नाट्य नामक वेद बनाता हूँ जिसमें धर्म, अर्थ और यश की प्राप्ति होगी । जिसमें सुंदर उपदेश भरे होंगे । इस प्रकार ब्रम्हाजी ने वेद और उपवेदों से संबंध रखने वाला सभी सुंदरताओं से भरा हुआ यह नाट्यवेद बनाया ।

ललित कलाओं में सर्वप्रथम नाट्यकला का उद्भव हुआ । उस काल में जन्में-जन्में के पैर लय बद्धता से चलता था, गाय का बछड़ा जन्म लेने के दूसरे ही क्षण उछल-कूद कर दौड़ पड़ता है प्रति जीव में लीन, यह सहज प्रकृति के गुण है ।

प्रारंभ काल में मानव उसे जो कुछ भी प्राप्त होता था चाहे वह पत्ता, फल, या क-मांस उसे खाकर उत्साह पूर्वक, आवेश के साथ लकड़ियों को पत्थरों को बजाकर हाथ में ताली बजाकर उससे जो ध्वनि निकलती थी उसे सुनकर उछल कूद कर आ-प्राप्त करता था ।

भाषा का आरंभ हुआ उन दिनों मानव मुख संज्ञाओं से हाथों के विन्यास से उनके-में चल रहें भावों को उनके साथी मानव को सुनाते आये । मुख्य तौर पर शेर, सिंह-हाथी आदि सभी जन्तुओं का मोर, कोयल आदि सभी पक्षियों का आगमन बताने के-सर्व साधारण भगिमाओं से उनकी आकृतियों को बताने लगा । तत्पश्चात् वे सब शास्-मुद्रा करण अंग विन्यास के रूप में क्रमबद्धानुसार एक-एक रीति में बतलाया गया ।

शास्त्र के अनुसार नाट्योत्पत्ति, स्वायम्भुव मनु के मन्वन्तर में सतयुग के बीतने-जब वैवस्वत मनु का त्रेतायुग प्रारंभ हुआ, तब प्रजाजन काम क्रोध के वशीभूत-परस्पर ईर्ष्या करते हुए दुःखों से घिरने लगे । समाज में शूद्रों के लिए वेदों को सुनना-पढ़ना निषिद्ध था । इसलिए इन्द्रादि देवताओं ने पितामाह ब्रम्हा के पास जाकर-प्रार्थना की, कि वे मनोरंजन के एक ऐसे साधन की श्रृष्टि करे, जो विनोद के साथ-शिक्षा पद भी हो, तथा शूद्रों द्वारा अनुशीलन के योग्य हो देवताओं की विनती सुनकर-जी ने चारों वेदों का स्मरण किया ।

ब्रम्हाजी ने समाधि लगाकर चारों वेदों को स्मरण करके ऐसा नाट्य नामक-बनाता हूँ जिसमें धर्म, अर्थ और यश की प्राप्ति होगी । जिसमें सुंदर उपदेश भरे होंगे ।-प्रकार ब्रम्हाजी ने वेद और उपवेदों से संबंध रखने वाला सभी सुंदरताओं से भरा हुआ-नाट्यवेद बनाया ।

संपूर्ण वेदों का तत्व निकालकर ब्रम्हाजी ने जिस नाट्यवेद की रचना की, भर-जिसका प्रयोग या अभिनय कराया, महादेव जी ने जिसमें ताण्डव या उद्धत नृत्य और प-जी ने लास्य या कोमल नृत्यजोड़ा उस नाट्यवेद के पूरे लक्षण कौन कह सकता है-

नाट्यचार्य भरत का कहना है यह नाट्यवेद दुखियों के दुख दूर करने वाला परि-

डॉ. ऋचा ठाकुर

प्राध्यापक (नृत्य)

शास.डॉ.वा.वा. पाटणकर कन्या
स्नातकोत्तर महाविद्यालय, दुर्ग

डॉ. के. माधवी

अतिथि व्याख्याता

भरतनाट्यम् विभाग – नृत्य संकाय

इ.क.सं.वि.वि. खैरागढ़ (छ.ग.)

नृत्य – संगीत, मूर्तिकला एवं चित्रकला से सम्बन्ध

डॉ० ऋचा ठाकुर

प्राध्यापक (नृत्य)

शास०डॉ०वा०वा० पाटणकर कन्या
स्नातकोत्तर महाविद्यालय, दुर्ग

डॉ. के. माधवी

अतिथि व्याख्याता

भरतनाट्यम् विभाग – नृत्य संकाय
इ.क.सं.वि.वि. खैरागढ़ (छ.ग.)

वैदिक युग में संगीत व नृत्य का सम्बन्ध— भारतीय परम्परानुसार 'वेद' अपौरुषेय है। उनका प्रकटन मानव जाति के जन्म के साथ हुआ है। विद्वानों के मतानुसार और भारतीय पुरातत्व विभाग की खुदाई के द्वारा प्राप्त मूर्तियों तथा शिलालेखों के अनुसार यह निश्चित हो चुका था कि भारतीय संगीत का जन्म ईसा से 8 लाख 1000 वर्ष पूर्व हो चुका था। भारतीय संगीत की नींव द्रविड़ों के संगीत पर आधारित थी। द्रविड़ों को संगीत के वैज्ञानिक रूप का ज्ञान था। नृत्य का स्पष्ट उल्लेख वेदों में स्थान-स्थान पर प्राप्त होता है। प्रो. अलक रोटार्नी ने अपनी पुस्तक "दि चैप्टर्स ऑफ इण्डियन म्यूजिक" में लिखा है कि— इस युग में हमें गायन, वादक व नर्तक तीनों प्रकार के कलाकार मिलते हैं। संगीत के सार्वजनिक आयोजनों में नर्तकियाँ खुलकर भाग लिया करती थीं, उन्हें किसी किसम की हिचक नहीं थी, क्योंकि समाज में गायकों, वादकों एवं नर्तकियों का उच्च स्थान था।

सर्वप्रथम, कला क्या है? यह जानना अति आवश्यक है। पशु और मनुष्य में सबसे बड़ा अन्तर ऊर्ध्वोन्मुख चेतना का है, पुरुष ने इसी चेतना के बल से प्रकृति पर विजय प्राप्त करने और परिस्थिति को इच्छित स्वरूप में परिवर्तित करने की क्षमता से अपने को पशु से भिन्न वर्ग का जीव सिद्ध किया है। अपनी सुखद अनुभूति को जब उसने व्यक्त करने की चेष्टा की, तो सभ्यता और संस्कृति के रूप में कला की सरस धार धरा पर प्रवाहमान हो उठी। आभूषणों का आविष्कार, मूर्ति का निर्माण, संगीत, चित्रकला आदि यह सब मानव की सतत् विकसित सौन्दर्यमूलक चेतना के ही विभिन्न स्वरूप हैं। कालान्तर में यही सौन्दर्ययुक्त अभिव्यक्ति 'कला' कहलाई।

प्रत्येक कला मनुष्य में स्थित भावों की अभिव्यक्ति है। जब कोई चित्रकार चित्र बनाता है तो आकृति और रंगों के द्वारा अपने मन की भावनाओं को अभिव्यक्त करता है। जीवन में जो कुछ भी उसने ज्ञानेन्द्रियों से अनुभव किया, अथवा दूसरे शब्दों में कहा जाये तो उसके शरीर, मन और बुद्धि पर प्रकृति के जो भी प्रभाव अंकित होते हैं, वे एक संस्कार रूप में उसके शरीर में विद्यमान होते चले जाते हैं। इनमें सुखात्मक और दुखात्मक दोनों प्रकार की अनुभूतियाँ होती हैं। अवसर पाकर या दूसरे शब्दों में जब व्यक्ति जीवन के विभिन्न क्षेत्रों से होकर गुजरता है तो उसके हृदय में स्थित संस्कार या भाव जागृत हो जाते हैं और उन भावों को वह संगीत, मूर्ति व चित्रकला इत्यादि कला और क्रीडाओं के माध्यम से एक अभिव्यक्ति प्रदान करना चाहता है।

नृत्य अंगों और भावों की सौन्दर्यमयी भाषा है। हर्ष,

शोक आदि भावों की उत्पत्ति मानव जाति के जन्म के साथ ही हुई है। प्रागैतिहासिक युग की गुफाओं और चट्टानों में चित्रित व उत्खनित मानव आकृतियाँ जहाँ इस ओर संकेत करती हैं कि इतिहास के उस अंधकार युग में भी नृत्य की उपस्थिति थी, वहीं मोहनजोदड़ो-हडप्पा की खुदाई में प्राप्त एक नर्तकी की काँसे की प्रतिमा स्पष्ट प्रमाणित करती हैं कि तत्कालीन जन-जीवन में नृत्य का महत्वपूर्ण स्थान था। भारतीय परम्परा के अनुसार देवताओं की विनती सुनकर ब्रह्माजी ने चारों वेदों का स्मरण किया तथा ऋग्वेद से पाठ्य, सामवेद से गीत, यजुर्वेद से अभिनय तथा अथर्ववेद से रस का ग्रहण कर पंचमवेद के रूप में नाट्यवेद की रचना की।

भरतमुनि का नाट्यशास्त्र नृत्यकला पर प्रथम प्रमाणित ग्रन्थ माना जाता है। प्राचीन शिल्प तथा मूर्तिकला में नृत्य के अत्याधित उदाहरण देखने को मिलते हैं। प्राचीनकाल से ही नृत्य का संबंध संगीत, चित्रकला व मूर्तिकला से रहा, क्योंकि प्राचीनकाल में प्रत्येक दरबार में राजा कला प्रेमी थे अतः वह अपने दरबार में कला को उच्च स्थान देते थे। इसलिए उस समय चित्रकार और मूर्तिकार तथा नर्तक कलाकार दरबारों में रहते थे। उस समय नर्तक-नर्तकियाँ किसी विशेष अवसर पर नृत्य किया करते थे, तथा गायक अपने संगीत द्वारा बिना देखे नर्तकी के सम्पूर्ण सौन्दर्य का वर्णन करते थे। उस संस्कृति के अनुसार चित्रकार गुफाओं में व राजमहल की दीवारों पर नर्तकों, अप्सराओं के चित्र बनवाते थे। मूर्तिकार अपने अभिव्यक्ति को मूर्तियों के माध्यम से करते थे। इसी कारण प्राचीनकाल से ही नृत्य का सम्बन्ध संगीत, चित्रकला व मूर्तिकला से रहा है।

छत्तीसगढ़ में पर्यटन की प्रसम्भाव्यता

सुषमा यादव^{a*}, गौरी वर्मा^b

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सारांश

यद्यपि राष्ट्रीय स्तर पर पर्यटन मानचित्रों में छत्तीसगढ़ को विशिष्ट स्थान नहीं मिल पाया है तथापि यहां पर ऐतिहासिक, पुरातात्विक, पौराणिक, धार्मिक वन्य जीवन अभ्यारण्य एवं प्राकृतिक सौंदर्य के अद्वितीय उदाहरण एक साथ विद्यमान हैं। छत्तीसगढ़ की पहचान अध्यात्म, पुरातत्व तथा प्राकृतिक सौंदर्य के रूप में है।

बीज शब्द: प्रादुर्भाव, देशादन, अभ्यारण, पुरातात्विक, अभ्यारण, ऐतिहासिक भूमिका

मानव सभ्यता के इतिहास का अवलोकन करने से यह स्पष्ट होता है कि मानव उत्पत्ति के साथ ही अपनी भोजन जैसी आवश्यकता की पूर्ति के लिए एक स्थान से दूसरे स्थान पर भटकता था, जब आवास स्थायी होने लगा तो एक स्थान से दूसरे स्थान वस्तु विनिमय करने लगा, तत्पश्चात् व्यापार हेतु देशादन प्रारंभ हुआ। कृषि सभ्यता के प्रादुर्भाव से मानव ने स्थायी जीवन यापन प्रारंभ किया, चूँकि मानव का मन चंचल होता है, इसलिए एक जैसे क्रिया-कलाप से तंग आकर मानव पर्यटन करना चाहता है। पर्यटन किसी भी क्षेत्र के इतिहास, सभ्यता, संस्कृति से परिचित होने का सशक्त माध्यम होता है। विश्व स्तर पर भारत की पहचान अध्यात्म, पुरातत्व तथा प्राकृतिक सौंदर्य के रूप में है। भारत विदेशी पर्यटकों के लिये आकर्षण का केन्द्र है। अध्ययन क्षेत्र

छत्तीसगढ़, भारत का हृदय स्थल, मध्यप्रदेश का पूर्वी क्षेत्र 01 नवम्बर 2000 को भारत के 26 वें राज्य के रूप में उदित हुआ (विस्तार 17°46'-24°06' उत्तरी अक्षांश तथा 80°15'-84°24' पूर्वी देशांश के मध्य)। छत्तीसगढ़ का क्षेत्रफल 135191 वर्ग कि. मी. तथा जनसंख्या लगभग 2.55 करोड़ (जनगणना 2011) है।

अध्ययन का उद्देश्य

क. छत्तीसगढ़ के ऐतिहासिक, धार्मिक, एवं स्वास्थ्यवर्धक स्थलों की पहचान करना,

ख. छत्तीसगढ़ में पर्यटन स्थलों की प्रसम्भाव्यता का आंकलन करना।

ग. छत्तीसगढ़ को पर्यटक राज्य के रूप में स्थापित करना।

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Govt. Dr. w. w. p. girls PG- college, Durg C. G.

Dr. S. N. LADER

Asst- professor sociology,

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प्रस्तावना —

सैद्धांतिक मॉडल कुछ उपकल्पनाओं का एक समूह है जिसका संबंध विभिन्न प्रकार की शक्तियों और कर्मों के बीच, जिसमें वे एक-दूसरे के उपर क्रिया-प्रतिक्रिया करते हैं, एक अनिवार्य अंतरू सम्बंध करना है।

प्रो.जे.आर.हिक्स —

आर्थिक विकास के सिद्धांतों के अंतर्गत मुख्य रूप से विकास की समस्याओं, निर्धारक तत्वों तथा प्रक्रियाओं का विस्तृत रूप में अध्ययन किया जाता है।

इसके अंतर्गत विकास के आर्थिक एवं गैर आर्थिक चरों के बीच पाए जाने वाले अंतरू सम्बंध की व्याख्या की जाती है।

विकास के मॉडल का ऐतिहासिक सन्दर्भ—

निर्बन्धादी विचारक संभवतः पहले व्यक्ति थे, जिन्होंने अर्थव्यवस्था का एक माइक्रो मॉडल तैयार किया था। उनकी आर्थिक सारणी एक ऐसा ही बिंदुरेखीय प्रदर्शन था, जिसमें धन के परिभाषा को स्पष्ट किया गया था।

आज के युग में आर्थिक विकास के बहुत प्रावैगिक मॉडल सही अर्थों में शकिसश के सिद्धांतों के बाद के ही अनुबल हैं।

विकास के मॉडलों का स्वरूप—

विकास के मॉडलों का स्वरूप मुख्यतः दो प्रकार के होते हैं

१. विश्लेषणात्मक गणितीय मॉडल

२. बन्द तथा खुले मॉडल

विश्लेषणात्मक मॉडल वे मॉडल होते हैं जिनसे विभिन्न चरों के बीच सह-संबंधों की व्याख्या की जाती है, और गुणक का प्रयोग किया जाता है।

खुले मॉडल इसके विपरीत होते हैं, इनमें अंतराष्ट्रीय व्यापार का भी समावेश किया जाता है। मॉडल के प्रकार—

विकास नियोजन के लिए मुख्यतः तीन प्रकार के मॉडल तैयार किए जाते हैं—

१. समष्टि मॉडल

२. क्षेत्रीय मॉडल

३. अंतरू उद्योग मॉडल

(१) समष्टि मॉडल—

ये मॉडल संपूर्ण अर्थव्यवस्था के लिए होते हैं और विभिन्न आर्थिक चरों से जैसे उत्पादन, उपभोग, विनिमय आदि के लिए एक समूह के आधार पर तैयार किया जाता है।

प्रयोग—

इनका प्रयोग राष्ट्रीय आय की वृद्धि दर का निर्धारण करने, राष्ट्रीय आय का सार्वजनिक एवं निजी क्षेत्रों में आबंटन करने आदि के रूप में प्रयोग किया जाता है।

(२) क्षेत्रीय मॉडल—

यह मॉडल उत्पादन के विभिन्न क्षेत्रों के लिए बनाए जाते हैं। जब कभी संपूर्ण अर्थव्यवस्था के लिए समांक उपलब्ध नहीं हो पाते तब नीचे से नियोजन के आधार पर क्षेत्रीय मॉडल तैयार किए जाते हैं।

प्रयोग—

इनका उपयोग आर्थिक क्षेत्रों के आधार पर व्यक्ति क्षेत्र में उत्पादन की वेकल्पिक संभावनाओं की खोज करना है।

(३) अंतरू उद्योग मॉडल—

अंतरू उद्योग मॉडल अर्थव्यवस्था के विभिन्न उत्पादक क्षेत्रों के बीच पाए जाने वाले परस्पर संबंध का अध्ययन करते हैं।

प्रयोग—

Role of Effective Communication Skill in the Enhancement of Emotional Intelligence

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By developing their Emotional Intelligence, individuals can become more productive and successful at what they do, and help others become more successful too. Basically there are four core abilities of Emotional Intelligence viz. self awareness, self management, social awareness, and relationship management. Self awareness deals with emotional awareness i.e. recognizing one's emotions and feelings. Whereas, self management is the ability to manage our emotions, to stay flexible and to direct our behavior positively. Once we have become honest and intentional with our emotions, it is time to look outward.

Abstract

In today's world Emotional Intelligence is viewed as an important consideration in human resources planning, job profiling, interviewing and selection, recruitment, success, interpersonal relationships and much more. The construct of Emotional Intelligence (EQ) broadly covers five domains viz. self awareness, self management, self motivation, social awareness, and relationship management. The last one, i.e. relationship management deals with effective communication. Communication is a complex, ongoing process that brings us into contact with the people in our world. The communication process is the guide towards realizing effective communication. Effective communication is all about conveying messages to other people clearly and unambiguously and also, to share meaning and understanding between the person sending the message and the person receiving the message. Poor communication skills can damage the interpersonal relationships by causing a communication breakdown which may create problems in both the personal and professional life of an individual. Therefore, effective communication skill is necessary for an individual's personal growth. Today, it is common knowledge that EQ contributes just as much as IQ does. Being a component of Emotional Intelligence, effective communication skill may contribute in the raise of overall EQ of a person. Acquiring effective communication skill will help the person to enhance its Emotional Intelligence which is the need for excellence in the challenging life situations. This paper throws light on the importance of effective communication and its contribution in the growth and development of Emotional intelligence of an individual which is further essential for personal and professional success in life.

Introduction

In today's world Emotional Intelligence (often, measured as emotional quotient EQ) is viewed as an important consideration for gaining success in both personal and professional life of an individual. Today it is widely believed that E.Q rather than I.Q. is the true measure of human intelligence. Studies indicate emotional intelligence as a major contributor of achievement and success. E.Q is more relevant to important work-related outcomes such as individual performance, organizational productivity, and developing people. In the year 1990, John Mayer and Peter Salovey did vast research on Emotional Intelligence, pointing to the importance of knowing yourself as well as understanding others.

Emotional intelligence is defined as, "the ability to monitor one's own and other's feelings and emotions, to discriminate among them and to use information to guide one's thinking and action" (Mayer and Salovey, 1990).

By developing their Emotional Intelligence, individuals can become more productive and successful at what they do, and help others become more successful too. Basically there are four core abilities of Emotional Intelligence viz. self awareness, self management, social awareness, and relationship management. Self awareness deals with emotional awareness i.e. recognizing one's emotions and feelings. Whereas, self management is the ability to manage our emotions, to stay flexible and to direct our behavior positively. Once we have become honest and intentional with our emotions, it is time to look outward. This is what we call social awareness. It deals with showing sensitivity and understand other's perspectives, needs and feelings, and taking an active interest in their

BEHAVIORAL IMPACT THROUGH DANCE: A MIRACULOUS TOOL FOR HEALTH AND HEALING

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ABSTRACT

Dance has been known as the best form of 'Performing Arts' since the olden times. And till today, 'dance' is continuing its magical journey, with more improvisation and novel skills. It is a way of expressing and communicating with others not only does it make us smarter, happier and healthier; but dancing in synchrony with others raises our pain tolerance and makes us feel more connected. Dancing together is something universal that we humans have done since the earliest times. Just as dance is innate to every human being, social dance is universal to every society. Dance depicts not only the cultural and heritage glory, but also is known as one of the best devices of health benefits and healing therapy, that positively exhibits impact on our physiological behavior.

KEYWORDS: Performing arts, Synchrony, Pain tolerance, Heritage glory.

Human being is the most evolutionary advanced creature on the earth. Its survival and existence depends on the machinery of its various organ systems and its physiology. The effective functioning of all the systems of human body together is solely responsible for keeping it fit and healthy ensuring longevity of life. In today's era, 'dance' has been reported to be the complete package that coordinates different physiological activities, and boosts three fundamental health benefits alongwith healing abilities, viz.,

- Physical health
- Mental health
- Emotional health

The health and healing does wonders, when the physiology of the human system operate perfectly. Dance in any form or style stimulates the physiological functioning of all the systems of human body. The most important systems benefitted from the 'miraculous dance' are:

- Skeletal system
- Neuro-muscular system
- Heart and Cardio-vascular system
- Respiratory system

- Integumentary system
- Brain as the Emotional and Learning centre

DANCE AS THE POWER-SOURCES OF SKELETAL SYSTEM

The human skeleton is the most complexed system made up of many bones. Its provides form, shape, posture and alignment to the body in complete sense. The organs of movements such as face, jaws, neck, hands, knees, legs, and the spine of human body are involved in dance. The stretching and twisting actions, during dancing, increases the flexibility of joints and strength of the bone structure. Body movements and steps make the body flexible and help in reducing the stiffness of neck, hands, leg and spine bones. The increase in flexibility of bones and elasticity of the associated cartilage and tissues, ease joint pain and post-exercise soreness. Dance, thus is said to heal the painful effects of Cervical spondylitis, Knee pain, Spinal disorders, Osteoporosis and Rheumatoid arthritis. The calcium deficient bones in females is strengthened to a great extent by the metabolic stimulation during the movements of dance (Fran & Levy, 1988).

ETHNOMEDICINAL AND PHARMACOGNOSTICAL STUDIES OF SOME TRADITIONALLY IMPORTANT MEDICINAL PLANTS FROM THREE DISTRICTS OF CHHATTISGARH, INDIA

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ABSTRACT

Ethnobiology is the vast arena of study of plants and present interrelationships between human cultures and the plants, animals, and other organisms in their environment. Ethnobotany, as a sub-branch of Ethnobiology, deals particularly with the apparent connections between cultural practices, plants and ecosystems. Apart from its basic aspects, it involves enhanced food security, nutrition and healthcare. Healthcare from the ancient times is known to comprise of the treatment, cure and prevention of diseases through the herbal drugs prepared from the so called 'Medicinal plants'. These plants used by various ethnic groups in the traditional medicinal system, still holds its place significantly even in the modern pharmacological era. The basic principle involved is that the herbal drugs prepared with traditional methods conserves all the natural substances within it in the naturally balanced form. The phyto-chemicals and the secondary metabolites in the form of natural plant resources attribute to the various pharmacological activities, that enhance the medicinal implications in the treatment of various ailments successfully. The present paper reviews the information about 20 species of medicinal plants from three important districts of Chhattisgarh, India, viz., Durg, Balod, Rajnandgaon with emphasis on their Ethnomedicinal and Pharmacognostical importance.

KEYWORDS: Ethnobiology, Pharmacognostical, Herbal drug, Medicinal plants, Healthcare, Phytochemicals

Ever since the dawn of civilization the plants have been used by tribes and local people for cure of various diseases. In most Indian traditional families the home made preparations of plants are used for the treatments of different diseases. Interestingly people call these preparations as "Dadi Ma ka Nuska". Surprisingly however, some good results of these medicines are also reported. In the modern society most of the diseases are life style disease and the use of herbal medicines can overcome such problems (Schultes, 1962). More over several difficult diseases have problem related with vitality, diabetes, memory loss, could be cured effectively by use of herbal medicine, which is generally not possible by the Allopathic medicines. Upadhyay *et al.*, 2010; Saini *et al.*, 2010; Sharma and Kumar, 2011; Sharma and Kumar, 2012 have conducted studies on Ayurvedic crude drugs for cure of many diseases such as digestive diseases, leprosy, skin diseases, malaria and paralysis. However, there is no systematic documentation of this information. The present paper attempts to review the information of some plants which are used for the treatments of different diseases by the local people.

METHODOLOGY

The study area of present work selected were three districts of Chhattisgarh state, India, i.e., Durg, Rajnandgaon and Balod. Total forest area of about three

districts is 3786.22 sq. kms, which is about 46.355% of total geographic range of these three districts. The river Indravati, a tributary of Godavari, are the main water resource of the three zones. The rich water resource with Red-sandy soil provide favorable environmental factors for growth of natural vegetation. Field study was carried on the basis of Ethno-medicinal information, that was gathered from the local people of study area. The questionnaire was prepared, with the focus on the local names, Ethno-medicinal importance, and major infections and diseases under consideration for treatment. The data were arranged according to taxonomic identification of the plants, local name, and their Ethno-medicinal importance.

PLANTS OF ETHNOMEDICINAL AND PHARMACOGNOSTICAL IMPORTANCE

Abelmoschus esculentus (Linn.) Moench.

Family- Malvaceae.

Habitat- Native to tropical Africa; cultivated throughout India,

English- Gumbo, Lady Finger, Okra.

Ayurvedic- Bhaandi, Bhindaka, Bhendaa..

Folk- Bhindi, Raamturai.

TERRESTRIAL VENOMOUS ANIMALS OF DURG, CHHATTISGARH AND THEIR POISONING BEHAVIOR

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ABSTRACT

A number of invertebrates and vertebrates are known to cause dreadful infections and a majority of deaths due to their poisoning behavior. Some animals inflict injury on humans by the action of their sting and venom, some of them being commonly known are spiders, scorpions, ticks, mites, centipedes, bees and wasps. The venom ejected and injected into human blood is usually through the bites, poison claws, stings, saliva and mouth parts of venomous animals. The composition of the venom is highly toxic, and may be cutaneous poisoning or extremely or neurotoxic. The toxic effects of venom often result in oedema, blisters, tremor, paralysis, inflammation, salivation, hemorrhages and death in severe cases. Envenomation, i.e., toxic effects is an occupational hazard for workers involved in agriculture and forestry. The article indicated here reviews the venomous behavior, there effects and prevention, of certain terrestrial venomous animals surveyed in certain areas and fields of Durg and Bhilai (Chhattisgarh).

KEYWORDS : Venomous, Toxic, Stings, Bites, Cutaneous poisoning

All the living organisms on this planet are interdependent on each other for their sustenance and survival. At the same time, the principles of struggle for existence, maintains the fact that the living creatures are also dangerous for life to most of the species. This is usually due to the competence for basic needs like food, shelter, reproduction etc. It has consequently, made the animals evolve themselves with defensive mechanisms. Almost all the invertebrates and vertebrates including human beings, have developed their defense systems, that has enabled them to adapt themselves to the changing conditions of environment as well as to the life risks from the harmful attacks of the animals around (Brodie, 1989).

One of the most significant ways of defense in most of the aquatic and terrestrial animals is their 'poisoning behavior'. Their ruthless attacks in self-protection cause dreadful injuries and infections in humans. This happens due to their poisoning

behavior, in which the animals use their bites and stings to inject their poison or venom into the skin or blood of humans. Such animals are called 'Venomous animals', and when inhabit the land or in soil, they are distinguished as 'Terrestrial Venomous Animals'. Some of such animals whose venom action harm the human beings, are spiders, scorpions, centipedes, snakes, tick, mites, mosquitoes, flies, bees and wasps.

The present work deals with the survey of such terrestrial venomous creatures in some of the fields, open grounds and gardens in Durg city of Chhattisgarh, India.

METHODOLOGY

Some crop fields, pieces of agricultural lands, grounds with wildy growing bushes in some places, and gardens with thick vegetation were selected in the city of Durg and also in its outskirts. The observation of Venomous animals on frequent visits to such places, all around the year from February

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BIOLOGICAL ACTIVITIES AND ROLE OF FLAVONOIDS IN HUMAN HEALTH—A REVIEW

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ABSTRACT

Plants and herbs consumed by humans are the rich sources of phytochemical compounds, synthesized in plants itself. Such bioactive substances are responsible for the plant's antioxidant and medicinal values. The major content is formed by phenolic compounds. Flavonoids are the components of plant phenols, which are of great interest due to their antioxidative and many other biological activities. Thus flavonoids, directly associated with human dietary ingredients, play important role in disease prevention and exhibit versatile health benefits. Fruits and vegetable are the main dietary sources of flavonoids for humans, along with tea and wine. Microbial biotechnology, in recent years, have made possible the bulk production of different types of flavonoids useful for pharmaceutical purposes. This review highlights the various important biological activities of flavonoids that attributes to their beneficial roles in human health.

KEYWORDS: Phytochemical, Phenolic Compounds, Flavonoids, Biological Activites, Dietary Sources.

Flavonoids are the important groups of secondary metabolites in plants, and also the good sources of natural antioxidants in human diets (Kim *et al.*, 2003). Hence, flavonoids are known to play an important role in the control of different human diseases. The flavonoids have polyphenolic structure, that makes it responsible for the variety of pharmacological activities (Mahomoodally *et al.*, 2005). Functional hydroxyl groups in flavonoids show their antioxidant effects by scavenging free radicals or by chelating metal ions. This helps in the prevention of radical generation that damage the biomolecules leading to oxidative stress and many diseases (Kumar *et al.*, 2013; Leopoldini *et al.*, 2006). Flavonoids make security against the diseases such as cancer, cardiovascular and respiratory disorders, arthritis and early ageing. They contribute to the antioxidant defense system of the human body, and also induce human protective enzyme systems (Cook & Samman, 1996).

BIOLOGICAL ACTIVITIES OF FLAVONOIDS

Besides possessing antioxidant property, flavonoids also posses diverse biological activities that owes to the health aspects for human (Vessal *et al.*, 2003 ; Ghasemzadeh & Jaafar, 2011). These activities are, for instance, anti-inflammatory, anti-ulcer, anti-viral, anti-cancer, anti-diabetic and cytotoxic.

Anti-oxidant Activity

Antioxidants are specific compounds that protect human, animal and plant cells against the damaging effects of free radicals. Flavonoids are best known phytochemicals that act as antioxidants, and thus inhibit the factors of disease-causing. This activity depends upon the arrangement of functional groups about the nuclear structure (Kelly *et al.*, 2002 ; Kukic *et al.*, 2006). The antioxidant action of flavonoids include suppression of ROS formation by inhibition of enzymes, by scavenging free radicals, and regulation of antioxidant defenses (Mishra *et al.*, 2013). Flavonoids also protect the lipids of the biomembranes which are damaged due to lipid peroxidation. Thus, the flavonoids contribute as antioxidants, in prevention of many diseases caused due to oxidative stress (Ramchoun *et al.*, 2009).

Anti-bacterial Activity

Flavonoids are synthesized by plants in response to microbial infection, and hence are very effective antimicrobial substances against a wide array of micro-organisms. Apigenin and Isoflavones are known to possess potent antibacterial activity. Their mode of anti-microbial action may be related to their ability to inactivate microbial adhesins, enzymes and cell transport proteins. Lipophilic flavonoids may also disrupt microbial membranes (Cushine & Lamb, 2005).

Anti-viral Activity

Naturally occurring flavonoids exhibit remarkable anti-viral activity. They help in inhibition of various enzymes associated with the life cycle of

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CHARACTERISATION OF ANTIOXIDANT PROPERTY OF ROOT EXTRACT OF *SPHAGNETICOLA TRILOBATA* IN RECOVERY OF OXIDATIVE STRESS

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ABSTRACT

Excessive production of free radicals during metabolic processes, disrupt the antioxidant defense mechanisms of the body. This leads to oxidative stress, which is associated with the molecular damage of DNA, and increased lipid peroxidation of bio-membranes. The so-caused oxidative damage give rise to the acute conditions of pathogenicity. Such harmful conditions are prevented by the neutralizing agents, the antioxidants, that constitute the antioxidant defense system. The naturally occurring antioxidants occur in many of the medicinal plants. They are capable of scavenging free radicals, thereby inhibiting lipid peroxidation and reducing oxidative stress. One of such antioxidant rich plants known is *Sphagneticola trilobata*. The present study deals with the characterization of antioxidant property of the root extract of *Sphagneticola trilobata*, prepared in Methanol and Chloroform separately, in recovery of H₂O₂ induced oxidative stress in lymphocytes of *Oryctolagus cuniculus* L. The oxidative stress increase lipid peroxidation in terms of MDA (Malondialdehyde), and alter adversely the activity of glutathione system and antioxidant enzymes, viz., GSH (Reduced Glutathione), GPx (Glutathione peroxidase), SOD (Superoxide dismutase) and CAT (Catalase) as well. The present work indicated that the antioxidant effectivity is restored with the pretreatment of Methanol root extract (MDA – 1.97 ± 0.03; GSH – 4.83 ± 0.04; SOD – 2.64 ± 0.09; CAT – 4.07 ± 0.04; GPx – 8.19 ± 0.05), and Chloroform root extract (MDA – 0.98 ± 0.04; GSH – 4.99 ± 0.06; SOD – 2.99 ± 0.03; CAT – 4.79 ± 0.07; GPx – 8.45 ± 0.15). However, the Chloroformic root extract was found more effective with antioxidant property than the Methanolic root extract.

KEYWORDS: Free radicals, Oxidative stress, Redox stress, Lipid peroxidation, Antioxidant enzymes, Scavengers.

The inhaled oxygen, an extreme essential element for life, often exhibits toxic effect by becoming part of potentially damaging molecules called free radicals (Mohammed *et al.*, 2004). These are highly reactive compounds produced continuously during cellular oxidation and metabolic reactions in the body (Ebadi *et al.*, 2001). These free radicals cause harmful effects by increasing lipid peroxidation in bio-membranes, and also adversely alter lipid, protein and DNA constitution of cell (Mc Cord *et al.*, 2000; Ridnour *et al.*, 2005). The so caused oxidative damages of the cells are efficiently taken care of by the highly powerful antioxidant systems. Endogenous antioxidant defenses include a network of enzymic and non-enzymic antioxidants, that are capable of deactivating free radicals (Vertuani *et al.*, 2004). The excessive and continuous generation free radicals gradually decrease the activity of antioxidants. When the balance between free radical production and antioxidant defences is lost, 'oxidative stress' results. It deregulates the cellular functions, which is responsible for the development of many ailments and early ageing (Irshad *et al.*, 2002; Rao *et al.*, 2006). The state of oxidative stress is overcome by the intake of antioxidants from the natural sources, such as plants. This fact correlates to the use of plants in the olden times as the major component of the traditional and 'Ayurvedic' medicinal system (Scartezzinic *et al.*, 2000; Rekha *et al.*, 2001).

There are a variety of plants existing around us, commonly and wildy growing, which are being constantly explored for their antioxidant and medicinal values. One of the such plants spreading rapidly in

certain areas or fields of Durg, Chhattisgarh, is *Sphagneticola trilobata*. The plant is known for being used in medicine. The crushed leaves are used as poultice in tea to reduce the symptoms of cold and flu. The various extracts are used for the effective treatment of hepatitis, cirrhosis, reproduction disorders and inflammation (Xuesong *et al.*, 2006).

The present work emphasizes on the antioxidant characterization of root extract of *Sphagneticola trilobata*, prepared in methanol and chloroform solvents separately, efficient enough in recovery of H₂O₂ induced oxidative stress in the lymphocytes of *Oryctolagus cuniculus* L.

MATERIALS AND METHODS

Plant Extract

Some plants of *Sphagneticola trilobata* were collected from the open grounds or fields of the twin city, i.e., Durg and Bilai cities of Chhattisgarh, India. The roots were separated and washed in 70% alcohol and shade dried. The root extract was prepared in 59% alcohol by Soxhlet Extraction apparatus for the use of present investigation. The solvents used for the preparation of the root extract were Methanol and Chloroform separately.

In vitro study

Blood sample was collected from *Oryctolagus cuniculus*, and stored in heparinized sterilized tube. Lymphocytes were then isolated through centrifugation and washed in phosphate buffer saline. The lymphocyte culture was prepared by using DMEM medium alongwith 10% fetal serum, and maintained in a

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USE OF ANIMALS AS TRADITIONAL MEDICINE IN CHHATTISGARH, INDIA

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ABSTRACT

From primitive time in India, use of animal in curing different diseases is a common practice. The present study aims to review the zoo-therapeutic practices of the different ethnic communities of Chhattisgarh. The present ethnology work which have been studied from different published research papers of various authors of zoo-therapeutic studies in Chhattisgarh, India from 2014 to 2016, have been taken into consideration. It was known that many types of diseases, were cured by animals and their products. About 31 animals and their uses are reported in traditional medicines in different parts of Chhattisgarh. Most of animals are used for respiratory problems, gastric troubles, rheumatic pains, skin problems, eye related problems.

KEYWORDS: Medicinal animal, Traditional medicine, Zoo-therapeutic

Mankind relationship with animals has been intimate right from the beginning of civilization. Animals have been playing an important role in human economy, culture, religion and magic religion. Human beings, especially the ancient or the ethnic people, in turn have been maintaining a healthy natural environment by making prudent use of the surrounding biological resources (Lohani, 2010).

There is evidence that human beings are familiar with use of animals and plants for food, cloth, medicine, etc. Since ancient times, ethno - zoology deals with the study of relationship between the human societies and the animal resources around them. Zoo-therapy is an important component of ethno - zoology, in healing of human ailments. By using therapeutic based medicines obtained from animals or ultimately derived from them is known as zoo therapy (Dixit, *et al.* 2010). India is gifted with immense faunal and floral biodiversity, because of the extreme variation in geographical and climatic condition prevailing in the country. There are about 45,000 species of plants and 81,000 species of animals reported (MoEF, 1994).

Ethno - zoology focuses at direct

relationship of animals to mankind. The term 'Ethno - Zoology' as a branch of science, deals with role of economically important animals in life and socio-cultural aspects of tribal or aboriginal peoples.

Chhattisgarh (Chattisgarh, literally 'Thirty-Six Forts') is a state in central India. It is the 10th largest state in India, with an area of 135,194 km² (52,199 sq mi). With a population of 28 million, Chhattisgarh is the 17th most-populated state of the nation. It is a source of electricity and steel for India, accounting for 15% of the total steel produced in the country⁴. Chhattisgarh is one of the fastest-developing states in India.

Chhattisgarh was under Maratha rule (Bhonsales of Nagpur) from 1741 to 1845 AD. It came under British rule from 1845 to 1947 as the Chhattisgarh Division of the Central Provinces. Raipur gained prominence over the capital Ratanpur with the advent of the British in 1845. In 1905, the Sambalpur district was transferred to Odisha and the estates of Surguja were transferred from Bengal to Chhattisgarh.

There are more than 13 million males and 12.9 million females in Chhattisgarh, which constitutes 2.11% of the country's population. The

SOME IMPORTANT MICROBIAL AGENTS OF NOSOCOMIAL INFECTIONS, THEIR SOURCES AND MODES OF TRANSMISSIONS

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ABSTRACT

The hospital environment usually becomes contaminated with many pathogens, that are directly or indirectly derived from the various sources of the hospitals and patients itself. These microbial agents give rise to many hospital-associated infections, called 'Nosocomial infections'. Such micro-organisms are most commonly Gram-negative and Gram-positive bacteria, viruses, drug-resistant pathogens, and other infectious agents. The commonly prevalent nosocomial or hospital-acquired infections usually include urinary tract infections, surgical wounds, infections of respiratory tracts, and intestinal site infections. The sources of infections are external and internal as well, and transmission takes place through different routes. The present article reviews about some of the important infection-causing microbial agents, their sources and modes of transmission.

KEYWORDS: Pathogens, Microbial agents, Drug-resistant microbes, Nosocomial infections, Hospital-acquired or Health care-associated infections.

Different types of diseases and infections acquired by the patients due to their prolonged stay in hospitals are known as 'Nosocomial infections'. These are called 'Hospital-acquired-' or 'Health care-associated -' infections (HAI). These, in extreme conditions, often result in death of the patients. The patients suffering from various ailments and their low immunity mechanisms is responsible for the increased activity of infectious agents. Certain medical procedures, surgeries and not-so-effective control practices also are the important sources of Hospital-acquired infections. The fast urbanization and the over-crowded hospitals are the sole causes of the increased risk of nosocomial infections among hospitalized patients (Brusaferrero *et al.*, 2015).

Hospital-associated infections may not be obvious in many hospitalized patients, due to the acquired drug-resistant pathogens from the hospital environment (Obiero *et al.*, 2015; Mc Laws *et al.*, 1988). Thus, such infections include all those diseases which the patients didn't suffer from earlier, *i.e.*, at the time when they were hospitalized. Many

incidences of nosocomial infections become evident after the discharge of patients from the hospital. Patients are considered infected as the pathogens dwell in the body fluids and sterile body sites (Murray *et al.*, 2005).

The present review article emphasizes on the significant microbial agents causing hospital-acquired infections, sources and modes of transmission of nosocomial infections.

MICROBIAL AGENTS OF NOSOCOMIAL INFECTIONS

A large variety of microbes cause nosocomial infections in health care settings such as bacteria, viruses, protozoans, fungi and mycobacteria (Gatermann *et al.*, 2005). Some of the significant microbial agents of nosocomial infections are as follows :

A. Bacterial Species

Escherichia coli (*E. coli*)

E. coli has been reported to be the most commonly emerging nosocomial pathogen. It is one

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REVIEW PAPER

Photography as a Conservation Tool in Science

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ABSTRACT

Photography has been a generating source of hopes and expectations among scientists. It is considered as the unique medium that has opened entirely novel possibilities for scientific observations and experimentations. Yet, due to its promising applications, it has challenged most of the assumptions that had been taken for granted. Capturing the changes and details repeatedly through the lens of the camera, form the remarkable scientific research tool. It allows one to document the most important characteristics of any living animal and its actions. DNA analyzing with tissue sampling and gene analysis in the environment is also obtained through the same. The evolutionary aspects and its authenticated studies has been made possible through image capturing. Perhaps the most powerful tool for documenting biodiversity is also the photography. The images taken of animals or 'life' in other words serves as the 'voucher', and this virtual specimen to certain extent, is more valuable than the whole organism. It conquers over the degradation effects of preservation. Nature, wildlife and under-water photography inspires conservation. Thus photography is the essential component in various areas of science and research.

Keywords *Photography, Image, Observation, Experimentations*

Photography is the process of making pictures by means of the action of light. The skill is best known to capture moments and memories. Photography has always been taken as 'the art of science' and 'the science of art', due to which it equally has its roll and role over the interdisciplinary aspects of 'Art' and 'Science' as well. Photography approach includes four themes, i.e., observation, experimentation, archiving and the relations between art and scientific photographs. Photography has been known to establish the relation of trust with scientific practices. Also it is considered as an intermediary in the ongoing interactions between artistic and scientific ideas and representative methods. Photography has many practical applications in industries, medicines, archeology, astronomy, scientific research, graphic art, law enforcement, animation, and many aspects of contemporary life. The science of photography refers to the use of science, especially chemistry and physics, in its all aspects. This applies to the camera, its lenses physical operation,

electronic camera internals, and also the entire process of developing film in order to take and develop pictures properly (Kiesecker, 2013).

Photography and its relation with Science

Photography has, since its inception, significantly contributed as a tool to many areas of scientific research. Consequently, it has been able to achieve a high level of prestige in the science field. Scientific observations and experimentations have been the central practice of science, may it be done with the naked eye, or with the equipments such as the telescope or microscope. The ability to make good observations is the core skill and a key component of the scientific process. The vast range of discoveries, from the detection of micro-organisms to the theory of evolution, has been studied as a result of observations. All through these events, observations made again and again by the scientists are often detailed through photography. Thus photography makes an ideal tool to capture and record the scientific series and cycle of observing, recording, testing and analyzing. Scientific research and Science as a career, are often made possible through photography. This art is often known as the 'Scientist's Passionate Art', as it allows them to document and cover the publicize aspects of work (Ambrosia, 2009).

Different types of Photography important for Conservation in Science

Digital photography:

A very sound type of still photography is the Digital photography. Scientistists use digital images from orbit to study the Earth surface, and other remote sensing instruments to study other planets and moons. Many a times, in case of identification and analysis, the digital photographic format is brought into use. Such digital format are also, at times, called 'Digital negatives', that actually is the file that preserves most of the information from the captured picture. This follows the verification of its authenticity. Digital photography is more or less like the traditional photographs. However, as opposed to processing film in a photo lab, a digital camera is the connected to either a computer or a printing part. Pictures can easily be downloaded and e-mailed, are used in the computer presentations, with the command in computer and software skills; the digital photography proves quite a rapid and authentic element in the field of science. (Photoplate 1 & 2)

WHEATGRASS : HERBAL REMEDY FOR HEALTH AND BEAUTY

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ABSTRACT

Herbs and Medicinal plants have been the most important system of traditional Medicinal system and Nature cure since olden times. Such therapy system support the fact that the treatment of any disease aim at removing the basic cause of the ailment through rational use of elements freely available in nature. It basically involves healing and revitalizing mechanisms. One of such medicinal herbs that is considered as "Miracle medicine" is Wheat Grass. Its intake in the form of sprouts and juices is one of the best herbal remedies in healing and treating of many diseases. The rich contents of wheat grass, such as chlorophyll, antioxidants, amino acids, vitamins, minerals, phytochemicals contribute immensely to health and beauty through their healing properties. The present article reviews the chemical composition and health benefits of wheatgrass through juice therapy.

Figures: 04

References:11

Table:00

KEY WORDS : Antioxidant, Juices, Medicinal Herb, Nature Cure, Sprouts, Wheatgrass.

Introduction

Herbs and Nature care have been always the matter of fascination in the field of Health and Healing. The age-old faith is prevalent that the elements freely available in nature, especially the medicinal plants and herbs attribute in the effective treatment of bodily disorders and maintenance of health. It is believed that the inherent curative body powers alongwith the natural elements bring about fast healing. This led to the interpretation of Nature's laws for the caring and curing of various ailments, which formed the base of what is known as 'Naturopathy'. Also with time, the skip from the era of Naturopathy to the modern times of Allopathy and Homeopathy did wonders indeed in the field of Medicines. However, in the recent years there has been again the boost in the use of Herbs and Medicinal plants for better health, fitness and life longevity. Thus, the inclination nowadays, is more towards the intake of antioxidants and natural contents

through the food, fruits, dietary plants and leafy vegetables. There are many such Medicinal plants and Herbs found in Nature, whose phytochemical and antioxidant sources owe to their tremendous curative powers. One of such commonly grown miracle herb is the "Wheat grass", whose intake in the forms of sprouts, pulp or juice is a powerful natural remedy in preventing and treating many diseases. Thus the wheat grass owes to the innumerable health benefits through what is commonly known as "Wheatgrass Juice Therapy"¹

Wheatgrass – What is it?

Wheatgrass is a type of grass that belongs to the wheat family, but it has no wheat gluten in it. It is harvested before wheat seeds would begin to come into existence. In other words, wheat grass is sprouted wheat kernels, which have been allowed to grow to the height of 6-

Some Medicinal Plants of Kishtwar district, Jammu and Kashmir, (India) : Biodiversity and Ethnosacred significance

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Abstract

Kishtwar is a district of Jammu region, in the state of Jammu and Kashmir, which is cragged place commonly referred as "Land of Sapphire, Saffron and Shrines". Derizens of the rocky terrain are highly spiritual and believe in a veritable smorgasbord of religions. The rites and rituals related to worshipping and veneration performed in various ways by the people are known, in which various plants or their parts play a significant role. The present paper purports to document and limelight 20 sacred species of plants pertaining to 19 different families. While carrying out the research, the sacred plants are observed and documented from different religious places like Has Astan, Bun Astan, Shiv Mandir, Ram Mandir (Sarkot), Neelkanth Mandir, Bhandarkoot Astan of the district Kishtwar of Jammu and Kashmir, (India). The investigation divulged that the different kinds of these religious places are covered with significant ethnosacred plant species.

Since long time, humankind has realized the meditative attributes of plants and permeated trees, plants and animals; Most of them are employed for sacred and ceremonial occasions to explore the spiritual world. The use of these plants was obtained from native cultures, whose members have traditionally sought approach the supra normal by virtue of the ingestion of the plants and their preparations. These plants differ from a coeval religious point of view in a key way⁶ For a religious supplication, rites and communion are engrossed to propitiate God and Goddesses and the use of sacred plants is destined to give worshiper and direct access to the divine

providence, but the difference is radical not slight. In a literal sense, the term sacred means Holy or Deserving reverence and the plants which behold such admiration are preferred to as "Sacred plants". Apart from being regarded as an integral part of biodiversity, these play the vital and significant role in human spirituality, religion and culture. The concept of sacred plants found its origin in human civilization. Ancient literature and the Holy Scriptures of all the, major religions provide the clear cut evidences of the significance of the plants and flowers. The association of sacred plants with human culture seems to be an abstract affinity which indicated good and

DIFFERENT APPROACHES FOR VALUATION OF ANTIOXIDANT ACTIVITY IN BIOLOGICAL SCIENCES: A REVIEW**Onkar Chandra^{1*}, Kanti Chaubey² and Nisreen Husain³**¹Department of Zoology Kalyan P.G. Autonomous College, Durg. (C.G.).²Department of Zoology Govt. V.Y.T.P.G. Autonomous College, Durg. (C.G.).³Department of Zoology Govt. Dr. W. W. Patankar Girls P.G. College, Durg. (C.G.).Article Received on
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Antioxidants are the substances that prevent oxidants, i.e., free radicals from forming inside the human body. In other words, they are the molecules capable of inhibiting oxidation of other molecules that produce free radicals. An antioxidant molecule is stable enough to donate an electron to a rampaging free radical and neutralize it, thus reducing its capacity to damage, hence are known as "Radical scavengers" or "Oxygen quenchers". So it is need of the time to evaluate antioxidant activity of mushroom especially for those being need in our society. The present paper highlights the 23 different

methods of assessment of antioxidant activity.

KEYWORDS: Free radicals, Radical Scavengers, Oxygen Quenchers, Antioxidant Activity.

INTRODUCTION

The recent years have thus, witnessed a great deal of interest towards the field of free radical chemistry. The free radicals are, inconsistently, the harmful by-product, generated during normal cell aerobic respiration and other physiological reactions, by the so beneficial and essential element, "the Oxygen", that sustains life (Davies, 1995). They are in the form of Reactive Oxygen Species (ROS), highly reactive and unstable, capable of damaging significant molecules such as DNA, lipids, carbohydrates and proteins, in the cell nucleus and cell membranes (Mustafa et al., 2015). The state of damage of biomolecules and bio-membranes due to free radicals, cause disturbance in the natural defence system of the body, giving rise to the condition of "Oxidative Stress". This leads to a wide range of pathogenicity in the form of cardiovascular (Bagchi et al., 1998), arthritis (Jose et al., 2000), cancer and

Some Ethno-Medicinally Important Plants from Chhattisgarh, India, with Caution Stigma in Reference to their Abortifacient Activity

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Abstract: Plants have been utilized as medicines for thousands of years. Most of such plants have been already known for their medicinal values and traditional uses, providing the health-care to the majority of the people in a curative approach. Their identity as the direct therapeutic agents have attributed to their ethno-medicinal importance, helpful in curing or in prevention of many diseases. However, at the same time, some of their therapeutic properties have proven to be erroneous. The present work pivots on the documentation of 15 such common medicinal plants from Chhattisgarh, India, ethno-medicinally important, but should be cautiously used when treatment involves pregnant women due to their unusual activity of being 'abortifacient'. However, this property of some medicinal plants is considered beneficial by the tribal people as the plants are used to induce abortion which is a common practice among them.

Keywords: Ethno-medicinal, Abortifacient, Abortion, Therapeutic

1. Introduction

The plants have been used in the form of crude drugs and in other herbal formulations for thousand of years (Samuelson, 2004). The tribes and ethnic groups from different countries have immense knowledge about the medicinal value of such plants. The tribes are also skilled to use different plant parts in their natural state, or in the form of extracts and oils, to cure many ailments. Although modern medicines are widespread, but traditional tribal medicines still are used in many developed countries across the world. The main ingredients of the tribal medicines are derived from various plant sources (Anisuzzaman *et al.*, 2007 ; Rajasekharan & Ganeshan, 2004).

The medicinal properties of the plants is attributed to the action of the phytochemicals already present in the plants. Consequently, the significant biological activities so exhibited are like anti-oxidant, anti-inflammatory, anti-spasmodic, anti-cancer, hepato-protective, immune-modulatory, anti-septic, laxative, and many more, that provide the plants their therapeutic value. Such pharmacological actions help in reducing the incidences of diseases. In spite of so many ethno-medicinal aspects of medicinal plants, there are many species that exhibit unusual, but harmful biological activity of being toxic or abortifacient (Pieroni *et al.*, 2000; Gurib-fakim, 2006).

'Abortifacient' property is a caution stigma as it may cause abnormal termination of pregnancy in pregnant women. However, many ethnic groups consider it as an important medicinal property, enabling in getting rid off the unwanted pregnancy, without any legal or society interferences (Tarafeder, 1983, Yadav *et al.*, 2006). A plant is said to have

'abortifacient activity' due to the presence of chemical substances that induce abortion. Common abortifacients are those which are used in performing medical abortions. However, there are also several herbs and plants with abortifacient claims, effective, either by themselves, or if taken in certain doses or mixtures. Since ancient times, abortions with the use of abortifacient plants have been a common practice among the tribal communities. The common examples of such abortifacients known are Papaya, Pomegranate, Bitter Melon, Wild Carrot, Nutmeg, Saffron and Tansy (Noumi & Tchakonana, 2001).

The present paper emphasizes on the documentation of 15 medicinal plants, commonly occurring in different areas of the State, Chhattisgarh, India, that are well known for their vast range of ethno medicinal uses, but are abortifacients, hence to be used with caution. However, they are adopted as herbal remedies by the tribal women for abortion.

2. Materials and Methods

The present work progressed towards its goal, with the extensive field survey of different parts of the state, Chhattisgarh, particularly those rich with tribal inhabitants, such as, Balod, Narayanpur, Jhanjgir Champa, Jashpur and Surajpur. The work also included perusal of published literature, and the herbarium specimens from different herbaria were referred to document information. The study was also supported by the spot survey regarding the folk utilization of the plants used by the different tribes of Chhattisgarh. The data and information was collected through interview methods with the tribal women, and also the informants like Ojha, Vaidya, Mukhya and Herbalist. Some of the tribal groups of

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STUDY OF ENDANGERED GRASSES OF DURG BHILAI REGION

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ABSTRACT

Chhattisgarh state is newly born state known for rich biological diversity and lush greenery. Durg- Bhilai twin city is famous for Bhilai Steel Plant and also for plantation of surroundings barren and open land and gokher land for live stock. But the scenario is totally changed in early decades. There is vast changes observed in the vegetation physiognomy of the district, due the cutting down of forests clearing of area for increased agricultural operations, construction of dams, roads, bridges etc.

Present study was based on two years of extensive and intensive survey. The study was conducted in various habitat of Durg-Bhilai region. The important studies area e. g. river bank, open barren land, different rural and urban areas selected for sampling of grassland vegetation.

During the course of study total 148 grasslands vegetation were recorded belonging to the 35 families in which Fabaceae and Asteraceae were recorded as most dominant family, family Fabaseae is most dominant family in tree/ shrub group in herbaceous group 60 plant species were recorded in which family Fabaceae, Asterraceae, Malvaceae, Euphorbaceae were the most dominant family⁸.

Figure: 00

References: 11

Table: 01

KEY WORDS: Diversity and Lush Greenery, Dominant Family, Live Stock, Open Barren Land

Introduction

India is basically an agricultural country with more than 70% of its population living in the rural areas. The rural population is dependent mainly on agriculture and animal husbandry for their sustenance. India with about 2% of the total world's geographical area sustain as much as 15% of the total world's livestock population which plays a significant role in country's rural economy's for demand for milk, milk products, meat wool, hides and bone

manures etc. in present scenario the population growth of both human beings and livestock population has been increasing day by day and the land under permanent pastures has shrieked. This has further complicated the situation about 49% of total cultivable land (AIRPFC 1995) and culturally wasteland is put for fodder crops which are occupying nearly 10% m.h. This area is being utilized for growing forage grasses and legumes and so called grasslands and pastures.

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STUDY OF TRADITIONAL MAN-ANIMAL RELATIONSHIP IN DISTRICT DURG CHHATTISGARH, INDIA.

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ABSTRACT

Durg is rich in bio-cultural diversity. The district is home to a number of unique assemblages of fauna, some of which are endemic. Not only faunal resources the district also harbors some very ancient populations whose interrelationship with these diverse faunal resources is very intimate and thus demands scientific study. The present paper studies tribes-animal relationships in Durg district. Ethno-zoological data were collected by semi-structured interviews. Data were collected from the period of September 2015 to August 2016. The tribal community treasures knowledge on various animal species used in 35 different medicinal purposes including asthma, weakness, tuberculosis, cough, paralysis etc. and for other religious purposes. Some animals are the sources of important traditional medicines; others are omen indicators and weather forecasters. High priority should be given in conservation of those animals which are of high consensus value to the community. Therefore it is urgent to initiate organized scientific study and document such valuable and time tested ethno-zoological knowledge before these culturally rich people and important faunal resources disappear.

KEYWORDS: Traditional, Zootherapy, Faunal resources, Knowledge, Treatment.

According to the world health organization, between 75 and 80% of world's population use traditional folk medicine (Alves and Rosa, 2007) A recent work of this subject indicated that about many animal species used in traditional medicine in both rural and urban areas of India.

Some researcher Mahawar and Jaroli, (2006, 2007 & 2008)^{2,4}, Negi and Palya (2007); Chakrawarty, et al. (2011) and Oudhia (2003), their research shows that animal and their body part such as feathers, scales, antler, Carapace, bones are widely use in curing many diseases. Many ethno biologist are collected zootherapeutic information from deferent tribes in India. Researcher Mishra, et al. (2011) had described simpliplal biosphere reserve Orissa, India, there resident tribes (Santhal, Kol, Bhumija, Bhuyan, Mahalls, Sound and Saharas) have used some animals medicine to cure different diseases. Mahawar and Jaroli (2006), they have done field survey in Ranthambhor nation Park India and described 15 animal and their products were used for different ethno medicinal purpose, including tuberculosis, asthma, paralysis, Jaundice, earache, constipation, weakness.

Arunachal Pradesh the eastern most part of India is full of diverse natural resources and inhabited by variety of ethnic groups. Researcher Chakrawarty, et al. (2011) have found myishi and gala tribes and

villagers used 32 vertebrates species in remedies of diseases; Mammals comprised 50% they were followed by Birds 22%, fishes 17%, Reptiles 8%. Amphibians 3%, Most commonly treated were fevers, body aches, tuberculosis, malaria, wound, typhoid, small pox, diarrhea, jaundice and early pregnancy pains.

Negi and Palya (2007) studied about shoka tribe of Darma and Johar valleys in Pithoragarh district in the state of Uttaranchal, India. They have described total of 38 species (mammals 20, birds 6, reptile 5, insect 4, fish 2 and a lone amphibian for 19 different diseased or disorders were being treated using the animal product.

The chhhakesang tribe of Gujrat also uses (34 animals) twelve mammal one bird one reptile, two amphibian, one fish, one mollusk one annelid and four arthropods for treatment of various ailment. Kakti and dolo studied Ao tribes of Nagaland and identified twenty five different vertebrates species for traditional therapeutic use. (Gupta, et al. 2003).

Native of Bhopal patnam, Chattiaagarh India, have reach traditional medicinal knowledge about common herb insect and excreta of 10 animals used to treat many common diseases. Insect, mites and spiders are used as medicine to cure common ailment in chattisgarh, India. For instances the oil of red Val-

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BEHAVIORAL IMPACT THROUGH DANCE: A MIRACULOUS TOOL FOR HEALTH AND HEALING

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ABSTRACT

Dance has been known as the best form of 'Performing Arts' since the olden times. And till today, 'dance' is continuing its magical journey, with more improvisation and novel skills. It is a way of expressing and communicating with others not only does it make us smarter, happier and healthier; but dancing in synchrony with others raises our pain tolerance and makes us feel more connected. Dancing together is something universal that we humans have done since the earliest times. Just as dance is innate to every human being, social dance is universal to every society. Dance depicts not only the cultural and heritage glory, but also is known as one of the best devices of health benefits and healing therapy, that positively exhibits impact on our physiological behavior.

KEYWORDS: Performing arts, Synchrony, Pain tolerance, Heritage glory.

Human being is the most evolutionary advanced creature on the earth. Its survival and existence depends on the machinery of its various organ systems and its physiology. The effective functioning of all the systems of human body together is solely responsible for keeping it fit and healthy ensuring longevity of life. In today's era, 'dance' has been reported to be the complete package that coordinates different physiological activities, and boosts three fundamental health benefits alongwith healing abilities, viz.,

- Physical health
- Mental health
- Emotional health

The health and healing does wonders, when the physiology of the human system operate perfectly. Dance in any form or style stimulates the physiological functioning of all the systems of human body. The most important systems benefitted from the 'miraculous dance' are:

- Skeletal system
- Neuro-muscular system
- Heart and Cardio-vascular system
- Respiratory system

- Integumentary system
- Brain as the Emotional and Learning centre

DANCE AS THE POWER-SOURCES OF SKELETAL SYSTEM

The human skeleton is the most complexed system made up of many bones. Its provides form, shape, posture and alignment to the body in complete sense. The organs of movements such as face, jaws, neck, hands, knees, legs, and the spine of human body are involved in dance. The stretching and twisting actions, during dancing, increases the flexibility of joints and strength of the bone structure. Body movements and steps make the body flexible and help in reducing the stiffness of neck, hands, leg and spine bones. The increase in flexibility of bones and elasticity of the associated cartilage and tissues, ease joint pain and post-exercise soreness. Dance, thus is said to heal the painful effects of Cervical spondylitis, Knee pain, Spinal disorders, Osteoporosis and Rheumatoid arthritis. The calcium deficient bones in females is strengthened to a great extent by the metabolic stimulation during the movements of dance (Fran & Levy, 1988).

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SOME IMPORTANT MICROBIAL AGENTS OF NOSOCOMIAL INFECTIONS, THEIR SOURCES, AND MODES OF TRANSMISSIONS

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ABSTRACT

The hospital environment usually becomes contaminated with many pathogens, that are directly or indirectly derived from the various sources of the hospitals and patients itself. These microbial agents give rise to many hospital-associated infections, called 'Nosocomial infections'. Such micro-organisms are most commonly Gram-negative and Gram-positive bacteria, viruses, drug-resistant pathogens, and other infectious agents. The commonly prevalent nosocomial or hospital-acquired infections usually include urinary tract infections, surgical wounds, infections of respiratory tracts, and intestinal site infections. The sources of infections are external and internal as well, and transmission takes place through different routes. The present article reviews about some of the important infection-causing microbial agents, their sources and modes of transmission.

KEYWORDS : Pathogens, Microbial agents, Drug-resistant microbes, Nosocomial infections, Hospital-acquired or Health care-associated infections.

Different types of diseases and infections acquired by the patients due to their prolonged stay in hospitals are known as 'Nosocomial infections'. These are called 'Hospital-acquired-' or 'Health care-associated -' infections (HAI). These, in extreme conditions, often result in death of the patients. The patients suffering from various ailments and their low immunity mechanisms is responsible for the increased activity of infectious agents. Certain medical procedures, surgeries and not-so-effective control practices also are the important sources of Hospital-acquired infections. The fast urbanization and the over-crowded

hospitals are the sole causes of the increased risk of nosocomial infections among hospitalized patients (Brusaferro *et al.*, 2015).

Hospital-associated infections may not be obvious in many hospitalized patients, due to the acquired drug-resistant pathogens from the hospital environment (Obiero *et al.*, 2015; Mc Laws *et al.*, 1988). Thus, such infections include all those diseases which the patients didn't suffer from earlier, *i.e.*, at the time when they were hospitalized. Many incidences of nosocomial infections become evident after the discharge of patients from

USE OF ANIMALS AS TRADITIONAL MEDICINE IN CHHATTISGARH, INDIA

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ABSTRACT

From primitive time in India, use of animal in curing different diseases is a common practice. The present study aims to review the zoo-therapeutic practices of the different ethnic communities of Chhattisgarh. The present ethnology work which have been studied from different published research papers of various authors of zoo-therapeutic studies in Chhattisgarh, India from 2014 to 2016, have been taken into consideration. It was known that many types of diseases, where cured by animals and their products. About 31 animals and their uses are reported in traditional medicines in different parts of Chhattisgarh. Most of animals are used for respiratory problems, gastric troubles, rheumatic pains, skin problems, eye related problems.

KEYWORDS: Medicinal animal, Traditional medicine, Zoo-therapeutic

Mankind relationship with animals has been intimate right from the beginning of civilization. Animals have been playing an important role in human economy, culture, religion and magic religion. Human beings, especially the ancient or the ethnic people, in turn have been maintaining a healthy natural environment by making prudent use of the surrounding biological resources (Lohani, 2010).

There is evidence that human beings are familiar with use of animals and plants for food, cloth, medicine, etc. Since ancient times, ethno - zoology deals with the study of relationship between the human societies and the animal resources around them. Zoo-therapy is an important component of ethno - zoology, in healing of human ailments. By using therapeutic based medicines obtained from animals or ultimately derived from them is known as zoo therapy (Dixit, *et al.* 2010). India is gifted with immense faunal and floral biodiversity, because of the extreme variation in geographical and climatic condition prevailing in the country. There are about 45,000 species of plants and 81,000 species of animals reported (MoEF, 1994).

Ethno - zoology focuses at direct

relationship of animals to mankind. The term 'Ethno - Zoology' as a branch of science, deals with role of economically important animals in life and socio-cultural aspects of tribal or aboriginal peoples.

Chhattisgarh (Chattisgrh, literally 'Thirty-Six Forts') is a state in central India. It is the 10th largest state in India, with an area of 135,194 km² (52,199 sq mi). With a population of 28 million, Chhattisgarh is the 17th most-populated state of the nation. It is a source of electricity and steel for India, accounting for 15% of the total steel produced in the country⁴. Chhattisgarh is one of the fastest-developing states in India.

Chhattisgarh was under Maratha rule (Bhonsales of Nagpur) from 1741 to 1845 AD. It came under British rule from 1845 to 1947 as the Chhattisgarh Division of the Central Provinces. Raipur gained prominence over the capital Ratanpur with the advent of the British in 1845. In 1905, the Sambalpur district was transferred to Odisha and the estates of Surguja were transferred from Bengal to Chhattisgarh.

There are more than 13 million males and 12.9 million females in Chhattisgarh, which constitutes 2.11% of the country's population. The

PHYTOCHEMICAL SCREENING OF PLANT LATEX (*CALOTROPIS PROCERA*)

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ABSTRACT

The medicinal plant *Calotropis procera* is content very important medicinal properties. In this study we used latex of this plant in various solvents ethanol, methanol and chloroform. Maximum all phytochemicals are present in this plant latex. The present study of Phytochemical screening of *Calotropis procera* showed the presence of many phytochemicals in methanol and ethanol extract in comparison to chloroform which showed few phytochemicals. Selected latex extract was showing many secondary metabolites are present.

Figure: 00

References: 07

Table: 01

Key Words: Phenolic Compounds, Phytochemicals, Plant latex, Secondary metabolites.

Introduction

The term of medicinal plants include a huge variety of plants used in herbalism and some of these plants have medicinal activities. These medicinal plants consider as a rich sources of content which can be used in drug development and synthesis. World Health Organization (1978) has exponent traditional medicine as safe remedies for ailments of both microbial and non microbial origin. It was further added that the use of plant extracts and phytochemicals with antimicrobial properties may be of importance in therapeutic treatments, whereas in the past few years, a number of studies have been conducted in different countries to prove such efficiencies^{5,6}

About 10% of flowering plants produce latex and are found in over 40 families including Euphorbiaceae, Apocynaceae, Caricaceae, Moraceae, Asclepidaceae. Latex is milky fluid secreted by ducts of laticiferous tissue⁴ *Calotropis* belong to *Asclepidaceae* family. It is also known as Akada, Aak, Mandar, Aakh etc. there are two species of *Calotropis*,

procera and *gigantea* here we study about *Calotropis procera*. In recent years, secondary plant metabolites (phytochemicals) have been extensively investigated as a source of medicinal agents.² Known constituents of latex are proteins, alkaloids, tannins, terpenes, starch, sugars, oils, resins, gums and enzymes. Plant latex has wider ethno pharmacological application which is used by tribal communities. Traditionally *Calotropis* is used alone or in combination to treat common diseases such as fevers, rheumatism, indigestion, cough, cold, eczema, asthma, elephantiasis, nausea, vomiting, and diarrhea in treatment of cold, asthma, catarrh, anorexia, inflammations and tumors. It is well known for its medicinal properties, different parts of this plant have been reported to exhibit analgesic and antioxidant properties.¹

Material and Methods

Collection of latex- *C. procera* plants latex was collected randomly from Durg-Bhilai area of Durg District. The latex was collected in a

COMPARATIVE CHARACTERIZATION OF NODULES FROM WILD AND CULTIVATED LEGUME RHIZOBIUM NITROGEN FIXING SYSTEMS

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ABSTRACT

Rhizobia are inhabitant of soil and are more prominent in the rhizosphere of leguminous plants. The legume plant possesses a unique ability to establish symbiosis, with nitrogen fixing rhizobium forming nodules. In the present study root nodules were collected from wild and cultivated. Leguminous plants in this area undertaken for two consecutive years. The nodules varied in number and size drastically. The cultivated rhizomes possessed large number of nodules. The nodules collected and subjected to morphological and physiological characterization.

Figures: 04

References:10

Table:01

KEY WORDS: Leguminous Plants, Nitrogen Fixing, Nodules, Rhizosphere

Introduction

Nitrogen is one of the most essentially needed by plants for the formation of amino acids the building blocks of proteins. Atmosphere contains large amounts of nitrogen which the plants are unable to take up directly. It is an established fact that the bacteria present in the nodules fix atmospheric nitrogen^{1,4,7,9,10}. About 50% of the nitrogen on earth is fixed by these soil inhabitants i.e. by rhizobium legume association^{2,3}.

The nitrogen fixing nodules are induced by various strains of rhizobium the nodule (forming species) bear a compound leg-haemoglobin which attaches to oxygen and facilitate in nitrogen fixation. The nitrogen fixing nodules are induced by various strains of rhizobium.

Material and Methods

A period of survey for nodulated leguminous plants in this area resulted in a collection of 19 cultivated and 10 wild legumes. (Table 1A, Table 1B). Carefully taken out specimen of each were examined to record on observations on parameters like the average number of

nodules per plant and gross morphology of nodules in respect of size and shape. The Rhizobium legume is a discrete phenomenon presenting aspects of pathological nature which culminate in the symbiotic fixation of nitrogen.

Result and Discussion

The data presented in Table 1A shown that a very wide range ie 2 to >100 nodules/plant exists from plant to plant in respect of the average number of nodules per plant amongst the cultivated legumes, *Dolichos lab lab*, *Arachis hypgea*, *Macroptylum atropurpurium* were the most nodulated ones having 90 nodules per plant on the average. Species such as *Phaseolus aureus*, *Phaseolus mungo*, *Trifolium alexandrium*, *Vigna unguiculata* (cult phillipines) possessed >50 nodules but <90 nodules per plant representing a group of good nodulators. Another group of species with >25 nodules per plant but <50 nodules per plant comprised *Cicer arietinum*, *Glycine max*, *Cajanus cajan* and *Vigna unguiculata cult pusabarsata*. *Pisum sativum*, *Vicia faba*, *Trigonella foenum graecum*, *Cyamopsis tetragonoloba*, *Phaseolus species* and *Melilotus alba* had a very low level of

**A REVIEW ON MEDICINAL VALUES OF ETHNO -BOTANICAL FLORA FROM
PROPINQUITY OF THE INSTITUTE**

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ABSTRACT

The present work deals with medicinal values of ethno- botanical plants used by people of Chhattisgarh. Studies have been made by the survey of the region during different seasons. 10 medicinal plant species of this region are described in this paper.

Figures: 00

References:13

Table: 00

KEYWORDS: Medicinal Values of Ethno- Botanical Plants, Survey

Introduction

There are about 45000 medicinal plants reported in India. Medicinal knowledge of the plants is detailed in the Vedic scripts which formed the basis of Ayurvedic medicine. Medicinal plants play an essential role in the human culture and curing many diseases. Medicinal plants are an important source and component of healthcare system. Ethno botany (study of traditional human uses of plants) is recognized as an effective way to discover future medicine. The use and search for drugs and dietary supplement derived from plants have been accelerated in recent years. The phytochemical from the medicinal plants are used for the treatment of various diseases. Active compounds isolated from higher plants are widely used in modern medicine today. Modern medicines produced from plant extracts of food crops also have medicinal effect. Studying medicinal plants helps to understand plant toxicity and protect humans. The used parts may be the seeds, leaves, berries, roots, bark, fruits or the whole plant (herbs) as medicine.

Aegle marmelos: Common Name- Bael,
Family- *Rutaceae*

A sacred and medium sized tree found almost throughout in India, the fruits both ripe and unripe are used in medicine. Fruits contain

coumarin and leaves are having essential oils. Fruit pulp is mostly used in chronic dysentery,

diarrhoea and digestion. Unripe fruits are used as an astringent and stomach ache. The leaf, roots and fruits have the antibiotic property. The decoction of the bark is taken by the tribals in intermittent; research has found have found the essential oils of this tree to be effective against 21 types of bacteria. It is prescribed to the patients who are suffering from constipation and gastrointestinal problems. Unripe fruit is effective against rota virus and dries fruit is good for dyspepsia. The leaves are made into a puoltia and used in the treatment of ophthalmia. The leaf parts have claimed to be used for the treatment of inflammation, asthma, hypoglycaemia, hepatitis and anti allergic in homeopathic and Ayurvedic medicine also the fruit pulp is used as medicine for conjunctivitis, styes, rhinitis and typhoid.

Azadirachta indica: Common name- Neem,
Family- *Meliaceae*

It is the common tree found almost everywhere in India. All its parts from root to leaf are medicinally important and are used against leprosy, intestinal worms, piles, and urinary diseases. Root bark, young fruits and leaves serve as tonic and astringent and anti

EVALUATION OF THE EFFECT OF AQUEOUS PLANT EXTRACT OF *JATROPHA CURCAS* ON *TRICHODERMA HAMATUM*; *TRICHODERMA HARZIANUM* AND *TRICHODERMA PSEUDOKONENGI* IN VITRO

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ABSTRACT

The leaf surface is a suitable environment for microbial growth because of a thin film of nutrients deposited on the leaf. Micro-organism populations of the leaf surface (phylloplane microorganisms) vary in size and diversity depending on the influence of numerous biotic and abiotic factors, external and/or internal factors such as nutrient availability. Plant extracts may be used as an alternative source for controlling plant diseases since they comprise a rich source of bioactive substance. In the present study different aqueous leaf extract concentrations of 5, 10, 15 and 20 % of *Jatropha curcas* was evaluated on test Antagonists (*Trichoderma harzianum*; *T. hamatum* and *T. pseudokonengi*) which were isolated from the phylloplane and rhizosphere of *Jatropha curcas*. Mycelial growth in terms of dry biomass production was determined. Among all the tested fungi the stimulatory effect of *Jatropha* leaf extract was observed in *Trichoderma harzianum* at all four concentrations and rest of the two test antagonists were inhibited. The inhibitory effect of *Jatropha* leaf extract on certain pathogenic fungi can contribute towards the plant disease control biologically than chemical control to some extent.

Figures: 04

References: 23

Table: 01

KEY WORDS: Bioactive Substance, Pathogenic Fungi, Phylloplane and Rhizosphere

Introduction

Jatropha curcas L. has the potential to become one of the world's key energy crops. Vegetable oil extracted from the seeds of *Jatropha curcas* L. can be refined into biodiesel for transport sector either in its pure form or as a blend with mineral diesel. Several parts of the *Jatropha* plant have medical and cosmetic uses. Leaves are regarded as antiparasitic, applied to scabies, paralysis, and rheumatism and also applied to hard tumors. The leaf juice is used as external application for piles. *Jatropha* oil is close to cottonseed and better than rapeseed, groundnut and sunflower¹⁶, which gives no pollution, when burnt. *Jatropha curcas* L., commonly known as Jamalghota, physic nut, Ratanjyot or Purgative nut

is a large shrub reaching to a height of 5 m. Its average life, with effective yield is about 50 years¹⁹. The leaf surface is a suitable environment for microbial growth because of a thin film of nutrients deposited on it. Micro-organism populations of the leaf surface (phylloplane microorganisms) vary in size and diversity depending on the influence of numerous biotic and abiotic factors, external and/or internal factors such as nutrient availability, humidity, temperature, leaf age and type, duration of leaf wetness and presence of inhibitors^{2,4,6,9,10,13,18}.

Plant extracts may be used as an alternative source for controlling plant diseases since they

RESEARCH ARTICLE

Various Solar Activity Parameters and their Interrelationship from Solar cycles 20 to 24

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ABSTRACT

In the present paper we have studied the long term variation of various solar parameters with 11-year cyclic solar activity behavior. A detailed correlative study has been performed using the monthly data among the variety of solar activity (SA) parameters for example Sunspot Numbers (SSN), Solar Flux (SF, 10.7cm flux), Grouped Solar Flare (GSF), Solar Flare Index (SFI) and Coronal Index (CI) for last five 11-year solar cycle 20 to 24 (the present solar cycle). The SSN is the prime SA parameter that shows higher degree of correlation with the other solar parameters; however the correlation coefficient and running cross correlation are concerned. The correlation analysis shows that the solar active parameters (or indices) exhibit a strong correlation between SSN-SF and distinct characteristic behavior of SSN for Group solar flare and solar flare indices (GSF and SFI). Presently, the slop of regression lines between SSN and GSF and those between SSN and SFI is found to decrease continuously with the progression of cycles (from solar cycle 20 to 24). It is also verify from the peak values of SSN and SFI. As well as, the significant peak differences on SSN-CI for even and odd cycles is clearly apparent.

KEYWORDS: Sunspot number, Solar Flux, Grouped Solar Flare, Solar Flare Index, Coronal Index.

Long-term Variation of Solar Flare Indices in Relation to Sunspot Numbers from Solar Cycle 20 to 24

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ABSTRACT

In this paper an attempt has been made to study the interrelationship among the variety of solar activity (SA) parameters i.e. Sunspot numbers (SSN), Group Solar Flare (GSF), and Solar flare index (SFI) for the solar cycle 20 to present solar cycle 24. A detailed correlative study has been performed using the monthly data of solar activity parameters (SSN, GSF, and SFI). It is evident the fact that the solar variability influence the heliosphere, chromosphere, ionosphere and Earth's climate. It has been found that, on the basis of monthly average data of SSN shows the higher correlation with the solar parameter GSF in comparison to SFI. We have been calculated the correlation coefficient and running cross correlation between SSN with GSF and SFI for present analysis. The relationship between SSN and flare indices (GSF and SFI) is not straightforward. The slop of the regression lines between SSN and GSF (for 20 to 23) and between SSN and SFI (for cycles 21 to 24) is found to be decreased with progression of solar cycles. In conformity the similar characteristic feature has been obtained from the peak value of SSN-GSF and SSN-SFI for solar cycles 20 to present solar cycle 24.

Keywords: Sunspot number, Group solar flare, and solar flare index and solar cycle.

INTRODUCTION

Solar activity may be understood in term of the propertied and the behavior of magnetized solar plasma¹. All the observed time dependent phenomena are called solar activity and are seen in different wavelength as a changing appearance of the sun². Solar activity may be expressed with many indices: e.g. Sunspot number (SSN), solar radio flux (SF), Solar flare

HEALTH AND MOOD-BOOSTING POWERS OF DOGS AS PETS**TAPAS MUKHERJEE^{a1} AND KISHAN LAL RATHI^b**^aDepartment of English, Dr. K.C.B. Govt. P.G. College, Bhilai, Chhattisgarh, India^bDepartment of Commerce, Govt. Dr. W.W. Patankar Girls' College, Durg, Chhattisgarh, India**ABSTRACT**

Animals, especially, the pet-animals pay an important role in human life. The human-animal bond and pets as companions, have great impact on the quality of people's life, physically, mentally and socially as well. Cats, Dogs, Birds, and Fish are the common pets known. Amongst these, dogs as pets, have been best known for their therapeutic roles and valued for their loyalty and companionship. Caring for a dog can help children grow up more secure and active, and also be helpful for the older adults, to keep them occupied and fit. Besides being the animals best trained to detect seizures and crime, the dogs have immense power to boost physical and mental health. Dogs, particularly, can reduce stress, anxiety, depression and ease loneliness. They encourage exercise and playfulness, thereby boosting the mind and health benefits in human life. This supports the fact that other than any animals, dogs have evolved to become acutely attuned to humans, our behavior and emotions.

KEYWORDS: Companions, Therapeutic roles, Loyalty, Anxiety, Stress, Exercise.

The best effect of human-animal interactions known till-date is the relationship of humans shared with their pets. Pets, not only provide with immense health benefits, but also improvise the spirit of positivity and socialization in lifestyle. Most people think of their pets as members of the family (Risley *et al.*, 2006). It has been reported that people who have a pet, have healthier hearts, less often are home-sick, and make fewer visits to the doctor. They get more exercise and are less depressed (American Pet Products, 2011). Pets have been recently used in 'Pet therapy', where the pets, especially cats and dogs, are commonly used not only to lessen stress and anxiety, but also to increase self-esteem and improve social skills (Anna, 2016). Perhaps most importantly, the dogs as pets are known to have the power of boosting mood and physical health.

In the present paper, the evidence for the impact of 'Dogs' as pets, on human health and mood, in general, has been assessed. Although a systematic review was not attempted. The studies considered were obtained from the additional and original articles from the available literature, mentioned in reference lists.

DOGS AS MOOD AND MENTAL-HEALTH BOOSTERS

Caring and interacting with friendly pets like 'Dogs' can help to cope with many emotional and mental issues. Dogs are able to understand many words and gestures used by humans. They are even

better at interpreting our tone of voice, body language, and all the more, even our state of mind. Like any good human friend, a loyal dog have the ability to look into your eyes to gauge your emotional state and feelings.

Providing Companionship

The dogs as the best 'companions', give pleasure of playing and snuggling. Companionship can help prevent illness, and even add years to one's life, thereby reducing the symptoms of isolation, loneliness and depression. Even hardened criminals in prison have shown long term changes in their behavior after interacting with dogs.

Researchers have also used animals to temporarily provide companionship to children and elderly adults, with health or mental health problems. Positive findings were discovered i.e., by interacting with a dog, reduced level of pain and anxiety among the hospitalized patients. More social behavior and interaction, and less loneliness was reported (Johnson, 2011).

Reducing Anxiety and Sensory Stress Relief

Stroking, hugging, or otherwise touching the dogs, can rapidly calm and soothe us when we are stressed, depressed or anxious. Touch and movement are considered as two healthy ways to quickly reduce stress. Stroking and patting a dog lowers blood pressure, thus making one feel calmer quickly and less stressed. Dogs' company offer comfort and build self-confidence for people anxious about going out



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भारतीय सराफा बाजारों का भविष्य



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शोध संक्षेप :

सराफा के वार्षिक कारोबार का अनुमान 1.5 लाख करोड़ का लगाया जाता है। संभवतः यह स्थिति नोटबंदी के पूर्व की हो सकती है। नोटबंदी के बाद कालाधन रखने वालों ने 9 से 11 नवंबर के बीच बड़ी मात्रा में खरीदी कर ली थी। नोटबंदी के बाद शत प्रतिशत करेसी बैंकों में चली गई है। ऐसी स्थिति में आने वाले वर्षों में इस बाजार के कारोबार का पुनः आंकलन करना होगा। पिछले वर्षों में नेताओं – अधिकारियों के पास कालेधन से तिजोरियां भरी पड़ी थी, वे खाली हो गई है। हालांकि नोटबंदी के बाद पुराना कालाधन तिजोरियों से बाहर आ गया, किंतु नए बनने की प्रक्रिया बंद नहीं हुई है। रिष्वत बदस्तूर ली जा रही है। नोटबंदी कालाधन बंद करने का ताला नहीं है और न होगा। वास्तव में मार रिष्वत लेने वालों पर करना थी, उस पर तो सरकार मौन है। अतः आने वाले वर्षों में पुरानी स्थिति पुनः बहाल हो सकती हैं।

प्रस्तावना :

एक अप्रैल के बाद से तीन लाख से अधिक नकदी खरीदी –बिक्री नहीं हो सकेगी, जबकि सराफा बाजार का व्यापार सदियों से नकदी का रहा है। एक अप्रैल बाद बड़े व्यापारी एवं शोरूम वाले बाजार में टिक सकेंगे? अथवा धीरे-धीरे शोरूम बंद होना शुरू नहीं होंगे। पिछले वर्ष सराफा बाजार के व्यापारी आभूषण पर एक प्रतिशत उत्पाद शुल्क से परेशान रहे, इस वर्ष उससे कठोर कदम 3 लाख से अधिक की नकदी खरीदी न होने से परेशान होंगे। आयकर की धारा में परिवर्तन से देशभर में इन्स्पेक्टर राज की वापसी लगभग तय है। देश में सराफा बाजार का भविष्य अब उज्ज्वल नजर नहीं आ रहा है जबकि देश के सबसे प्रतिष्ठित बाजारों में इसकी गणना होती है। उल्लेखनीय है कि सराफा बाजार नकदी का है। 90: व्यापार नकदी में सदियों से होता आ रहा है। अचानक पिछले 2 से 3 वर्षों में इस पर आए दिन कहर ढाए जा रहे हैं। जिससे इस प्रतिष्ठित बाजार का भविष्य अंधकारमय नजर आने लगा है। इस बाजार की मांग पहले तो नोटबंदी ने समाप्त जैसी कर दी है। बड़े खरीददार पुरानी करंसी से करोड़ों रूपए का सोना, चांदी एवं आभूषण ले गए। ऐसे में बाजार में मांग कम पड़ना स्वाभाविक है किंतु पहले पेनकार्ड और अब नकद में तीन लाख की सीमा के बाद तो आभूषणों के बड़े –बड़े शोरूम कितने वर्षों तक बाजार में टिक सकेंगे, यह विचारणीय मुद्दा बन गया है।



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Role of steel in Infrastructural Development

Infrastructure sector is a key driver of economy. It is highly responsible for propelling growth and overall development and enjoys intense focus from the governments world over for initiating policies that would ensure time bound creation of world class infrastructure in the country. Driven by rising Infrastructural development and growing sectoral demands, steel consumption is bound to increase in our country in particular and worldwide in general. It is expected that consumption per capita would increase supported by rapid growth in the Industrial sector and rising infra expenditure projects in railways, roads and highways etc. The article traces the integral part of steel industry in shaping up Infrastructural development of the country with international scenario in view as also the specific examples world over.

ANURAG NAGAR* & DR. K.L. RATHI**

Role of infrastructure in an economy is in the form of an umbrella for many activities referred to as social overheads capital (Rodan). Infrastructure development in a country is good for its economy and is helpful in generating the demand of steel. The steel industry's interest coincide with national interest on the issue and steel industry therefore has an enlightened self interest in promoting the need for increased spending on infrastructural development. Infrastructure necessarily includes Railways, Roads, Power generation and distribution, Water treatment plants, educational institutions, housing, in infrastructural hospitals and such other facilities.

Steel is an integral part of infrastructural development and the norms of steel demand in infrastructure projects may be summarized as follows :

S. No.	Area	Demand of steel
1	Highways & Roads	100 tons for Rs.5 crores spent
2	Railways	300 tons for a double line per km.
3	Power Projects	33000 tons for 500 MW
4	Power Transmission	7000 tons for 200km.
5	Oil & Gas	2000 tons for a well plate-form
		10000 tons for a process plate-form
		85000 tons for a 6MT capacity refinery
6	Housing	1000 to 2000 tons per residential block

Infrastructure is the backbone of socio-economic development of any country and its institutions. A nation can notin itself be self - reliant unless it evolves a large scale network of infrastructure. Thus, the countries craving for infrastructure development or developing countries need to

develop steel capacities without doubt. A case in point is Chinese economy. Today China accounts for almost fifty percent of world steel production, the start of which was made around 2005 wherein China designated steel as a pillar industry for the Chinese economy. This was primarily driven by the Government's plan for modernization of country's infrastructure, construction and manufacturing industries. The government's resolve to strengthen economy was based on the premise that steel industry has to see geometric growth if infrastructural development is to take place.

The hypothesis formed for this article therefore is that the growth in steel industry in a country is directly proportional to the infrastructural development in the country thus leading to increased GDP.

The steel scenario in our country can be summed up in the following broad areas:

Period	Timeline	Growth Rate
Golden era	1950-1975	+ 5.0%
Stagnation	1975-2000	+ 1.1%
China driven boom	2000-2010	+ 6.7%
China driven boom	2010-2015	+3.7%

The draft National Steel Policy 2017 envisages a quantum jump in steel capacity at 300 MT by 2030-31 which is directly linked to the vast infrastructural projects which the government is envisaging to unleash in coming years. Steel has a multiplier effect of nearly 1.4 times on GDP thus playing a key role in the economy. Further, the per capita consumption from 61kg. to 158kg. (by 2030-31) is envisaged

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A Study On The Effect Of Jal Kranti Abhiyan At Nikum Village Of Durg District

Dr. Shashi Kashyap*

INTRODUCTION

1.1 "Jal Kranti Abhiyan" was celebrated during year 2015-16 to consolidate water conservation and management in the INDIA through a holistic and integrated approach involving all stakeholders, making it a mass movement. It is important to create mass awareness on these issues or in other words, we need "Jal Kranti Abhiyan" throughout the country AS LIFE BLOOD.

Activities proposed under Jal Kranti Abhiyan-

- (i) Jal Gram Yojana
- (ii) Development of Model Command Area
- (iii) Pollution abatement
- (iv) Mass Awareness Programme
- (v) Other Activities

Two villages in each district are to be identified as Jal Grams under Jal Gram Yojana wherein water conservation and water security schemes would be taken up. Under this Yojana two villages of Durg district of CG State has been selected by the Government. They are Mohalai and Nikum. The paper covers the Jal Gram Yojana activity of Nikum village. And this Jal Gram Yojana activity includes water conservation and water security schemes to ensure optimum and sustainable provision of water to village facing the acute water shortage.

JAL GRAM YOJANA

Two villages, in every district preferably being a part of dark block or facing acute water Scarcity, shall be selected as "Jal Grams" An Integrated water security plan, water Conservation, water management and allied activities shall be undertaken for the villages to Ensure optimum and sustainable utilisation of water.

This is a convergence programme; therefore, there will no separate funds. Available funds From various other schemes should be used, e.g.. MNREGA, IWRMP, Watershed Schemes, etc.

Comprehensive Integrated Water Security Plan

A comprehensive integrated water security plan would be prepared for sustainable manner, for each Jal Gram. The Plan will be made by village level Committee looking at the needs of the village. Block level committees will provide technical inputs on the basis of available data regarding sources, quantity and quality of water in the village as well as the projected Requirements The plan will include information on-

- Present sources of water in the village.

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BI-LINGUAL INTERNATIONAL RESEARCH JOURNAL

EFFECTIVE COMMUNICATION FOR EFFECTIVE ENTREPRENEURSHIP□ Dr. Reshma Lakesh*
Jaya Devi Sahu***ABSTRACT**

The present article deals with important aspects to develop skills to initiate and sustain an interesting, enjoyable conversation that the young entrepreneurs must develop to attain a successful goal, especially now when government is planning to help and involve our young generation in upliftment of our rising state-Chhattisgarh. Ahead of the states first global investors meet, the state has come up to attract investment in sunrise industries, offering a range of exemptions and concessions. This would create opportunities for huge direct and indirect employment of local youth, with an abundant stock of natural resources. The state still lags behind in young participation in business industry, as they are still non-confident in taking risk to establish a new enterprise, but wait for a government job. It is the need of hour to motivate our youngsters to take initiative to promote themselves as successful entrepreneurs, and for this development of good communication skills is the first step. The driving force behind the success of any organization is "Communication". It is a tool of awareness and understanding when a company wants to implement its strategies. It plays an important role while taking reputation of the company to glorious heights or even stands as a "Dependable" force during crises. Corporate communication helps comprises to shape and mould corporate presence, identify and reputation in the minds of customers, important stake holders and audiences. It is important for an organization to invest in corporate communication.

Introduction

Communication is the driving force behind the success of any organization or company. Good communication is essential in achieving productivity and maintaining strong working relationships at all levels of an organization. Employers who invest time and energy into delivering clear lines of communication will rapidly build up levels of trust amongst employees, leading to increases in productivity, output and morale in general. Poor communication in the workplace will inevitably lead to unmotivated staff that may begin to question their own confidence in their abilities and inevitably in the organization. It is a tool of awareness and understanding when an organization or a company wants to implement its strategies. It plays an important

role while taking the reputation of the company to glorious heights or even stands as a 'dependable' force during crisis. The productivity of an organization solely depends on communication.

Essential Elements of Good Communication Skill

Good communication skill means the ability to be understood, any good conversation is a two-way process. Its only as good as the responses you get – but you can really improve the number and the types of responses you get by honing your communication skill. Use language and images with are families to your listener, watch your tone be respectful, stick to the point, you don't need to be the center of attention, known when its appropriate to change the subject, don't ask too much, sound and look interested in other people, open-

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Type of Job: An Important Determinant of Bone Mass Density

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Abstract: *The present study is a comparative study between sedentary and moderately active women subjects. To assess the impact of activities carried out in day to day life were considered based on energy requirement and stress applied on the muscle-bone combination. The study included 300 women subjects from middle income group (MSES). A pretested schedule to enquire about the various activities and their frequency was used to tabulate the scores obtained. Which was utilized to compare with their respective score of BMD. Measured less than -1 was considered as an indicator of Osteopenia / osteoporosis. (WHO guidelines). The present study reveals the importance of active routine.*

Keywords: BMD, Osteopenia, Osteoporosis, MSES

1. Introduction

Osteoporosis is an osteo-metabolic disease characterized by substantial loss of bone mass and microarchitecture deterioration of bone tissue, affecting bone quality and strength and increasing fracture risk. Fractures affect the muscle and the skeletal systems, cause chronic pain, loss of functional capacity and compromise quality of life.¹

It is a debilitating disease affecting the bones. Bones become very brittle and break easily. Osteoporosis occurs when bones do not contain enough calcium and minerals or the body does not make enough. This causes bones to look very porous and contain large holes. The large holes indicate bone density is low and there is simply not enough mass. Bones with less density break more easily. Osteoporosis is more common in women than in men and is more prevalent in adults over the age of fifty.²

In the beginning, there may be bone loss, but no pain or other physical symptoms. A person could have continuing bone loss over several years before receiving a diagnosis of osteoporosis. Over time, the condition becomes more serious. Loss in height is a major indicator of osteoporosis. As backbones deteriorate, they can cause vertebrae to collapse or fracture causing a compression fracture. This makes a person shorter in height over time. The collapsing or fracturing of vertebrae can also cause back pain or stooping in posture. A humped back is another common symptom of later-stage osteoporosis.²

Bone tissues are living and are continuously remodeled. As a dynamic tissue, it adapts and responds to various stimuli, such as physical exercise and mechanical vibration.³

During physical activity mechanical forces can be exerted on bones through ground reaction forces and by the contractile activity of muscles, resulting in maintenance or gain of bone mass. Studies have already pointed out many of the mechanical stimuli that are beneficial to bone tissue, including some physical activities as aquatic and ground exercises.⁴

Physical activity is beneficial for bone mass, muscle strength, balance performance and pain relief in persons suffering from osteoporosis.⁵

Although impact exercises are recognized as beneficial for the stimulation of bone tissue, other variables such as muscle strength, type of muscle contraction, duration and intensity of exercises are also determinants to induce changes in bone metabolism of postmenopausal women. Not only osteo-anabolic exercises should be recommended; activities aimed to develop muscle strength and body balance and improve the proprioception should be encouraged to prevent falls and fractures.⁶

Physical activity or exercise for preventing osteoporotic fractures is indicated. Baert et al. researched the specific motivators for and barriers to physical activity (PA) in older adults with osteoporosis. The results showed to give a broad interpretation of what they considered as PA (practicing sports, physical work, and performing household activities), whereas the professionals seemed to mainly focus on therapeutic exercise as PA.⁷

Though osteoporosis is considered as geriatric problem but Janz et al.⁸ showed a positive effect of physical activity on bone strength and suggests benefits of childhood physical activity to the prevention of osteoporosis.

Strophe et al. showed that physical activity during growth increases bone mass and strength with benefits persistent, the authors concluded physical activity associated bone loading both during and after skeletal growth improve adult bone mass. Children and teens should get at least an hour of physical activity every day and adults should get at least 30 minutes of moderate physical activity every day.⁹

Disuse osteoporosis are often identified as decreased bone mass, it is common in patients subjected to prolonged immobility and bed-rest.¹⁰

Hakestad¹¹ et al. described rehabilitation program combining the use of weight vests and patient education in patients with

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AN INTERNATIONAL BI-LINGUAL REFEREED RESEARCH JOURNAL

NUTRITIONAL STATUS: BEGET OF BONE HEALTH

Mockoul B*

□ Dr. Lakesh Reshma**

ABSTRACT

The present study comparatively assessed the bone mass density among women subjects of low socio-economic and middle socio-economic status on the basis of their food habits. To conduct the study, 300 women from Durg district belonging to mentioned social class were selected as subjects. The subjects selected were healthy and premenopausal. Bone mineral density of the subjects was tested by the calcaneal bone densitometer. A schedule to enquire about food habits including quantity and type of food and their frequency for the past one month was filled by the respondents. The obtained scores on food habits questionnaire was tabulated and median \pm S.D. was used to bifurcate cases into good and poor food habits. Results indicate that the bone mineral density status of women with poor food habits was found to be significantly inferior as compared to women subjects with good food habits. This interpretation is made on the basis of bone mineral density classification in which t-scores below -1 indicate presence of bone disease such as osteopenia/ osteoporosis. It was concluded that socio-economic status and food habits play an important role as far as management of bone density is concerned.

Keywords: Bone mass density, nutrition, osteoporosis socioeconomic status

Introduction

Bones are rigid organs that constitute part of the endoskeleton of vertebrates. They support and protect various organs of the body, produce red and white blood cells and store minerals.¹

At birth, there are over 270 bones in an infant human's body, but many of these fuse together as the child grows, leaving a total of 206 separate bones in an adult.²

Bone tissues are living and are continuously remodeled. As a dynamic tissue, it adapts and responds to various stimuli, such as physical exercise and mechanical vibration.³

Peak bone mass is typically achieved by late adolescence. The stronger a person's bones are at this time, the better the person is able to deal with resorption (loss) of bone that occurs with aging.⁴

Low Bone Mass Density is a major problem in developing as well as developed countries. Effect of life

style changing factors pose negative impact on BMD, such as dependency on vehicles for even small distances, advancements in house hold activities, an increase in sedentary work frame, use of processed foods rich in calorific value, excessive use of caffeinated beverages and moreover low exposure to sun.

Osteoporosis is an osteo-metabolic disease characterized by substantial loss of bone mass and microarchitecture deterioration of bone tissue, affecting bone quality and strength and increasing fracture risk. Fractures affect the muscle and the skeletal systems, cause chronic pain, loss of functional capacity and compromise quality of life.⁵

Dietary intake and food habits play an important role in maintaining healthy bones.

In a study by Shelly Hagen et al. (2011) it was shown that the nutrition helps in building and maintaining bone mass by providing bone-building

*Dy HOD



NUTRITION CONSUMPTION IN CONTEXT OF CERVICAL CANCER PATIENTS

Dr. Lakhesh Reshma**
 Sambhakar Padmini*

ABSTRACT

Cervical cancer is the second leading malignancy among females in developing countries, including India. Though the human papilloma virus appears to be a causative agent for this cancer, other risk factors are sexual and reproductive patterns, socioeconomic, personal hygiene and diet. The dietary intake of vitamins like vitamin A, vitamin E, vitamin C, and antioxidants etc. to have protective effects against cervical cancer. This study was aimed to know food consumption pattern of cervix cancer patients during treatment. A total of 60 cervix cancer patients were enrolled from hospital taken as a subject for study. Result found the overall food consumption was very low.

Keywords : Cervical cancer, socio economic, food consumption.

Introduction

Cervical cancer is the second leading malignancy among females in developing countries, including India. The primary underlying cause of the disease is the infection of human papilloma virus (HPV). It usually takes nearly 10–20 years for a precancerous lesion to develop into cancer. Though effective intervention exists, 95% of women in developing countries have never been screened. The factors like the age at marriage, age at consummation of marriage, parity, and history of promiscuity, and the use of oral contraceptives have also proven to be associated with cervical cancer. Dietary patterns have a protective effect against the development of a variety of cancers, particularly those of the epithelial origin. Carotenoids, vitamin A, vitamin C, and folate may reduce the risk of cervical cancer. The increased intake of fruits and vegetables is found to be protective against the incidence of cervical cancer. This study attempts to provide data on the food consumption pattern and to suggest required nutritional changes for cervical cancer patients.

Materials and Methods

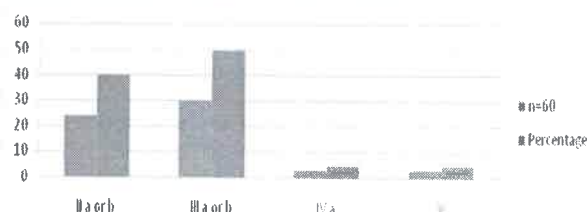
This was a hospital based study undertaken in

Raipur to study the food consumption pattern of cervical cancer patients. The Sanjeevani Cbcc USA Cancer Hospital was selected for the study. A total of 60 cervix cancer patients were enrolled from hospital. An interview method was adopted where in general information age, occupation, income, marital status, education, age at marriage and type of diet was obtained. Food frequency methods were used to obtain the information of their food consumption pattern.

Result

Table 1: Staging of the selected subjects

Stage	(n=60)	Percentage
II a or b	24	40%
III a or b	30	50%
IV a	3	5%
V	3	5%



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Rising of Juvenile crimes in context of Chhattisgarh

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ABSTRACT

The main objective of this research Paper is to know the reasons of rise in juvenile crimes in a peaceful state like Chhattisgarh, as when it comes to protection of children, our state seems to be in serious conflict with protection of children and their rights. Violence against children can be physical and mental abuse and injury, neglect or negligent treatment, exploitation and sexual abuse. It can take place at homes, schools, orphanages, and residential care facilities, on the streets, in the workplace, in prisons and in places of detention. And this can effect the normal development of a child impairing their mental, physical and social being. In extreme cases abuse of a child can result in death.

INTRODUCTION

Violence against children can be "physical and mental abuse and injury, neglect or negligent treatment, exploitation and sexual abuse. Violence may take place in homes, schools, orphanages, residential care facilities, on the streets, in the workplace, in prisons and in places of detention." Such violence can affect the normal development of a child impairing their mental, physical and social being. In

extreme cases abuse of a child can result in death. Child abuse has many forms: physical, emotional sexual, neglect, and exploitation. Any of these that are potentially or actually harmful to a child's health, survival, dignity and development are abuse. This definitions is derived from the W.H.O. Chhattisgarh seem to be in serious conflict with protection of children and their rights. As per the latest figures released by National Crime Records Bureau (NCRB) state is placed 5th in the country with regards to rape of minors while 6th in crimes against children that include rape and abductions.

Physical abuse is when a child has been physically harmed due to some interaction or lack of interaction by another person, which could have been prevented by any person in a position of responsibility, trust or power.

Emotional abuse can be seen as a failure to provide a supportive environment and primary attachment figure for a child so that they may develop a full and healthy range of emotional abilities. Emotional abuse is also the act of causing harm to a child's development, when they could have been within reasonable control of a person responsible for the child. Examples of these acts are restricting movement, threatening, scaring, discriminating, ridiculing, belittling, etc. In India a rising concern is the pressure children feel to perform well in school and college examinations, which can be seen as a form of emotional stress and abuse. Sexual abuse is engaging a child in any sexual activity that he/she does not understand or cannot give informed consent for or is not physically, mentally or emotionally prepared for. Abuse can be conducted by an adult or another child who is developmentally superior to the victim. This includes using a child for pornography, sexual materials, prostitution and unlawful sexual practises.

Neglect or negligent treatment is purposeful omission of some or all

Short Communicastion (SS-I)

A CONCUSSION ON BONE HEALTH : UNHEALTHY FOOD HABITS

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ABSTRACT

The present study is a comparison of good food habits and poor or unhealthy food habits of premenopausal women folk of Durg district of Chhattisgarh region of India, hailing from middle socio economic status (MSES). This has revealed an important fact that apart from various factors such as physical activities, genetics, hormonal imbalances, medication and some physical ailments which become a reason for immobility, maintaining a balanced dietary regime, institutes itself as a prime factor with reference to bone density. Bone mineral density of the subjects was tested by the calcaneal bone densitometer. A schedule to enquire about food habits including quantity and type of food and their frequency for the past one month was filled by the respondents. The obtained scores on food habits questionnaire was tabulated and median \pm S.D. was used to bifurcate cases into good and poor food habits. A pretested questionnaire based on scores was used to find out Socio-economic status which included educational status, type of job, resources in possession, stature, number of kids, economic status etc. This interpretation is made on the basis of bone mineral density classification in which scores indicate presence of bone disease such as osteopenia or osteoporosis.

Key Words : Bone Mineral Density (BMD), Osteoporosis, Osteopenia, Bone densitometer

INTRODUCTION

Bones give structure to the body, help in moving and protecting our internal organs. Bones are made up of complex mixture of minerals (calcium, phosphate, magnesium) and various kinds of collagen and non-collagen proteins. Bone is a living tissue that changes constantly; the old bones are removed and replaced by new ones.¹⁻⁴ Osteoporosis is characterized by low bone mass with micro architectural deterioration of bone tissue leading to enhanced bone fragility. This increases the susceptibility to fracture. Osteoporosis is a silent disease, reflected only in a low bone density, till a fracture occurs.⁵ Risk factors for osteoporosis include aging, being female, low body weight, low sex hormones such as during menopause, smoking and medication. The bone mineral density (BMD) is tested to determine the bone loss at an early stage.⁶⁻⁹ Studies have provided evidence that weight in infancy is a determinant of bone mass in

adulthood.¹⁰ Childhood and adolescence are particularly valuable times to improve bone mass through good nutrition and exercise.¹¹ Peak bone mass is typically achieved by late adolescence. The stronger a person's bones are at this time, the better the person is able to deal with resorption (loss) of bone that occurs with aging.¹² Nutrition plays a major role in the development and maintenance of bone structures resistant to usual mechanical loadings. In addition to calcium in the presence of an adequate vitamin D supply, proteins represent a key nutrient for bone health, and thereby in the prevention of osteoporosis.¹³ Bone-healthy diets should include adequate amounts of protein, plenty of vegetables and fruits, minimal amounts of sodium, and sufficient calcium and vitamin D.¹⁴ A study revealed that hypo energetic diets higher in dairy foods, dietary calcium, and protein with daily exercise, favorably affected important bone health biomarkers vs. diets with less of these bone-supporting nutrients.¹⁵

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Effect of Food Habits on Bone Mass Density

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ABSTRACT

The present study comparatively assessed the bone mass density among women subjects of low socio-economic and middle socio-economic status on the basis of their food habits. To conduct the study, 300 women from Durg district belonging to mentioned social class were selected as subjects. The subjects selected were healthy and premenopausal. Bone mineral density of the subjects was tested by the calcaneal bone densitometer. A schedule to enquire about food habits including quantity and type of food and their frequency for the past one month was filled by the respondents. The obtained scores on food habits questionnaire was tabulated and median \pm S.D. was used to bifurcate cases into good and poor food habits. Results indicate that the bone mineral density status of women with poor food habits was found to be significantly inferior as compared to women subjects with good food habits. This interpretation is made on the basis of bone mineral density classification in which scores below -1 indicate presence of bone disease such as osteopenia/ osteoporosis. It was concluded that socio-economic status and food habits play an important role as far as management of bone density is concerned.

Keywords: Bone mass density, nutrition, osteoporosis socioeconomic status

Introduction

At birth, there are over 270 bones in an infant human's body, but many of these fuse together as the child grows, leaving a total of 206 separate bones in an adult.

Bone tissues are living and are continuously remodeled. As a dynamic tissue, it adapts and responds to various stimuli, such as physical exercise and mechanical vibration.¹

Peak bone mass is typically achieved by late adolescence. The stronger a person's bones are at this time, the better the person is able to deal with resorption (loss) of bone that occurs with aging.²

Low Bone Mass Density is a major problem in developing as well as developed countries. Effect of life style changing factors pose negative impact on BMD, such as dependency on vehicles for even small distances, advancements in house hold activities, an increase in sedentary work frame, use of processed foods rich in calorific value, excessive use of caffeinated beverages and moreover low exposure to sun.

Osteoporosis is an osteo-metabolic disease characterized by substantial loss of bone mass and microarchitecture deterioration of bone tissue, affecting bone quality and strength and increasing fracture risk. Fractures affect the muscle and the skeletal systems, cause chronic pain, loss of functional capacity and compromise quality of life.³

In a study by Shelly Hagen et al. (2011) it was shown that the nutrition plays an important role in building and maintaining bone mass by providing bone-building nutrients and



RESEARCH ARTICLE

GENDER AS A PREDICTOR OF STRESS COPING STRATEGIES

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ABSTRACT

The objective of present empirical piece of research work is to examine the predicting effect of gender on stress coping strategies. Following the stratified random sampling technique 360 college going students within the age range of 18 to 21 years were drawn from different college of, Durg districts, to serve as participants in the present research work. In present research work correlational research design was employed. Stress coping strategies were measured by coping resistance scale (Shrivastva, 2001). Regression analysis was used to examine the predicting effect of gender on stress coping strategies. Results of study indicated that, gender was significant predictor of stress coping strategies. It is concluded that there is sufficient empirical and statistical evidence of the predication effect of gender on stress coping strategies.

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INTRODUCTION

Adolescence is a hallmark period of transition between childhood and adulthood. It is characterized by significant changes in brain, hormones, physical, cognitive, and socio-emotional development (Evans and Seligman, 2005). Dahl (2004) has defined adolescence as beginning with the onset of puberty and ending with the achievement of adult roles and responsibilities. The age span of 10 to 24 years is often used as a working definition, and it is further developed into three sub-stages, including early adolescence, middle adolescence, and late adolescence (American Academy of Child and Adolescent Psychiatry, AACAP, 2000). A number of dramatic and unique changes occur during adolescence. These changes contribute to increased risk of depression during this developmental period (Compas et al., 1993). During adolescence, puberty usually begins at about ages 10 to 12 in girls and 12 to 14 in boys (Hofman and Greydanus, 1997). For most adolescents, puberty involves breast budding and menstruation in girls and growth in testicles and penis, wet dreams, and deepening of voice in boys (AACAP, 2000). Adolescents who are unprepared for these physical changes may have difficulties. They may feel awkward about their self and body and worry about if they are normal (AACAP, 2000). Research findings suggest that early physically maturing girls and late maturing boys appear to be at increased risk for a number of problems including depression (Ge et al., 2001; Graber, Lewinsohn et al., 1997). Furthermore, as adolescents move from childhood to adolescence, they tend to have increased conflicts with their parents due to the drive for independence. Previous studies show that escalating parent-adolescent conflict predicted increases in adolescent internalizing symptoms (Rueter et al., 1999). At the same time, adolescents have increased time spent with peers, and peer relationships become especially important in their life. Peer difficulties, including perceived peer rejection, are significantly associated with self-reported depression in adolescents (e.g., Panak and Garber, 1992; Prinstein and Aikins, 2004). Finally, from childhood to adolescence, reports of major stressful life events also increase for both boys and girls (Ge et al., 1994), and a clear empirical link exists between stress and depression in adolescents (e.g., Connor-Smith and Compas, 2002; Meadows et al., 2006). Thus, it can be expected that stress including prevalence and severity, may increase during adolescence compared to childhood. Coping style plays an important role in mediating between a stressful experience and the psycho physiological reactions to that experience, but research into the relationship between gender and coping style has produced mixed results. Some researchers have found no consistent differences between men's and women's coping styles (Pritchard and Wilson, 2006; Hamilton and Fagot, 1988), while others have found that women use more emotion-focused coping strategies whereas men use more problem-focused strategies (Miller and Kirsch, 1987; Matud, 2004; Folkman, Lazarus, Dunkel-Schetter, DeLongis, and Gruen, 1986; Day & Livingstone, 2003). In general, problem-focused coping has been found to be more effective than emotion-focused coping, which is associated with psychological distress (Sigmon, Stanton, and Snyder, 1995). Coping strategies are known to influence an individual's experience of stress. For most students, managing

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RESEARCH ARTICLE

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A STUDY ON EMPTY NEST SYNDROME AMONG MIDDLE AGED MEN AND WOMEN

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ABSTRACT

This study was premeditated to study the interactional effect of emotional intelligence, dependence proneness and gender in empty nest syndrome among middle aged men and women. A sample of 480 middle age men and women (240 male and 240 female) were randomly drawn from twin city of Bhillai and Durg. A survey method through questionnaire was used for data collection. Empty Nest syndrome of subjects assessed with the help of self made questionnaire of empty nest syndrome which was standardised before survey, Emotional Intelligence Inventory (E.I.I by Bar On's 1997) adopted by Mishra (2000) and Dependence Proneness scale constructed and standardized by Sinha, (1975) was used. After ensuring the homogeneity of variance the scores of empty nest syndrome was subjected to 2 x 2 factorial design of ANOVA treatment to work out the main effects of the three factors viz. gender, emotional intelligence and dependence proneness. The interactional effect of emotional intelligence and dependence proneness on empty nest scale empty (F=0.875) which is also found to be insignificant at 0.05 confidence interval ($p < 0.05$) therefore our first two factor interactional hypothesis that the subjects with high emotional intelligence and low dependence proneness would score higher in empty nest scale than the subjects with low emotional intelligence and high dependence proneness has been rejected. The interactional effect of gender and emotional intelligence on empty nest scale (F=25.446**) which is significant at 0.01 confidence interval (**P>0.05) therefore our second main hypothesis that middle aged male with high emotional intelligence would score lower in empty nest scale than low emotional intelligence middle aged female has accepted. The interactional effect of emotional intelligence and dependence proneness on empty nest syndrome (F=0.057) which is found to be insignificant at 0.05 confidence interval ($p > 0.05$) therefore our third interactional hypothesis that the middle aged male with high dependence proneness will score significantly lower in empty nest syndrome than the middle aged female with low dependence proneness has been rejected.

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INTRODUCTION

Experimental studies on "Emotional intelligence, Dependence proneness and effect of gender in empty nest syndrome" in Indian framework have not yet been conducted. Attentiveness about Empty Nest Syndrome is very exceptional some individual barely heard about this topic. So, the purpose of present study is to examine the role of emotional intelligence, dependence proneness and effect of gender in empty nest syndrome. "Empty nest refers to a home that has contained a family of one or more children, who now have left home". Empty-nest syndrome is a result of emptiness in an individual's life. This could be due to loss of spouse, loss of routine work, retirement and grown children becoming independent.

Empty Nest Syndrome is the emotional response of a parent when their child/children leave home to get on on a new life. This is usually due to college or university commitments but can also be caused by gap year travel plans and other opportunities that require independence and accountability for self. The marriage of a child can also create the same feelings. If the bond with your child has always been mainly close a parent will certainly experience pangs of uneasiness once the young adult is ready to run away from the home/nest. Until now a parent's most important focus has been centred on the comfort and rearing of the child. Now that they are ready to leave home parental support may appear to become redundant. It is this feeling of loss and sadness that creates an emotional response in the parent and this can sometimes be more acute, or severe, than expected. Empty nest refers to a home that has contained a family of one or more children, who now have left home. Barber's (1989) definition of the term "empty nest refers to the years a couple spend together between the launching of their last child and the death of one of the spouses.

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RESEARCH ARTICLE

IMPACT OF INFORMATION, COMMUNICATION AND SOCIAL BUSINESS TECHNOLOGY ON MICRO, SMALL AND MEDIUM-SIZED ENTREPRENEURSHIP IN CHHATTISGARH: A SHORT REVIEW

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ABSTRACT

This review paper discusses the potential role of the adoption of information, communication, and technology (ICT) and social business tools based digital technologies (DT) in micro, small and medium-sized enterprises (MSMEs). Chhattisgarh is one of the fastest growing states in India and is amongst the richest states in terms of natural and mineral resources. The State has an excellent educational ecosystem with Indian Institute of Management, Indian Institute of Technology, International Institute of Information Technology, National Institute of Technology, All India Institute of Medical Sciences, National Law University successfully operational. Micro, Small and Medium-sized Enterprises (MSMEs) form the backbone of the Indian economy making large contributions to important economic indicators as well as household incomes. A literature review pertaining to ICT and DT initiatives that can support MSMEs was conducted and is reported here briefly.

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INTRODUCTION

Micro, Small and Medium-sized Enterprises

Micro, Small and Medium-sized Enterprises (MSMEs) form the backbone of the Indian economy making large contributions to important economic indicators as well as household incomes. The 2015-16 Annual report published by the Ministry of Micro, Small and Medium Enterprises reports that India is home to 51 million MSMEs. The report also states that MSMEs contributed 37.5 per cent of India's GDP (MSME Annual Report, 2015-16) and 37 per cent of the manufacturing output (MSME Annual Report, 2015-16) underlining their strategic importance to the Indian economy. Equally important, MSMEs employed 117 million people that is 14 per cent of India's working age population (MSME Annual Report, 2015-16). The Indian economy has emerged as the fastest growing major economy in the world (India's economic growth is still the envy of the world, 2016). The Government's Twelfth Five Year Plan includes a vision to lift annual GDP growth to 8 per cent and to create additional 50 million job opportunities in the non-farm sector (Twelfth Five Year Plan (2012/2017)). The Plan repeatedly highlights the importance of Micro, Small and Medium-sized enterprises (MSMEs), skill development and

internet connectivity to achieve these objectives. Digital technologies have transformed the landscape in which MSMEs operate. This is led by consumers going online, especially on mobile. According to the study by TRAI and BCG-Google, India has mobile subscriptions to the tune of 1.03 billion and internet users to the tune of 350 million (Telecom Regulatory Authority of India (TRAI) May 2016 and Digital Payments 2020). These users increasingly discover, engage and transact with businesses online. Digital technologies assist businesses in innovation and achieving greater efficiencies with the help of enhanced communication tools and digital productivity gears; for example, Enterprise Resource Planning (ERP) and Customer Relationship Management (CRM) systems. Despite significant digital dividends, digital adoption by Indian MSMEs is extremely low. The report shows that a staggering 68 per cent of MSMEs in India are completely Offline and only 2 per cent of MSMEs are digitally engaged (Analysis of ITOPS™ Business 2016/ ITOPS™ Business 2015 and primary data collected by Kantar IMRB). It identifies low awareness of the benefits of digital technologies, lack of digital skills and knowledge, and limited internet infrastructure as the key reasons for such low uptake. Given the importance of MSMEs, the government has launched several initiatives to get more SMBs to digitize. All these initiatives make it easy to access Government services such as filing taxes and registering businesses online. Additionally, under the Digital India initiative the government aims to train 10 million students to

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2017

Effect of Emotional Intelligence, Dependence Proneness and Gender in Empty Nest syndrome among middle age men and women

* Babita Dubey
** Vijaylaxmi Singh

Abstract- The present study was undertaken to examine the effect of Emotional Intelligence, Dependence Proneness and gender in Empty Nest syndrome among middle age men and women. A sample of 480 middle age men and women (240 male & 240 female) were randomly drawn from twin city of Bhilai and Durg. A survey method through questionnaire was used for data collection. Empty Nest syndrome of subjects assessed with the help of self made questionnaire of empty nest syndrome which was standardised before survey, Emotional Intelligence Inventory (E.II by Bar On's 1997) adopted by Mishra (2000) and Dependence Proneness scale constructed and standardized by Sinha, (1975) was used. After ensuring the homogeneity of variance the scores of empty nest syndrome was subjected to 2 x 2 factorial design of ANOVA treatment to work out the main effects of the three factors viz. gender, emotional intelligence and dependence proneness. The mean score of empty nest syndrome with respect to emotional intelligence ($F=33.844^{**}$) which is also found to be significant at 0.01 confidence interval ($**p>0.01$) therefore our first main hypothesis that middle aged men and women with high emotional intelligence would score less in empty nest syndrome than low emotional intelligence middle age men and women has accepted. The mean score of empty nest with respect to dependence proneness ($F=4.690^*$) which is significant at 0.05 confidence interval ($*P>0.05$) therefore our second main hypothesis that middle aged men and women with high dependence proneness will have high level of empty nest syndrome than the middle aged men and women with low dependence proneness has accepted. The mean score of empty nest syndrome with respect to gender ($F=18.133^{**}$) which is found to be significant at 0.01 confidence interval ($**p>0.01$) therefore our third main hypothesis that the middle aged women would show significantly high in empty nest syndrome has accepted.

Introduction: Empty nest syndrome is a disorder that occurs when a parent's child/children have all grown into adulthood and departed of the house. The

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parents. Most parents don't even become conscious how many of the children's maturity is going to affect them until the day comes for the child to leave. Empty-nest syndrome can occur with either parents but it is more common among mothers. A gloominess and feeling of loneliness wash over the parents. Without their children staying with them to guide and nurture they are lost. This occurs because so many years were spent identifying themselves as parents. Parents who were particularly close to their children will suffer from empty-nest the most. There are serious side effects with the depression that should be treated and taken seriously. The western civilization cares less about extended families unlike the culture; this empty-nest syndrome is widespread in many countries. The elderly are shuffled to nursing homes not cared for by loved ones. A similar condition to empty-nest can occur when a close child gets married.

Emotional Intelligence:

According to Mayer and Salovey(1990), "Emotional intelligence (EI) is the ability to monitor one's own and others feelings and emotions to discriminate among them and to use information to guide one's thinking and action". It is one of the recent and major developments in the area of intelligence. The management of emotions has given rise the term "Emotional intelligence". It can be understood as a feeling side of intelligence. The inclusion of emotion and intelligence as a positive ability under the caption of Emotional Intelligence(EI) was proposed by Salovey and Mayer(1990) It was described as a person's ability to understand his or her own emotions and the emotions of others and to act appropriately based on this understanding.

Dependence Proneness:

Dependence proneness is a kind of response disposition. Dependency is one of the basic models of interpersonal relationship. However if dependency instead of being instrumental becomes invested with positive effect so much .So that the person tends to lean on others in situations where dependency may not be functional 'he show dependence proneness. The corresponding behaviour pertaining to dependence proneness are looking others for order, seeking favours of persons having a higher status undue conformity to standards of behaviour, avoiding responsibility, etc. Dependence proneness is operationally defined as a motivational habit of over dependence on others in situations in which dependence is not necessarily called for. It is not a clever strategy to win over a situation nor a means to achieve some useful purpose rather it is a tendency or an inner inclination to run to others without exhausting one's own resources.

Tallner (1989). Described the phenomenon of the empty nest as a syndrome that must be viewed in terms of

2017

BEHAVIORAL ASPECT AND STRESS PHYSIOLOGY

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ABSTRACT

There is considerable interest in the study of stress and aggression (behavior) in primates as a model for their interpretation in humans. Despite methodological and interpretational problems associated with behavioral and physiological measurement, a considerable body of literature exists on these phenomena in primates. The sources of variation in stress and aggression, including species identity, sex, age, breeding and social status, individual temperament, background, learning and resource distribution. This is followed by an examination of the interaction between stress and aggression before reviewing the most important areas in which changes in both stress and aggression are measured. This review reveals the complex and often contradictory nature of relationship between its stress status and aggression (behavior).

KEYWORDS: Behavior, Characteristics.

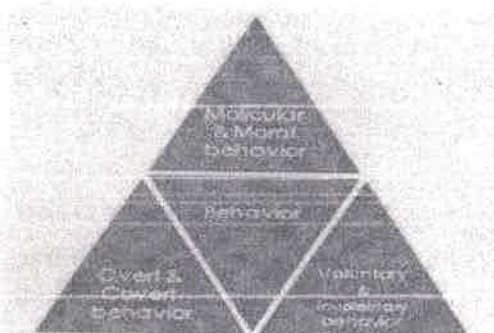
BEHAVIOR

A response of an individual or group to an action, environment, person or stimulus is called behavior. Behavioral psychology maintains that behavior is both conditioned and determined by its own outcomes or consequences (rewards and punishments). Human behavior can be understood by investigating animal behavior. Only the observable and measurable aspects of a behavior are worth investigating. Repetition alone brings mastery which is the same as understanding. Knowledge is something given by an instructor and taken (acquired) by a learner. An instructor should focus on changing the learner's behavior and not his or her thinking patterns; and mind (and thus consciousness) does not exist as far as scientific investigation is concerned,

CLASSIFICATION OF HUMAN BEHAVIOR

To analyze and measure the behavior psychologists have divided behavior into different

classes. Classification of human behavior given below-



MOLECULAR AND MORAL BEHAVIOR

Molecular Behavior

The sudden behavior what occurs without thinking something is called molecular behavior.

Example: Abul hits a stick on Kuddus eyes and Kuddus closes his eyes at once. This is molecular behavior. Unpredictable situation whereas Kuddus has not any preparation to his eyes or face situation.

Moral Behavior

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Impact of Yoga on Personality Improvement : An Indian Perspective

Introduction

The study of human personality has always been viewed as a fascinating topic which has a universal appeal. Ancient philosophers and modern psychologists have made several attempts to define personality. One of such most appropriate and accepted definition was proposed as "personality is a product of the dynamic and characteristic organization within the individual and psychological structures or system and their interaction with the environment (Allport, 1961). Indian thought about personality has been pursued consistently from the time of Vedas and Upanishads (Ancient Indian Literatures).

Concept of Personality: From Basic to "Big-five" Factors

Personality is a successful predictor of many human attributes because it refers to traits within the individual that determine or affect one's behavior. Modern personality psychologist preferred to study personality in terms of 'traits'. The trait of 'Extraversion-Introversion' is a central dimension of human personality, which was first proposed by Carl Jung (1921). Extraversion is characterized by positive emotion, and the tendency to seek out stimulation and the company of others. While Introversion is the tendency of toward being predominantly concerned with and interested in one's own mental life. Another important dimension 'Stability-Neuroticism', given by Eysenck, ranges from normal, fairly calm, and collected people to those who tend to be quite 'nervous' and possessing negative emotions, such as anxiety and depression, resulting in personality problems.

Research conducted during the past twenty years has concluded that there are five key or central dimensions of personality, labeled as "Big-Five". (Baron, 2006). The "Big-Five" factors includes-

1. **Extraversion:** A dimension ranging from energetic, enthusiastic, sociable and talkative at one end to reserved, silent, sober, and cautious at the other.
2. **Agreeableness:** A dimension ranging from good-natured, cooperative, trusting, and helpful at one end to irritable, suspicious, and uncooperative at the other.
3. **Conscientiousness:** A dimension ranging from well-organized, careful, self-disciplined, responsible, and precise at one end to disorganized, impulsive, careless at other end.
4. **Emotional stability:** A dimension ranging from poised, calm, composed at one end to nervous, anxious, high strung at the other end.
5. **Openness to experience:** A dimension ranging from imaginative, witty, and having broad interests at one end to down-to-earth, simple, and having narrow interests at the other.

Modern theories of personality throw emphasis on the 'Humanistic Approach' in which the concept of "self actualization" was highly appreciated by Rogers and Maslow. It is the stage of personal development in which individuals reach their maximum potential. Self actualized people accept themselves by recognizing their shortcomings as well as strength. Being aware of the rules im-

ABSTRACT - Yogic personality refers to an integrated and balanced personality, of which body, mind and spirit are integral components. The present paper deals with the importance of 'yogic lifestyle' as mentioned in ancient Indian scriptures and throwing light upon the benefits of yoga in the attainment of balance between materialistic world and one's inner 'Self', resulting in the achievement of a balanced and healthy personality.

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Emotional Intelligence and School adjustment of adolescents

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Adolescents from nuclear family were significantly better adjusted in school than their counterparts from single parent families. The adolescents who had better mental health states were better adjusted, and achieved more in school, and significant gender differences were evident for scholastic achievement (Mahajan and Sharma, 2006). Majority of boys and girls scored in 'average' category on school adjustment and self-confidence. Gender differences were insignificant on all the aspects of school adjustment and self-confidence and the school environment indicated no correlation with self-confidence and school adjustment of students except on social adjustment (Paliwal, Dube and Mathur, 2006). The emotionally stable adolescents scored significantly higher on

Abstract

The present study was conducted to find out the impact of emotional intelligence on adjustment of school going adolescents. One hundred and twenty adolescents (60 Boys and 60 Girls) with an age group ranging between 14 to 17 years studying in eleventh standard were taken as sample for present study. 'Mangal Emotional Intelligence Inventory' (MEII) by Mangal and Mangal (2004) and 'Adjustment Inventory for School students' (AISS) by Sinha and Singh (1993) were used to measure the emotional Intelligence and school adjustment of the sample respectively. Mean and S.D. was calculated and t-test was used to analyze the obtained data. Results revealed the significant positive effect of emotional intelligence on school adjustment of boys and girls. However, any gender difference was not found regarding school adjustment.

Introduction

The term 'Emotional Intelligence' refers to the ability to recognize one's own feelings and the feelings of those around them. In addition to this we can say that it is the ability to self regulate emotions and manage them in others. Mayer and Salovey (1990) defined Emotional Intelligence as "the ability to monitor one's own and other's feelings and emotions to discriminate among them and to use the information to guide one's thinking and actions". Individuals having a good emotional intelligence are able to relate to others with compassion and empathy, having well developed social skills and use this emotional awareness to direct their actions and behavior. Therefore it plays a vital role in making good interpersonal relationships, communication and

adjustment of a person with its surroundings.

Adjustment generally means the relationship between the individuals and their environment. It is a capacity of an individual's personality to function efficiently in relation to other peoples around. It is a state of harmonious relationship between a person and his environment. Therefore, successful adjustment is necessary for continued living and also for a better life. The problem of maladjustment among the adolescents of today's world is a burning issue to be studied. The period of adolescence is often marked by struggles in social and emotional development, which creates extra burden and mental pressure upon them, resulting in symptoms of emotional distress which may include low frustration tolerance, lack of self confidence, poor social skills and lack of adjustment, especially in school. School constitutes a large part of an adolescent's existences. During this period adolescents face a number of problems including fear of going to school like dropping out, lack of motivation and academic underachievement. There are so many factors responsible for all these social and psychological problems of adolescents and one of them must be lack of adjustment in school. School adjustment means an adjustment task of dealing successfully with school and experiences attached with school Dutt (1983). Good adjustment at school makes the students proud and self satisfied, motivates them for further success, encourages them to be an independent thinking person and builds their confidence,

Adolescents from nuclear family were significantly better adjusted in school than their counterparts from



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पॉलीथीन के प्रयोग से उत्पन्न समस्या व समाधान

प्रस्तुत शोधपत्र में पॉलीथीन के प्रयोग से उत्पन्न समस्या व समाधान पर चर्चा की गई है। प्लास्टिक की समस्या से निपटने के लिए सबसे पहले प्लास्टिक को पूर्ण रूप से नष्ट किया जाना चाहिए। प्लास्टिक की समस्या से निपटने के लिए भारत सरकार ने 1 जनवरी 2016 को प्लास्टिक पर पूर्ण रूप से प्रतिबंध लगा दिया है, जो कि सराहनीय कदम है। प्लास्टिक की समस्या बहुत बड़ी समस्या है, इससे निपटने के लिए भारत सरकार तथा आम जनता को एकजुट होना चाहिए और प्लास्टिक का पूर्ण बहिष्कार किया जाना चाहिए, जिससे पर्यावरण को दूषित होने से रोका जा सके। कुँजी शब्द : पॉलीथीन, प्लास्टिक समस्या।

श्रीमती रीना ताम्रकार* एवं डॉ. मोनीया राकेश सिंह**

प्रस्तावना :

आजकल प्लास्टिक से बनी वस्तुएँ लोगों के जीवन का एक अहम हिस्सा है, प्लास्टिक का उपयोग हर क्षेत्र में हो रहा है। सबसे अधिक उपयोग खाने-पिने के चिजों के संग्रहण में हो रहा है। मेडिकल तथा मेडिसीन के क्षेत्रों में भी प्लास्टिक महत्वपूर्ण भूमिका रखता है।

इतने महत्वपूर्ण होते हुए भी प्लास्टिक हानिकारक है, यह प्राकृतिक रूप से सड़ता-गलता नहीं है, जो पर्यावरण को दूषित करने के लिए जिम्मेदार है। प्रतिवर्ष पूरे विश्व में लगभग 500 खरब प्लास्टिक बैग का प्रयोग किया जाता है, इस प्रकार प्रति मिनट एक अरब से भी अधिक बैग का प्रयोग किया जाता है तथा इनके कारण हमारा पर्यावरण प्रदूषित हो रहा है।

अध्ययन का उद्देश्य :

शोध पत्र का अध्ययन का उद्देश्य प्लास्टिक के प्रयोग से जो समस्या उत्पन्न हो रही है, उसे बताना व उसका समाधान निकालना। अध्ययन पद्धति :

प्रस्तुत शोध पत्र में द्वितीयक स्रोतों का प्रयोग किया है।

प्लास्टिक से उत्पन्न समस्या :

पूरे विश्व में भारत में प्लास्टिक का प्रयोग अधिक किया जाता है, प्लास्टिक के प्रदूषण के कारण तथा हमारे प्लास्टिक बैग के अनावश्यक उपयोग करने के कारण हमारा ग्रह संक्रमित हो रहा है, प्लास्टिक के कुछ नुकसानदायक प्रभाव इस प्रकार हैं :

(1) प्रतिवर्ष अधिक से अधिक प्लास्टिक पर्यावरण को खराब कर रहे हैं, ये प्लास्टिक पानी के स्रोतों, उद्योगों, समुह के किनारे सड़कों पर मिल जाते हैं, इससे प्राकृतिक दृश्य खराब होता है।

(2) प्लास्टिक पशुओं को मारते हैं, कई जानवर इन्हें खाने की चीज समझकर खा लेते हैं और इनसे उनकी मृत्यु हो जाती है।

(3) प्लास्टिक प्राकृतिक तरीके से विघटित नहीं होता है, इससे पर्यावरण पर सबसे अधिक दूषणभाव पड़ता है।

(4) प्लास्टिक प्रदूषण फैलाने के साथ-साथ जानलेवा बीमारियाँ तथा संक्रमण भी फैल जाते हैं।

प्लास्टिक से उत्पन्न समस्या का समाधान :

प्लास्टिक की समस्या से निपटने के लिए सबसे पहले प्लास्टिक को पूर्ण रूप से नष्ट किया जाना चाहिए। प्लास्टिक की समस्या से निपटने के लिए भारत सरकार ने 1 जनवरी 2016 को प्लास्टिक पर पूर्ण रूप से प्रतिबंध लगा दिया है, जो कि सराहनीय कदम है।

प्लास्टिक को अगर नष्ट नहीं किया जाए, तो उसे पुनः चक्रित कर दोबारा उपयोगी बनाया जाए, प्लास्टिक को इधर-उधर न फेंक कर कूड़े-दान में डालें।

निष्कर्ष :

प्लास्टिक की समस्या एक बहुत बड़ी समस्या है, इससे निपटने के लिए भारत सरकार तथा आम जनता को एकजुट होना चाहिए और प्लास्टिक का पूर्ण बहिष्कार करना चाहिए, जिससे पर्यावरण को दूषित होने से रोका जा सके।

संदर्भ :

(1) www.google.com

(2) www.shodhganga.com

(3) महाजन, धर्मवीर एवं महाजन, कर्मवीर : सामाजिक

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उच्च शिक्षा : नियति, नीयत एवं नीति का प्रश्न

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'ऋते ज्ञाना ना मुक्तिः' में मुक्ति का प्रयोग वैदिक काल में मोक्ष की प्राप्ति के लिए किया गया था। मध्यकाल में कबीर, तुलसी तक 'त्रिगुण फाँस लिए कर' डोलने वाली माया से मुक्ति को प्रमुखता दी गई। वहीं आधुनिक काल में ज्ञान प्राप्ति से देश की मुक्ति का विचार अहम रहा। दादाभाई नौरोजी, महात्मा गाँधी से लेकर जवाहर लाल नेहरू तक ने अपने ज्ञान प्राप्ति का उपयोग देश को आजादी दिलाने में ही प्रमुख रूप से किया। राजाराम मोहन राय, ज्योतिबा फुले, सावित्री बाई फुले, भारतेन्दु से लेकर अम्बेडकर आदि ने ज्ञान से धार्मिक अंधविश्वासों, परंपराओं और समाज की रूढ़ियों से मुक्ति की वकालत की। इस विकास क्रम में ज्ञान प्राप्ति के तरीके और साधन समय के साथ परिवर्तित होते गए। 20वीं सदी में ज्ञान की प्राप्ति के लिए भारत ने उच्च शिक्षा पद्धति को अपनाया। आजादी के बाद अपनाई गई उच्च शिक्षा पद्धति की आधारभूमि अंग्रेज विद्वान लॉर्ड मैकाले द्वारा लागू की गई उच्च शिक्षा नीति ही रही।

सन् 2000 में मैनेजमेंट गुरु पीटर हुकर ने ऐलान किया था, 'किसी देश की समृद्धि का स्तर इस बात से आँका जाएगा कि वहाँ की उच्च शिक्षा का स्तर किस तरह का है।' जंध्याला बी. जी. तिलक की माने तो समग्र विश्व में पिछले दो-तीन दशकों से शिक्षा के क्षेत्र में छः महत्त्वपूर्ण वैश्विक परिवर्तनों को रेखांकित किया जा रहा है—(1) उच्च शिक्षा का तीव्र विस्तार, (2) उच्च शिक्षा में सार्वजनिक व्यय की मात्रा का ह्रास, (3) लागत वापसी की बढ़ती प्रवृत्ति खासकर, शुल्क वृद्धि, शिक्षा लोन्स एवं कारपोरेट सेक्टर का बढ़ता प्रभाव, (4) कला, मानविकी, सामाजिक विज्ञान एवं सामान्य विज्ञान की पढ़ाई की बढ़ती उपेक्षा, (5) बाजारोन्मुख नई उच्च शिक्षा व्यवस्था को निजीकरण एवं उत्पादीकरण के माध्यम से बढ़ावा, (6) उच्च शिक्षा के अन्तरराष्ट्रीयकरण की बढ़ती कवायद।

भारत की उच्च शिक्षा के संदर्भ में भी ये रूझान आसानी से लक्षित किये जा सकते हैं। किसी भी क्षेत्र में विकास को मापने के दो मानक हो सकते हैं—(1) क्षैतिज विकास (2) उर्ध्वाधर विकास। उच्च शिक्षा में क्षैतिज विकास से तात्पर्य है कि उच्च शिक्षण संस्थाओं, उच्च शिक्षा प्राप्त करने वाले विद्यार्थियों एवं शिक्षकों की संख्या में प्रसार। इस लिहाज से देखें तो पिछले 50-60 सालों में भारत में 14 केन्द्रीय विश्वविद्यालय संचालित थे जो अब बढ़कर 42 हो गए हैं। आई.आई.टी. और आई.आई.एम. की संख्या दुगुनी हो गई है। एम्स की संख्या 1 से बढ़कर 7 हो गई है। अखिल भारतीय उच्च शिक्षा सर्वेक्षण 2011-12 के अंतिम आँकड़ों के अनुसार 2013 तक भारत में 642 विश्वविद्यालय, 34908 महाविद्यालय एवं 11356 संस्थाएँ संचालित हैं। सकल नामांकन अनुपात आज 20.4 हो चुका है। विश्वविद्यालय एवं कालेजों, विद्यार्थियों और शिक्षकों की संख्या तथा व्यय के मामले में पिछले दो दशकों में उच्च शिक्षा में क्रांतिकारी विस्तार हुआ है। इस व्यापक प्रसार में दो बातें विशेष रूप से उल्लेखनीय हैं। एक तो यह कि यह विस्तार अत्यंत विषमतामूलक है। ए.आई.एस.एच.ई. 2011 के आँकड़े के अनुसार प्रति लाख उपयुक्त जनसंख्या (18-23 वर्ष की) के हिसाब से बिहार में जहाँ 6 महाविद्यालय हैं वहीं पुडुचेरी में 64 तथा राष्ट्रीय महाविद्यालय घनत्व औसत 25 का है। दूसरा पहलू यह दिखता है कि उच्च शिक्षा का यह वृहद विस्तार मुख्यतः निजी क्षेत्र के प्रसार के कारण हुआ है। उच्च शिक्षा संस्थाओं का तीव्र प्रसार हुआ पर जीडीपी का 6 प्रतिशत खर्च शिक्षा में करने का लक्ष्य लेकर चली सरकार लगभग 3.5 प्रतिशत व्यय तक ही पहुँच पाई है। जाहिर है वह बड़ी तेजी से उच्च शिक्षा के निजीकरण को बढ़ावा दे रही है और सार्वजनिक व्यय में कटौती करती जा रही है। निजी संस्थाएँ हमेशा शुद्ध लाभ से प्रेरित होकर ही

उच्च शिक्षा को व्यापार का केन्द्र बना लगी हुई हैं। वित्त प्राप्त एवं स्ववित्तप मिलाकर लगभग 73 प्रतिशत महाविद्यालय निजी क्षेत्र में संचालित हैं। जिसमें केवल प्रतिशत विद्यार्थियों का ही नामांकन हुआ जैसे-जैसे शिक्षा के निजीकरण की प्रवृत्ति बढ़ती जा रही है संस्थाओं में ऐसे पाठ्यक्रम को शुरू करने का चलन बढ़ता जा रहा जिसका सीधा संबंध बाजार से है। निजीकरण या शिक्षा के व्यावसायीकरण के दबाव आकर ज्ञान के उद्देश्य को लेकर चली उच्च शिक्षा का दायरा अत्यंत संकुचित होता जा रहा है। उच्च शिक्षा में बढ़ते निजीकरण पर प्रोफेसर यशपाल चिंता व्यक्त करते हैं, "ये ना हो कि पहले शिक्षा के क्षेत्र में निवेश करने वाला संसद का चांसलर बने और फिर अपने 25 साल के बेटे को वाईस चांसलर बना दे।" वस्तुतः महाविद्यालयीन स्तर के निजी संस्थानों में ऐसी बहुतेरे उदाहरण मिलेंगे जिसमें मैनेजमेंट कमेटी प्रिंसिपल पद से लेकर चपरासी तक पर परिवार विशेष के लोग कब्जा जमाये हुए हैं।

उच्च शिक्षा में उर्ध्वाधर विकास का सीधा संबंध उच्च शिक्षा की गुणवत्ता से है। उच्च शिक्षा में गुणवत्ता का गुणात्मक रूप से ह्रास हो रहा है। वस्तुतः उच्च शिक्षा के मुख्य रूप से तीन आधार हैं—(1) विद्यार्थी, (2) प्राध्यापक एवं (3) व्यवस्था और इन्हीं तीनों से क्रमशः नियति, नीयत एवं नीति का सवाल खड़ा होता है। उच्च शिक्षा की गुणवत्ता सुधार की प्राथमिक कड़ी के रूप में विद्यार्थियों की महत्ता असंदिग्ध है। पर आज भारत में उच्च शिक्षा अध्ययनरत विद्यार्थियों के चेहरे पर बेबसी, लाचारी, आँखों में निराशा ही उनका ट्रेडमार्क बन गया है। आज का समूचा युवा ज्ञान की जगह सूचना के पीछे भागने में लगा है। वह मोबाईल स्टुडेंट हो गया है जिसमें एकाग्रता, धैर्य एवं अनुशासन लुप्तप्राय होता जा रहा है। इसी वजह से वह युवा जीवन संघर्ष में अपने आपको सक्षम ना पाकर या तो जुगाड़/शार्टकट का रास्ता अख्तियार कर

Climate Change Due to Human activities, and its Health impact.

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Abstract:

Humankind and animal life as well is being constantly subjected to the impacts of rapid environmental changes in the past few decades. The accelerated changes resulting from industrialization and significant increase in global population over the last century have resulted in irreversible damage and loss of resources. The interrelated factors involved in the climatic changes through natural calamities and human interference is reflected in the form of impacts on human health. Direct effects comprise changes in stress response of humans, atmosphere pollution, water quality and availability. Indirect effects include different factors that cause various diseases and infections, especially that are spread through vectors. Precautions and specificity about the climate change impacts on health is quite complex. It is because populations have different vulnerabilities to change and susceptibility to disease. However, the coordinating efforts between the economic growth, social development, environmental protection and individual attempts, could help reduce the health impacts and implement the measures towards better management.

Keywords: *Climate, Health, Diseases.*

Introduction

The drastic variations caused in the environmental conditions affect adversely the implications and interactions of climatic factors. This is scientifically called the 'Climatic change' which is a continuous and never-ending process in today's world. The variability in weather conditions lead to the chain of fluctuations in earth temperatures, melting points, and sea levels. The changes resulting due to the rise and fall of the climatic parameters interfere with human health showing adverse impacts. Though the health responses for many of such impacts is well known by the people, but the unpredictable climate changes increase the complexity.

The changing climatic condition and human health are always correlated. Different conditions of the climate create different problems in human population like, hyperthermia is caused by heat and hypothermia by cold, and droughts cause famine. Diseases and death results from floods, hurricanes, tornadoes, and forest fires. The risk and spread of vector-borne diseases in living organisms, such as malaria, Rift valley fever, plague, and dengue fever is affected by the change in climate. Risk of food borne, air borne and water-borne diseases are also increased by weather resulting in emerging infectious diseases caused by Hantavirus, Ebola virus, and West Nile virus. Thus, climate change show direct effect on human health, alongwith the decreased status of social determinants of health, and alarming threats to the environmental compatibility provided by nature and its sources. (Reiter *et al.*, 2004; Semenza, 2009).

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GREEN HERBS AS NATURAL HEALERS

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ABSTRACT

A large variety of plants and herbs growing around us in our surrounding environment have been known for their medicinal importance since ages. Such medicinal plants have been the basis of traditional medicinal system, and also constitute a major part in modern drugs. Many of them are used for flavor and their nutritive value in our food as 'Green herbs' and 'Spices'. Amongst these, the green herbs can be easily grown in our kitchen gardens or as indoor plants. Hence, are easily available for the immediate use. Their remarkable ethno-medicinal uses owe to their therapeutic value that

makes them the unique 'Natural Healers' in curing of many ailments. The present review emphasizes on the medicinal importance of some of the commonly used 'Green Herbs' from the Indian cuisine.

KEYWORDS: Herbs, Health, Healers, Medicine.

INTRODUCTION

Plants have always been the most richest natural resources for human beings since ages. Besides providing the basic needs such as food, shelter and clothing, plants have been utilized as traditional medicines, and also form the basis of modern pharmaceuticals. Medicinal plants and their natural products represent more than 50% of all the drugs in clinical use in the world today. Amongst such plants, the small, bushy, and leafy species, known as 'Herbs' are the most commonly used plants. The herbs are considered as any small plant-trees, bushes, and herbage that might be utilized for delight, scent, flavor, and for some of their chemical constituents with therapeutic activities. The herbs as herbal formulations and home remedies have always been the common domestic mechanism of 'Nature Cure' of many diseases, infections and early aging. It includes the medicinal virtues of all the fresh or dried herbs,

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Original Article

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Phytochemical Analysis of Leaf of *Wedeliatrilobata*, *Achyranthesaspera* and *Chrysanthemum* from the Twin – City (Durg & Bhilai), Chhattisgarh, India: A Comparative Study

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Abstract

The phytochemicals present in the plants are responsible for the biological activities and therapeutic properties of the various medicinal plants. They function as antioxidants in health promotion by preventing oxidant-damage which is the main cause of many diseases. The present study deals with the comparative analysis of phytochemicals in the methanolic and chloroformic leaf extracts of three important and commonly growing medicinal plants from 'Twin - City' (Durg & Bhilai), Chhattisgarh, India. These plants are *Wedeliatrilobata*, *Achyranthesaspera* and *Chrysanthemum*. The significant phytochemicals qualitatively analysed were Cardiac glycosides, Steroids, Alkaloids, Flavonoids, Terpenoids, Tannins and Saponins, for which the standard protocol was followed. The leaf extracts in methanol of *Wedeliatrilobata* and *Chrysanthemum* were found to have rich contents of phytoactive compounds as compared to their respective chloroformic extracts. Comparatively the leaf extracts of *Achyranthesaspera* were detected for less presence of phytochemicals. However, Cardiac glycosides, Steroids and Flavonoids were present in sufficed amounts in the leaf of *Achyranthesaspera*.

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Keywords: Phytochemicals, Cardiac glycosides, Alkaloids, Steroids, Flavonoids, Tannins, Saponins, Terpenoids

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PHYSICO CHEMICAL STUDY OF SOIL NEAR BHILAI STEEL PLANT EFFLUENT CHANNEL

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ABSTRACT

Land and water are precious natural resources on which rely the sustainability of agriculture and the civilization of mankind. Unfortunately, they have been subjected to maximum exploitation and severely degraded or polluted due to anthropogenic activities. Variation in the parameter of effluents like temperature, pH, total dissolved solid, free carbon dioxide, chloride, dissolved oxygen, biological oxygen demand, chemical oxygen demand, phosphate, sulphate, nitrite, nitrate, ammonia, magnesium, calcium, iron and phenol effects the plants, animals and humans.

KEYWORDS : Effluent, Biological Oxygen Demand, Chemical Oxygen Demand

The pollution includes point sources such as emission, effluents and solid discharge from industries, vehicle exhaust and metals from smelting and mining, and nonpoint sources such as soluble salts (natural and artificial), use of insecticides/pesticides, disposal of industrial and municipal wastes in agriculture, and excessive use of fertilizers. Alloway *et al.*, 1995; Lindqvist, 1991; Nriagu, 1994). Each source of contamination has its own damaging effects to plants, animals and ultimately to human health, but those that add heavy metals to soils and waters are of serious concern due to their persistence in the environment and carcinogenicity to human beings. They cannot be destroyed biologically but are only transformed from one oxidation state or organic complex to another (Walsh *et al.*, 1979; Kabata-Pendias, 2003). Therefore, heavy metal pollution poses a great potential threat to the environment and human health.

Most studies of water pollution are usually expressed with physical and chemical standards, placing the biological concepts in a subsidiary (Cairns *et al.*, 1971). Also, despite much progress in analytical chemistry, chemical monitoring systems have limitations. It depends much on the time and place of sampling and the thinking lying behind the sampling design (Cairns & Vander Shellie, 1980).

A polluting substance can be a solid, semisolid, liquid, gas or sub molecular particle. Pollution is the result of the action or presence of the pollutant in a part of environment where it is considered to have deleterious

effect. In the selected effluent channel of Bhilai Steel Plant, domestic waste is mixed at each spot. The domestic wastes are rich in phosphate due to extensive use of hard and soft detergents and nitrogen have been emphasized to be two nutrients much in demand, but with lesser concentration. Defining eutrophication as the enrichment of water body owing to any and all nutritive substances (Haslam, 1978). Even small addition of small organic matter from polluted lakes has been found to stimulate bloom of algae (Srinivasan, 1969).

The physico-chemical analysis indicates the status of water quality, whereas, biological study shows the impact of water quality on the organism. Hence both the studies are essential for have complete knowledge of water body.

STUDY AREA AND SITES

Bhilai steel Plant (BSP), Bhilai is situated in District Durg, Chhattisgarh (Fig 1). The steel plant was started in the year 1959. It is the largest integrated steel plant in our country with an annual production capacity of about 4 million tonnes. Bhilai is situated 32 Kilometers away from Raipur city on its west on G.E.

The channel one (Samodha Nala) was taken for present research work. The colour of the effluent of the channel was dark brown throughout the year. It is very common, also, to observe bathing of people and cattle washing, in this effluent water, without any complaints or ill effects.

The soil on the two sides of effluent channel is either Bhata Soil or a vertisol, which is locally called Kanhar soil. Kanhar is a black soil. The distance of this

ETHNOMEDICINAL SIGNIFICANCE OF TWO IMPORTANT SHRUBS, *VIZ Withania somnifera* (L.) AND *Datura metal* (L.) (FAMILY SOLANACEAE) OF CHHATTISGARH, INDIA

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ABSTRACT

The two medicinal shrubs, commonly found in Chhattisgarh are *Withania somnifera* (L.) and *Datura metal* (L.), both belonging to the family Solanaceae. These plants, besides having important characteristic features, are commonly used by the natives for their varied pharmacological/biological activities and hence for medicinal purposes. The present work reviews the important characteristics and medicinal uses of the two species of the family Solanaceae, that are common occurrence in the state of Chhattisgarh, India.

KEYWORDS: Medicinal shrubs, Ethnomedicinal uses, Biological actions

Nature has nourished and nurtured the basic needs of human beings since ages, providing food, shelter, clothing and medicines too. Plants have been the major part of the traditional medicinal systems since thousands of years, and still continue to provide mankind with new remedies. The medicinal properties of the plants is attributed to the presence of certain phytochemical in the plants itself, because of which they are popularly called 'Medicinal plants'. Such plants and their plant-parts have been the immediate relief of pain, wounds, and inflammation as according to the belief of tribal and ethnic groups. Natural and plant products are used as the best chemotherapeutic agents and hence the important constituents of herbal and modern medicines (Qarawi *et al.*, 2006).

The well known family, Solanaceae, is known to have some members that are medicinally important. *Withania somnifera*, commonly known as Ashgandh, Ashwagandha, Sagunn, or Akri, is a small or medium under-shrub with erect, branching perennials, with long, woody tuberous roots. The plant is covered with very small, fine, silver-grey colored, branched hairs. Its flowers are small, greenish cymes, and fruits are round hairless berry. The other shrub, *Datura metal*, is an erect, succulent annual shrub with branched axillary cyme, with large flowers, usually greenish white, but purplish outside. Fruits are spinescent capsules, covered all over with numerous fleshy prickles. The natives, commonly use the names such as Dhatura or Kala-dhatura. Both the plants are well known for their important features and

ethnomedicinal uses (Sander *et al.*, 2015; Chatterjee *et al.*, 2010; Dyer, 2004).

METHODOLOGY

The plants of *Withania somnifera* and *Datura metal* are commonly growing plants in many areas of Chhattisgarh. The different tribal people use these medicinal plants for curing of different ailments. The periodic interactions and interviews with the ethnic tribes, and their knowledge carried down the line, generation after generation orally or through practices, authenticated the ethnomedicinal uses of the two shrubs.

Important Characteristics

The medicinal plants, Ashwagandha and Dhatura, belonging to the family Solanaceae, exhibits important characteristic features. *Withania somnifera* has roots with strong disagreeable odour like horse's urine due to which it is also called 'bad-smelling bush'. Its leaves also have strong smell, that of green tomatoes (Rasool & Varalakshmi, 2006). The leaves and roasted roots, are hence used as insect and snake repellents. The leaves and roots are used to induce abortion. The plant parts of *Datura metal* are quite poisonous, although they have the potential to improve health. It also functions as an insect repellent.

Ethnomedicinal Uses

Therapeutic Uses of *Withania somnifera*

- Roots are used to treat sexual and general weakness.
- Root powder is effective against headache.

HEALING AND THERAPY WITH COLORS

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ABSTRACT

Nature has been the best source of colors. It is believed that God illumines the world and the nature with His brilliant hues. The blue of the sky and the rivers, the turquoise and deep blue of the ocean, greenery of trees and mountains, the grays and blacks of the clouds, the white of snow and falls, the yellowish to orange and violet of sunrise and sunset, have always influenced the human habits, behavior and health. The colors are believed to play an important role in maintaining the wide spectrum of moods of human beings, and thereby affecting the physiology and functioning of human mind and body. This principle brought the treatment of many ailments in vogue through colors since ancient times, which is called 'Color therapy'. The present article reviews about the application of 'Colors' in modern medicines and therapy, thereby supporting the fact that colors helps in healing.

KEYWORDS: Therapy, Colors, Hues, Nature, Medicines, Ailments

Colors of and from 'Nature' have great impact on human life. From the early stages of human evolution, color has aroused the interest of man. Hindus have always considered different colors as the sacred and religious manifestation of the Supreme Lord. Muslims, Sikhs and Christians too have significant beliefs for colors (1). The common belief goes with the fact that God showers his mercy with the different colors that brush the Nature around us. This is also represented in the form of our moods, behavior and actions.

Besides the sky, rivers, mountains, ocean, forest, earth, flowers and wildlife, the rainbow standing out brilliantly across the sky is yet another beautiful phenomenon where all the seven colors in the spectrum represent the basic colors, helpful in healing (2). The innumerable ways of impact of colors on human health, has accelerated the research on color therapy, and the importance of colors in modern medicines.

COLORS THERAPY

White is said to be the 'Master color' of all color. The seven colors that make up white light are viz., Violet, Indigo, Blue, Green, Yellow, Orange and Red. The ancient Egyptians believed that their God Thoth was the one who developed healing with colors. Their concept of treating various diseases was based on the fact that human body contained various colored fluids, like bile (yellow), blood (red), phlegm (white) and so on, and these were

associated with the functioning of the various organs of the body (3).

The color healing theory by an Arab Philosopher and Physician Ibn Sina (AD 980- AD 1037) propounded the color impacts on physiology. It was indicated that white color purified the blood, red color improved the quality of blood and yellow color reduced pain and inflammation. The yellow flowers were found effective to cure bile disorders and red flowers to treat blood problems (4). Blue and violet were identified as anti-inflammatory and soothing agents. During the Middle Ages, color therapies lost credibility with the rapid raise of science era. But all the same research on color healing continued, and slowly carved its importance in medical world.

With the times, the colors were applied in the use of various therapies of diseases. At the end of nineteenth century, red light was used to prevent scars in cases of smallpox, and tuberculosis was treated with sunlight. The device, 'Thermolume' was developed which used color glasses to produce colored light and 'Chromo-disk' that was used on the body-parts of human to be cured. There was also a method developed, of exposing water to various colored light, and when consumed in this form was considered as the best remedy in curing of many diseases. Another therapeutical way discovered was by relating bright yellow to 'day effects' and dark blue to 'night effects' that helped in controlling the metabolic

THREATENED PLANTS OF JAMMU AND KASHMIR, AND CONSERVATION STRATEGIES

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ABSTRACT

Extinction and species-introduction are two major biodiversity crises of the current millennium. A species may become endangered and eventually extinct when death rate exceeds birth for a prolonged duration. The reasons may be natural or anthropogenic. Now-a-days the anthropogenic activities are prominent and causing extinction of many plant species of ecological and economic significance. Many species are facing tremendous pressure and are on the verge of extinction in Jammu and Kashmir, one of the global biodiversity hotspots in the world. In the present paper, an attempt has been made to document the threatened plants of the Jammu and Kashmir the number of which has increased in the past few decades.

KEYWORDS: Extinction, Species, Threatened, Flora

The State of Jammu and Kashmir has been regarded as a 'Heaven on Earth', and is also called the 'Bio-mass state of India'. This area, located in the far north of the Indian republic, is a mountainous zone in the north-west Himalayas that shares international boundaries with Pakistan in the west, Chinese autonomous region of Xinjiang in the north and Tibet in the north-east. It has three main territories Jammu, Kashmir and Ladakh that differ in terms of climate, physiography, ethnic groups and culture. All the three regions experience different climatic patterns. Cold desert-like conditions prevail in Ladakh, and alpine, temperate and sub-tropical types in the rest of the state. The state is rich in the cultural diversity of the people, as well as diversity of flora and fauna in the forest areas, and domesticated species outside the forest. Plant diversity is the life support of almost all terrestrial eco-systems, with both humans and animals being entirely dependent on plants directly or indirectly. The state of Jammu and Kashmir has a fairly rich diversity of plant life, the area is a storehouse of medicinal and aromatic plants, which are used in pharmaceutical and perfume industries (Ved *et al.*, 2003).

Many factors, both natural and man-made, have been responsible for extinction of species. It is well known that several plant species have become extinct due to certain natural phenomena, of the many causes threatening species, the disappearance of wild habitats is the most important overall. (McCarthy *et al.*, 2012). But for many species, rampant trade and introductions of non-native species are the primary causes. Pollution, pesticides and other toxic chemicals, thinning of the ozone layer and other environmental problems play roles as well. For some species, several of these factors

contribute to their decline. Normally for a species the processes involved in its evolution, spread and finally extinction are very slow. While such natural processes in the past had no doubt led to the extinction of species, they had also contributed to the evolution and speciation of plants. Anthropogenic factors, on the other hand, have accelerated rarity and extinction of plants species to a level where the very existence of the eco-system is threatened (Table 1).

Factors Responsible For Extinction of Species

Habitat loss and Degradation

Habitat loss is the primary cause of species loss at local, regional and global scales. Urban development, over drafting of groundwater, road building, recreation, forest fires, agriculture and tree logging all destroy and degrade plant's natural habitats.

Introductions of Invasive Alien Species (IAS)

Aliens are not science fiction, but a nature conservation fact. An "alien" is any species that is moved by humans to an area outside of its native range. In many cases, these species will not survive because they are not adapted to the new area. Nevertheless, in a minority of cases, a species will be able to survive in its new location and sometimes will even thrive in a new location. "Invasive" species are those that spread quickly to become very common and dominant in the new habitat, posing a great threat to native species.

Pollution and Disease

Pollution is the release of chemical, physical, biological or radioactive contaminants in the environment. It is sometimes not visible to the naked eye

Impact of Flood-Caused Pollutants and Micro-Organisms on Human Health

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Abstract: *The extreme havoc played in this era of fast industrialization and modernization, has caused disruptions in our ecosystems. One of the worst natural disasters occurring due to serious alternations in the environment are 'the floods'. The increase in climatic changes leads to the risk of increased flash flooding too. Flash floods are the most serious type of flood for mortality risk often caused by drowning the flood water, not only devastate homes, agriculture, public goods, but the threat to human health and safety increases in its worst form. Floodwater are contaminated with various toxic pollutants and pathogenic micro-organisms that are usually responsible for high health risks and raised death-toll. Floods, therefore are considered as one of the environmental calamities that show deteriorious effects on human health.*

Keywords: Flood, Health, Environment, Pollution

1. Introduction

Man's activities along with his over-indulgence in the environmental interaction have disturbed the ecological equilibrium. The consequent active forces within the earth and environment, are the cause of environmental hazards like earthquakes, droughts, and floods. Such disasters leads to destructions, and likely damages both lives and property.

The ecosystem imbalance arises when physical growth and development trails fast with rapid urbanization. It leads to the construction of large scale water impoundments, destruction of forest areas, development of industries with ill-management of waste drains, and paving of major highways. As ecosystem changes, future complications arises due to the exposure to pathogens, toxic, radiations, loss of water or food resources etc. majority of the sources essential for sound health, longevity, and in a nutshell, to sustain life, are usually harmed due to natural disasters.

The pollutants, pesticides, industry-waste, pathogenic micro-organisms contaminated in the flood-waters during the flood and its aftermath have hazardous impact on human health. Hence, the public in such areas, is often warned to avoid exposure to such contaminated flood water (Gerencher, 2005). The present paper reviews the various sources of health risks due to flood, mainly including the pollutants and some microbes whose impact on human health proves dreadful.

2. Sources of Health-Risks Due To Flood

Usually, the general attention is paid towards the risk of physical property destruction caused by floods. At the same time, it is very important to follow some basic practices and precautions to prevent possible diseases and injuries suffered

during and after flooding. Also, it is important to know about the sources of health risks caused due to flood.

• Contaminated water and poor sanitation

Flood water is generally contaminated by various pollutants, such as sewage, human and animal faeces, pesticides etc. it thus impairs the clean water sources, due to which drinking and washing with such contaminated water becomes dangerous to health. Industrial wastes and the garbage fillings flow along the flood water and spread contamination. The pollutants also saturate into the ground water, and the wastewater treatment plants get flooded and malfunctioned. This results into backflows of raw sewage to homes, and also blockages in the private sewage disposal systems. All this acts as favourable habitat for micro-organisms and vector insects, resulting in diseases. (CDC Fact sheets-10th Sept. 2004. & 10th Sept. 2005).

• Toxic and Unsafe Food

Floodwater carry away along with whatever is present on the ground and upstream. Human and animal waste, oil, dirt, bacteria and chemicals present in it, when comes in contact with food crops and edible items, makes food unsafe to eat and harmful to human health. The power failures caused by floods damages stored food. Frozen and refrigerated floods become bacteria-prone and harmful for consumption. Floodwater also spoils the food packed in cardboards, plastic bags, jars and bottles. Toxicity of food increases due to its contamination.

• Out-Burst Of Vectors and Carriers Of Microbes

The polluted flood areas and prolonged rainfall lead to the increased chances of the new breeding grounds for the vectors and microbes. Wet areas and stagnant pits encourage rapid breeding of mosquitoes and flies. This causes increases in

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IN VITRO EVALUATION OF THE EFFECT OF AQUEOUS LEAF EXTRACT OF *JATROPHA CURCAS* ON *PENICILLIUM AURANTIIGRISEUM* ISOLATED FROM ITS PHYLLOPLANE AND RHIZOSPHERE

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ABSTRACT

Research and development agencies in various parts of the world have intensified their research program in search of such botanical and biological pesticides for management of plant diseases in order to reduce the use of chemicals. Plant extracts may be used as an alternative source for controlling plant diseases. *Penicillium aurantiogriseum* is a broad spectrum weak pathogen on fruits, having been reported to have caused spoilage of a variety of stored fruits and vegetables. The present study revealed that with the increasing concentration of aqueous leaf extract of *Jatropha curcas*, the mycelial growth inhibition percentage of *Penicillium aurantiogriseum* was increased. It was maximum (80.26%) at 20% concentration of leaf extract, followed by 53.89% at 15% concentration; 50.84% at 10% concentration and 41.49% at 5% concentration of leaf extract. The present findings of this study have the importance and applied value to check the growth of *Penicillium aurantiogriseum*, which is a storage fungus and is greatly responsible for the spoilage of stored fruits and vegetables. However, the detailed *in vivo* study is warranted.

Key Words: Leaf Extract, *Jatropha curcas*; *Penicillium aurantiogriseum*, Growth Inhibition

INTRODUCTION

Jatropha curcas has the potential to become one of the world's key energy crops. Vegetable oil extracted from the seeds of *Jatropha curcas* can be refined into biodiesel for transport sector either in its pure form or as a blend with mineral diesel. Its potential multipurpose functions and agro-botanical aspects have been studied thoroughly (Heller, 1996). Several parts of the *Jatropha* plant have medical and cosmetic uses. Leaves are the most important aerial parts of the plant. They are the main centre of all the physiological activities of the plant. Leaf surface microorganisms of plants have been recognized from more than a century but during last 50-60 years the interest has become centered on the leaf surface as a habitat for microorganisms. The leaf surface constitutes a distinct microhabitat, the phylloplane, which referred to actual leaf surface (Kerling, 1958; Dickinson, 1965; Kapoora and Sinha, 1969). The concept of "Rhizosphere Phenomenon" which shows the mutual interaction of roots and microorganisms was came into existence with the work of Starkey *et al.* (1929a), Clark (1949) and Rouatt and Katznelson (1957). The organisms inhabiting soil are microalgae, fungi, bacteria, actinomycetes, protozoa etc. (Garrett, 1981).

The efforts are being made to explore suitable alternatives as substitutes for synthetic pesticides. Research and development agencies in various parts of the world have intensified their research program in search of such botanical and biological pesticides for management of plant diseases in order to reduce the use of chemicals.

Plant extracts may be used as an alternative source for controlling plant diseases since they comprise a rich source of bioactive substance (Wink, 1993). Exploitation of plant metabolites in crop protection and prevention of bio-deterioration caused by fungi appear to be promising. Plant extracts are eco-friendly, display structural diversity and complexity and infrequently contain halogenated atoms (Duke *et al.*, 2000). The uses of plant-derived products as disease control agents have been studied, since they tend to have low mammalian toxicity, less environmental effects and wide public acceptance (Lee *et al.*, 2007).

Sweet basil oil was potent against the fungi *Penicillium aurantiogriseum*, *Penicillium glabrum*, *Penicillium chrysogenum*, and *Penicillium brevicompactum* (Kocić-Tanackov *et al.*, 2012). Essential oil of

Green coronal index is a better parameter for the solar terrestrial studies

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Abstract

In the present paper we have studied the long term variation of various solar parameters with 11-year cyclic solar activity behavior. A detailed correlative study has been performed using the monthly data among the variety of solar activity (SA) parameters for example Sunspot Numbers (SSN), Solar Flare Index (SFI) and Coronal Index (CI) for last five 11-year solar cycle 20 to 24 (the present solar cycle). The SSN is the prime SA parameter that shows higher degree of correlation with the other solar parameters; however the correlation coefficient and running cross correlation are concerned. It is evident the fact that solar variability influence the heliosphere, chromospheres, ionosphere and the Earth climate. As such we have investigated the appropriateness of various solar indices, on the basis of cross-correlative study for SSN-SFI and SSN-CI, where SSN is prime parameter. We find that the CI may also have the best parameter for the said variability. Recently the green coronal index (CI) has been reported to be the best parameter for long-term variation studies for said solar cycle.

Key words: Sunspot number, Solar Flux, Grouped Solar Flare, Solar Flare Index, Coronal Index.

1. Introduction

The sun is magnetically variable star with an average period of about 11 years, known as solar cycle. All the observed time-dependent phenomena are called solar activity and are seen in different wavelengths as a changing appearance of the sun (1). Sunspots are the general indicator of SA is directly affecting terrestrial ionospheres (2). Solar activity can be expressed with many solar indices such as sunspot numbers (SSN), 2800 MHz radio flux, solar flare index, green coronal line (Fe XIV, 530.3 nm) etc. Each of them reflects different physical condition in the solar atmosphere (3). The SSN are available for a long period of time from 1964 to 2017. The standard way of representing the solar activity is through the variation of sunspot numbers. Almost all the investigators have generally used the sunspot number as a representative solar index for various studies in their investigations association phenomena between the sun and the earth (4-8). The most important index of solar activity has been the Zurich or wolf sunspot number was introduced in 1848 by Rudolf wolf, which help to explain the physical mechanism and provides the longest continuous measure of changes in solar activity over time, begin with Wolf classical formula for the relative number of sunspots, is given by $R_z = k(10g + n)$, where k is a correlation factor the observer, g is the number of identified sunspot group and n is the number of individual sunspots. Today, the monthly and yearly updates data are available online by the different observatories like Sunspot Index Data Center in Brussels, Belgium (9).

Generally the solar flare appear when the magnetic field loop has been reconstructed where as the flare index is the indicator to releasing the energy in the chromospheres as well as green line coronal index reflecting the physical condition across the coronal as well as defined the all photospheric phenomenon (10). Solar flare index is one of the best indicators of activity variations on the chromosphere. This feature makes the flare index a suitable full-disk solar index for comparison with similar solar indices which reflect different physical conditions from the different layers of the solar atmosphere. Kleczek (1952) first introduced the quantity " $Q = i \times t$ " to quantify the daily flare activity over 24 hours per day. He assumed that this relationship gives roughly the total energy emitted by the flares. In this relation, " i " represents the



RESEARCH ARTICLE

EMPTY NEST SYNDROME AS A FUNCTION OF PERSONALITY DIMENSION AND
SOCIO ECONOMIC STATUS

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ABSTRACT

In this research paper the researcher analyzes the effect of personality dimension and socio economic in empty nest syndrome in middle aged women. 480 women were selected from twin city of Bhilai and Durg. The data was collected by using Empty Nest Syndrome Questionnaire, Personality Test Questionnaire and Socio Economic Status Questionnaire. Mean, Standard Deviation and ANOVA were used for analyzing the data. The finding reveal that extraverted middle aged women have less feeling of empty nest syndrome than introverted middle aged women. In the case of neuroticism it is not found that who has more feeling of empty nest syndrome. In the case of socio economic status that middle aged women with middle socio economical status do not suffer from high empty nest syndrome now they are equally mature as middle aged women of high socio economical status. They know their rights and values so that they can change their moods according to the situation.

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INTRODUCTION

Empty Nest Syndrome

"Leaving home in a sense involves a kind of second birth in which we give birth to ourselves."

Bert Neelly Bellah

Empty nest syndrome is a general feeling of depression and loneliness that parents/other guardian relatives feel when one or more of their children leave home. While more common in women, it can happen to both sexes.

According to Social and Cultural Factor Empty nest syndrome has become more prevalent in modern times, as the extended family is becoming less common than in past generations, and the elderly are left living by themselves. Empty Nest Syndrome is starting to surface in some of those nations as well, where traditional values come in conflict with Westernization.

Personality: "Self image is the key to human personality and human behavior, change the self image and you can change the personality and the behavior."

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Maxwell Maltz: Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas: One understands individual differences in particular personality characteristics, such as sociability or irritability. If we focus on people in general, then we can define personality in terms of individual differences — that is, the range of different styles of thinking, feeling and acting. Just as human beings can differ a great deal in terms of their physical traits (height, weight, hair, and so on), they also differ in terms of mental and behavioral traits. If we focus on the personality of a specific individual, we can define it as that person's particular set of enduring dispositions or long-term tendencies to think, feel and act in particular ways. We're not talking about specific actions being repeated again and again, like compulsive hand-washing, but about overall patterns, tendencies, inclinations. Someone who has tended to be quiet and reserved up to now will probably still tend to be quiet and reserved tomorrow. That doesn't necessarily mean that they are compelled to be quiet and reserved at all times, in every possible situation. Rather, they are disposed to be quiet and reserved more often than not.

Extraversion-Introversion: The trait of extraversion-introversion is a central dimension of human personality theories. The terms introversion and extraversion were popularized by Carl Jung.



RESEARCH ARTICLE

TO STUDY ABOUT EFFECT OF NEUROTICISM PERSONALITY DIMENSION IN
EMPTY NEST SYNDROME

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Neuroticism,
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ABSTRACT

In this research paper the researcher analyzes the effect of neuroticism personality in empty nest syndrome in middle aged women. 480 women were selected from twin city of Bhilai and Durg. The data was collected by using Empty Nest Syndrome Questionnaire and Personality Test Questionnaire. Mean, Standard Deviation and ANOVA were used for analyzing the data. The finding reveals that neuroticism it is not found that who has more feeling of empty nest syndrome neurotic people or emotionally stable people.

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INTRODUCTION

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Neuroticism – Emotional Stability

Neuroticism: Neuroticism is a long-term tendency to be in a negative emotional state. People with neuroticism tend to have

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RESEARCH ARTICLE

USES OF INFORMATION AND COMMUNICATION TECHNOLOGIES IN CHHATTISGARH'S
HIGHER EDUCATION INSTITUTIONS

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ICT, Student performance,
Higher education institutions,
Organisational change.

ABSTRACT

The purpose of the present paper is to study the relationship between the use of information and communication technologies (ICT) and student performance in higher education. So far, economic research has failed to provide a clear harmony on the effect of ICT investments on student's achievement. The second hypothesis advocates that ICT uses need a change in the organisation of higher education. While ICT equipment and use rates are growing very fast in the Chhattisgarh, the adoption of complementary organisational designs is very slow and differs from one institution to another. This may explain the observed differences in students' achievement.

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Citation: Dr. Smt. Babita Dubey and Vijaylaxmi Singh, 2018. "Uses of information and communication technologies in chhattisgarh's higher education institutions", *International Journal of Current Research*, 10, (04), 67886-67888.

INTRODUCTION

During the last two decades higher education institutions have invested a lot in information and communication technologies (ICT). ICT has had a major blow in the university context, in administration and in teaching and learning methods. One baffling question is the well-organized impact of these technologies on student achievement and on the returns of education. Many academic researchers have tried to answer this question at the theoretical and empirical levels. They have faced two main difficulties. On one hand, student performance is hard to observe and there is still confusion about its definition. On the other hand, ICT is evolving technologies and their effects are difficult to isolate from their environment. There is no standard definition for student performance. The standard approach focuses on achievement and curricula, how students understand the courses and obtain their degrees or their marks. However, a more extensive definition deals with competencies, skills and attitudes learned through the education experience. The narrow definition allows the observation of the outcomes of any change in higher education, while the more extensive definition needs a more complex strategy of observation and a focus on the labour market. The outcomes of education are mainly validated in the labour market.

The relationship between the use of ICT and student performance in higher education is not clear, and there are contradictory results in the literature. Earlier economic research has failed to provide a clear consensus concerning the effect on students' achievement. Starting from this point, the aims of this paper are two-fold: first, we summarise the main findings of this extensive literature and second, we give two complementary explanations on the contradictory results. Our first explanation is that most of the literature has focused on direct effects of ICT while it is more appropriate to look at the indirect effects through the traditional channels. Since student performance is mainly explained by a student's characteristics, educational environment and teachers' characteristics, ICT may have an impact on these determinants and consequently the outcome of education. The differences observed in the performances of students are thus more related to the differentiated impact of ICT on the standard determinants. The second explanatory hypothesis is that ICT needs a shift in organisation. While ICT equipment and use rates are growing very fast in the chhattisgarh, the adoption of complementary organisational designs is very slow and differs from one institution to another. This may explain the observed differences in students' achievement. Our paper is structured as follows: section one surveys the literature on students' performance and the use of ICT, section two explains the impacts of ICT on the traditional determinants of students' performance and finally, section three underlines the role of organisational change in education on students' performance.

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Role of Chhattisgarhi Language in Promoting Digital Literacy: An Overview

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Abstract

This article discusses the concept of digital literacy and the need of Chhattisgarhi language in promoting digital literacy. Digital literacy refers to the practices of reading, writing and communication made possible by digital media. This paper explains digital literacy and suggests the ways in which digital literacy can be embedded in Chhattisgarhi language instructions to promote digital literacy acquisition through Chhattisgarhi language. Specifically, this article addresses four aspects of digital literacy: using basic digital skills; creating and communicating information in Chhattisgarhi language; finding and evaluating information in Chhattisgarhi language; solving language problems in technology-rich environments. Digital technology is underutilized in language teaching and learning. This situation often arises from a lack of training. This article aims to address this teacher training need by providing the basis for a teaching methodology designed in Chhattisgarhi language to integrate new technologies via digital literacy.

Keywords: Digital literacy, Digital contents, Digital technology, Chhattisgarh, Chhattisgarhi language, Pedagogy, Language learning, Teaching, Digital training

1. Introduction

Chhattisgarh is fast becoming an information technology (IT) savvy state [1]. However, the rapid expansion of IT and Internet network and the consequent digital literacy in the state will remain constrained due to limited proficiency in English language among the Chhattisgarhi populace especially the Chhattisgarhi youths. In order to overcome this bottleneck, Chhattisgarhi language can be of great help. The usage of Chhattisgarhi language to promote digital literacy can have a vast positive impact on Chhattisgarhi youths in learning the basic digital skills and tools like MS Office, Search Engines, Browsing aids, Social media websites, Knowledge sharing websites, Trading websites, Government-Public interface websites and various Applications (Apps) like Digital payments, Online shopping, Railway/Airway/Roadway ticketing & booking, Hotel rooms booking, LPG booking, Banking Apps, Webcasts, Podcasts, Screen casts etc [1, 2].

According to U.S. Department of Education, the definition of digital literacy is the skills associated with using Internet technology to facilitate users to locate, evaluate, categorize, create, and communicate information and the proficiency to use those skills to work out problems in technology-rich surroundings. The most important aspect about being digitally literate is having the mindset to accept change, to be open to learning new ways of knowing and doing, to be willing to try and see, and to expect to make mistakes and to learn from them. Fundamental digital skills are needed to operate digital devices, including turning them on and off; keyboard skills; mouse using skills; touchpad skills. These skills also include knowing how to create, save, locate, and edit computer files as well as how to open, use, and close a variety of computer applications. These applications may include browsers for searching the Internet, mapping applications that provide driving directions, and applications for finding information. Basic digital skills also include having the necessary language and literacy skills to do things in a digital environment, such as sending an e-mail to a child's teacher or filling out a job application online [2].

Role of Emotional Intelligence and Self-Efficacy on Job Performance and health of staff.

Dr. Babita Dubey, Vijaylaxmi Singh

Dr. W.W Patankar Govt. Girl's P.G College, Durg (C.G)

Abstract

The purpose of the research was to study the relationship between Emotional Intelligence (E.I.) and Self-Efficacy (S.E.) with demographic variables in the staff of Simplex Company at Junwani in Bhilai. This study was descriptive. There are of total 2,000 staff in 2016 and the sample was 120 who were randomly selected. Emotional Intelligence Inventory (Bar-Ann) was employed as a tool. Correlation, t- test and regression were used to analysis of data. Results showed that there was significant relationship between E.I. and S.E ($r=0.62$) positively. There was no significant differences between operational and administrative found; and trained and untrained staff in Emotional Intelligence and Self-Efficacy.

INTRODUCTION

"Emotional Intelligence is the ability to sense, understand, value and effectively apply the power of emotions as a source of human energy, information, trust, creativity and influence"

-DANIEL GOLEMAN

The Human being is the one that can express feelings and thoughts, which result in behaviour verbally. Emotions have effect, which can influence all of one's behaviour at each stage of his life. For long time, it is seen that within the studies concerning intelligence, emotions have not been taken into consideration. However, the impact of emotions upon intelligence and behaviour is begun to be discussed with emerge of the term emotional intelligence. Organizations are the best settings that require interpersonal interaction. Most of these interactions are related to the performance of job duties, for example, serving customers, receiving instructions and reporting to supervisors, or cooperating and coordinating with colleagues etc., Employees with high levels of EI are those who can make use of the antecedent- and response-focused emotional regulation effectively, and master their interactions with others in a more effective manner.

According to Bar-On, emotional intelligence is a set of capabilities, qualification and non-cognitive skills that affect person's ability to be successful in dealing with environmental requirements and pressures. It includes five internal components (emotional self-awareness, assertiveness, self-respect, self-actualization and independence), three personal components (empathy, social responsibility and interpersonal relationships), two compatibility components (problem solving, reality and flexibility assessment quality), two components of tension control (stress tolerance and impulse control), and two components of general mood (happiness and self-prediction). In other words, emotional intelligence refers to skills and capabilities that include the ability of individual and others emotion control, the distinction between them and utilization of information to guide thoughts and actions. Therefore, it is one of the important factors determining the success of person that will be used for effective adaptation (Mayer and Salovey, 1993). In point of social cognitive view, self-efficacy

**A CRITICAL STUDY ABOUT DEMONETIZATION – ITS MERITS,
DEMERITS AND IMPACTS ON THE SOCIETY**

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ABSTRACT

A sudden bang in November 2016 brought the country, India, in quite a chaotic condition. All the mechanisms, system, trade, people and the society were found entangled in the trap of chaos and confusion. Life of people suddenly became a big question-mark as how to live, how to earn, invest, and manage the savings. The historic event which affected the economy of the country in its intense way, was what is called Demonetization. It occurs whenever there is a change of national currency. The present paper reviews the various benefits and disadvantages of Demonetization, due to which its different impacts

are being reflected on the common lay-man and the society as a whole.

KEYWORDS: Indian government, demonetization, economy, currency.

INTRODUCTION

The sudden currency-crash-quake declared on November 8, 2016, brought a tornadic revolution in the economic status and the society system of India. The so-called 'Demonetization' occurred in the form of the act of stripping a currency unit of its status of legal tender. Infact, the current decision taken by our present Prime Minister, Shri Narendra Modi, was not a mere impulsive act, but it showed the fore-sightedness that our honorable Modiji held for welfare of the Nation. Demonetization involves the discontinuing of a particular currency.

In the present scenario of the act, the 500 and 1000 section money notes were restricted a
ful delicate. The act occurs when a particular form of money is pulled from circulation
new note or coin is introduced in the market. This is marked as a replacement of

Correlative Study of different Types of Solar Radio Bursts between Sunspot Numbers and Solar Flare Index for the Solar Cycle 21 to 24

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¹SOS Physics and Astrophysics, Pt. Ravishankar Shukla University Raipur C.G., 492010, India

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Abstract

We have presented here the correlative analysis of long-term data of type-I, type-II, type-III, type-IV and type-V solar radio bursts (RB) between international sunspot numbers (ISN) and solar flare index (SFI) for the solar cycle 21 to 24. For correlative study we have taken the monthly count data of spectral observations of type-I to type-V solar radio bursts (RB) in the frequency range 18 MHz to 1800 MHz, detected by the Culgoora Solar Radio Observatory and monthly mean values of international sunspot numbers (ISN) and total solar flare index (SFI) during the period of 1976 to 2016. We observed that the correlation coefficient between ISN-RB and SFI-RB shows highly positive for odd solar cycle (21 and 23) and minimum for even solar cycle (22 and 24). We also found that the type-I, type-III and type-V solar radio bursts shows (~02 to 06) months and (~04 to 29) months backward time-lag with ISN and SFI respectively for odd solar cycle (21 & 23) and (~01 to 12) months forward time-lag for even solar cycle (22 & 24). The correlation between ISN and type-III solar radio bursts (RB) obtained maximum and highly positive (0.855) for the solar cycle 21 and minimum (0.307) for solar cycle 22. We also observed that the type-III solar radio bursts closely follows the progression of 11-years solar cycle periodicity for the solar cycle 21 to 24. The type-III radio burst emissions are fundamental, harmonic component of fast storms and mostly observed events with respect to type (I, II, IV & V) radio bursts and in the frequency range (10 kHz to 1 GHz) and its association with international sunspot numbers (ISN) and solar flare index (SFI) which indicates that, it can be used as an important indicator for the study of mechanism of plasma radiation and acceleration process of solar radiation.

Keywords. International Sunspot Numbers (ISN), Solar Radio Bursts (RB) Type-I, Type-II, Type-III, Type-IV, Type-V, Total Solar Flare Index (SFI), Solar Cycle (SC).

1. Introduction

The solar radio bursts (RB) are produced during the solar flare eruption on the photosphere of the sun and some of them progresses towards the atmosphere of the Earth. The solar radio bursts are classified into five spectral categories such as type-I, type-II, type-III, type-IV and type-V radio bursts, according to their frequency range which varies from 10 kHz to 2 GHz. Type-I radio bursts are noise storms and short narrow-band events usually observed in the frequency range (80–200 MHz) occurred in large numbers with underlying continuum typically last single bursts during (~1 second) and storms for a few hours to several days in the active regions of the sun (Rico Behlke 2001, Ramesh & Sundaram 2000, Meera Gupta et al. 2006, Karlicky 2018). The type-II and type-III radio emissions are due to excitation of plasma waves by radiation of running away electrons and electron beams from shocks (Karlicky 2018). Type-II radio bursts exhibit a slow frequency drift (20-150 MHz) events often have a double structure, exhibiting fundamental and second

Correlative Study of Sunspot and Tilt Angle

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Abstract

In the present paper we have studied the long term variation of various solar activity parameters with 11-year cyclic solar activity behavior. A detailed correlative study has been performed using the monthly data among the variety of solar activity (SA) parameters like Sunspot Numbers (SSN) and Tilt Angle for the solar cycles 20 to 24 (the present solar cycle). The SSN is the prime SA parameter that shows higher degree of correlation with the other solar activity parameters. However the correlation coefficient and running cross correlation are concerned, we have found that the interrelationship among SSN and TA are highly correlated and the slop of regression line for SSN-TA are continuously decreased for solar cycles 21, 23 and 24 except for solar cycle 22.

Keywords: Sunspot number, Tilt Angle.

1. Introduction

The sun is magnetically variable star with an average period of about 11 years, known as solar cycle. All the observed time-dependent phenomena are called solar activity and are seen in different wavelengths as a changing appearance of the sun (1). Sunspots are the general indicator of SA is directly affecting terrestrial ionospheres (2). Solar activity can be expressed with many solar indices such as sunspot numbers (SSN), 2800 MHz radio flux, solar flare index, green coronal line (Fe XIV, 530.3 nm) etc. Each of them reflects different physical condition in the solar atmosphere (3). The SSN are available for a long period of time from 1964 to 2017. The standard way of representing the solar activity is through the variation of sunspot numbers. The most important index of solar activity has been the Zurich or wolf sunspot number was introduced in 1848 by Rudolf wolf, which help to explain the physical mechanism and provides the longest continuous measure of changes in solar activity over time, begin with Wolf classical formula for the relative number of sunspots, is given by $R_z = k(10g + n)$, where k is a correlation factor the observer, g is the number of identified sunspot group and n is the number of individual sunspots. Today, the monthly and yearly updates available online by the different observatory.

Further, the features of the interplanetary medium have been explained on the basis of heliospheric neutral current sheet, which separates the whole heliosphere into two regions of opposite polarity of magnetic field. In each hemisphere the field is well approximated by a Parker Archimedian spiral with the sense of the field being outward in one hemisphere and inward in the other. The field direction in each hemisphere altered in each 11-year sunspot cycle. At the solar minimum, the current sheet is nearly equatorial with the northern hemisphere solar magnetic field being in one direction and the southern magnetic field having the opposite sign. The solar magnetic field structure near the sunspot maxima is complex, where it corresponds roughly to increasing the inclination of the current sheet. The inclinations of the heliosphere neutral current sheet along the equatorial plane of heliosphere are often named as tilt angles. The waviness of neutral current sheet, i.e., tilt angle has been used as solar

MEDICINAL VIRTUES AND PHYTOCHEMICAL CONSTITUENTS OF SOME OF THE IMPORTANT INDIAN SPICES

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ABSTRACT

Spices and herbs have been an integral part of Indian recipes since ages. They not only enhance the taste and flavor of Indian food, but have been also known remarkably for home remedies. Cure of many diseases and infections have been practiced in the most natural way by the instant herbal medicines made out of the spices and herbs available in domestic kitchens of our Indian homes. Their therapeutic roles are attributed to the rich nutritive and antioxidant values of many of the spices and herbs. This owes to the presence of specific plant chemicals, often called 'Phytochemicals'. The present work is focused on the brief review about the medicinal virtues and their phytochemical contents of the important Indian spices, viz., Clove, Cinnamon, Black Pepper, Turmeric and Seeds of Bishops weeds.

KEYWORDS: Spices, Phytochemicals, Medicinal Virtues, Nutritive Values.

INTRODUCTION

Nature, plants, and their natural products have always been the source of rich potentials providing food, shelters, basic needs, and medicines to human beings (Refaz *et al.*, 2017). Plants have been utilized as medicines for thousands of years. Initially, these took the form of crude drugs such as tinctures, teas, poultices and other herbal formulation. This encouraged the idea of using the medicinal plants in food or in raw state, and even as traditional medicines, as Spices and Herbs. Their specific use for particular ailments and methods

International Journal of Scientific Research and Reviews

Amino acids as Medical food and their Therapeutic uses

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ABSTRACT

The very important constituents of muscles, tissues and the blood are the '**Proteins**'. They are the sources through which the chief phenomena of life are produced. Proteins which supply the building material for the body and are concerned with vital life processes, are made up of specific organic substances called '**Amino acids**'. Almost all plants, animals and microorganisms consist of amino acids. They are needed for the normal functioning of the body and are of many types. Infants, children and adults show different intake requirements of amino acids, and this is influenced by the factors such as age, sex and physiological conditions. The deficiency of amino acids cause many disorders, and their enough supply through proper diet and normal manufacture in the body enable the cure of the ailments. The present article reviews the therapeutic power of some of the amino acids, and hence their use as '**Medical food**'.

KEY WORDS: Essential amino acids, Non-Essential amino acids, Therapeutic uses, Medical food.

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A CRITICAL STUDY ABOUT THE TOXICITY OF LEAD AND THE PRECAUTIONARY MEASURES: A REVIEW

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ABSTRACT

Lead is the most important toxic heavy element in the environment. Due to its important physico-chemical properties, its use are quite remarkable. Globally it is an abundantly distributed, important yet dangerous environmental chemical. Its important properties like softness, malleability, ductility, poor conductivity and resistance to corrosion seem to make difficult to give up its use. Due to its non-biodegradable nature and continuous use, its concentration accumulates in the environment with increasing hazards.

KEYWORDS: Toxic Heavy Element, Malleability, Ductility, Non-Biodegradable Nature

Human exposure to lead and its compounds occurs mostly in lead related occupations with various sources like leaded gasoline, industrial processes such as smelting of lead and its combustion, pottery, boat building, lead based painting, lead containing pipes, battery recycling, grids, arm industry, pigments, printing of books, etc. Though its widespread use has discontinued in many countries of the world, it is still used in many industries like car repair, battery manufacturing and recycling, refining, smelting, etc. Lead is a highly poisonous metal affecting almost every organ in the body. Of all the organs, the nervous system is the mostly affected target in lead toxicity, both in children and adults. The toxicity in children is however of a greater impact than in adults. This is because their tissues, internal as well as external, are softer than in adults. Long-term exposure of adults can result in activities that measure functions of the nervous system. Infants and young children are especially sensitive to even low levels of lead, which may contribute to behavioral problems, learning deficits and lowered IQ. Long-time exposure to lead has been reported to cause anaemia, and blood pressure, mainly in old and middle aged people. Severe damage to the brain and kidneys, both in adults and children, were found to be linked to exposure to heavy lead levels resulting in death.

WHAT IS TOXICITY

Toxicity is the degree to which a chemical substance or a particular mixture of substances can damage an organism. Toxicity can refer to the effect on a whole organism, such as an animal, bacterium, or plant, as well as

the effect on a substructure of the organism, such as a cell (cytotoxicity) or an organ such as the liver (hepatotoxicity).

Sometimes the word is more or less synonymous with poisoning in everyday usage. A central concept of toxicology is that the effects of a toxin are dose-dependent; even water can lead to water intoxication when taken in too high a dose, whereas for even a very toxic substance such as snake venom there is a dose below which there is no detectable toxic effect. Toxicity is species-specific, making cross-species analysis problematic. Newer paradigms and metrics are evolving to bypass animal testing, while maintaining the concept of toxicity endpoints. Toxic effects holder importance when plants, animals and human beings are considered, along with their surrounding environment.

TYPES OF TOXICITY

There are generally four types of toxic entities, *Viz.*: chemical, biological, physical and radiation:

- Chemical Toxicants include inorganic substances such as, lead, mercury, hydrofluoric acid, and chlorine gas, and organic compounds such as methyl alcohol, most medications, and poisons from living things. While some weakly radio active substances, such as uranium, are also chemical toxicants, more strongly radioactive materials like radium are not, their harmful effects (radiation poisoning) being caused by the ionizing radiation produced by the substance rather than chemical interactions with the substance itself.
- Disease-causing microorganisms and parasites are toxic in a broad sense, but are generally called

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A DETAILED STUDY ON CONTRIBUTION OF LIFE INSURANCE CORPORATION ON ECONOMICAL DEVELOPMENT OF POLICY HOLDERS.

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Abstract

Life Insurance Corporation basically deals with social security of the people. Insurance provides risk cover in case of mishaps to the policy holders. It also works as saving option for most of the people. Various literature reveals that society can live proper life if it can provide sufficient insurance to its citizens.

When we look at the urban areas, we find that people are having good awareness about the insurance policies. However, in sub-urban areas and rural areas, awareness is low. There should be proper study on contribution of insurance in economical up liftman of society and development of the region. The existing literature hardly focuses on this area.

The present study tries to provide inputs on economical impact of the largest insurance company i.e. LIC on the economy of Chandrapur District. Chandrapur district comprises of semi-urban areas, rural areas and Naxalite affected areas. There is a need to understand that how can the region develop with contribution from LIC. The present study is an effort to satisfy this need. The role is very critical in the country like India where less than 10% people are insured.

Keyword: Social Security, Insurance, Sub-Urban, Development

Introduction

The nationalization of life insurance was another goal on the road the country had selected in order to achieve its goal of socialistic pattern of society. Into the lives of millions in the rural areas, it begins a new sense of awareness of building for the future in the spirit of cool confidence which insurance alone can give. It is a measure visualized in a genuine spirit of service to the people. It is for the people to respond, confuse the doubter and make it a ringing success. Life insurance, one of the largest and most important industries in America, is a business with far getting social and economic suggestions. Its first concern is with economic security. It presents individual with a private institution through which they can acquire financial security for their families and businesses. It also gives the economy as an important channel through which capital is made available to business for economic growth. Life Insurance influences everyone either directly or indirectly.

LIC of India, Act was approved by the parliament on June 18, 1956 and came into effect from July 1, 1956. LIC of India initiated its working as a corporate body from September 1, 1956. Its working is directed by the LIC Act.

Product diversification is necessary to meet the changeable needs, changing preferences and rising ambitions of the customers. Realizing the importance of product diversification LIC has commenced various insurance plans so as to increase its business multifold. Money back policies have enlarged to the level of Rs.20000 crores. It is major assurance policy because of its advantages of investment.

The govt. of India in 1993 had set up a high powered committee headed by R.N. Malhotra former Governor RBI, to inspect the structure of the insurance industry and advise changes to

मुद्रा विनिमय दर का निर्धारण

• विजय कुमार वासनिक

सारांश- मुद्रा विनिमय दर ऐसा सूचकांक है जो किसी देश की बाहरी प्रतियोगिता को दर्शाता है। इसकी दो श्रेणियां होती हैं। नॉर्मल इफेक्टिव एक्सचेंज रेट (एनईईआर) और रियल इफेक्टिव एक्सचेंज रेट (आरईईआर)। एनईईआर और आरईईआर में मूल अंतर मुद्रास्फीति के अनुसार होता है। आरईईआर हमेशा मुद्रास्फीति के असर के लिए समायोजित होता है और हमेशा एनईईआर से अधिक होता है। अगर किसी देश में मुद्रास्फीति दर लगातार निचले स्तर पर बनी रहती है तो यह दर्शाता है कि वहां मुद्रा की कीमत मजबूत हो रही है क्योंकि उसकी क्रय शक्ति अन्य मुद्राओं के मुकाबले बढ़ती है। उच्च मुद्रास्फीति वाले देशों की मुद्राओं में उनके कारोबारी देशों की मुद्राओं की तुलना में कमजोरी दिखती है।

मुख्य शब्द- मुद्रा विनियम, मुद्रा स्फीति, आर.ई.ई.आर., एन.ई.ई.आर

मुद्रास्फीति दर कौन सी ली जाती है-

अप्रैल, 2004 से आरईईआर उपभोक्ता मूल्य सूचकांक (सीपीआइ) पर आधारित होता है इसी को आमतौर पर खुदरा महंगाई भी कहते हैं।

आरईईआर की आवश्यकता-

यह तुलनात्मक कीमतों में बदलाव को दिखाता है साथ ही बताता है कि मुद्रा की किसी इकाई से वास्तव में क्या खरीदा जा सकता है। आरईईआर शोधकर्ताओं, विश्लेषकों अर्थशास्त्रियों और नीति निर्धारकों के लिए मुद्रा की वास्तविक क्षमता जानने के लिए आवश्यक है।

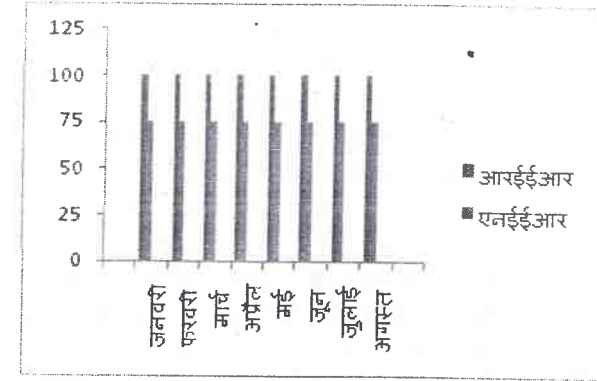
आरईईआर कैसे बनता है-

इसके दो प्रकार हैं। एक में छह मुद्राएं शामिल होती हैं। दूसरे में 36 मुद्राएं शामिल होती हैं। प्रत्येक मुद्रा का अपना एक वजन होता है 12.69 ट्रेड वेट के साथ यूरो की सर्वाधिक अहमियत है। यूईई दिरहम का 11.44, चीनी युआन का 10.84 और अमेरिका डॉलर का 8.8 ट्रेड वेट होता है। यह सूचकांक एक समयावधि के बीच मुद्रा के विनिमय दर में तुलनात्मक बदलाव को दर्शाता है यह बदलाव किसी महीने उसके आधार वर्ष 2004-05 के सापेक्ष होता है। जब सूचकांक को मुद्रास्फीति के सापेक्ष संयोजित नहीं किया जाता है तो यह नॉमिनल इफेक्टिव एक्सचेंज रेट (एनईईआर) बन जाता है।

• सहायक प्राध्यापक, वाणिज्य, शास. डॉ. वा.वा.पाटणकर कन्या स्नातकोत्तर महाविद्यालय, दुर्ग (छ.ग.)

आरईईआर बनाम एनईईआर-

(आधार वर्ष : 2004-05=100)



विनिमय दर

मुद्रा	सितंबर 2013	सितंबर 2018
ब्रिटिश पौंड	101.42	92.05
यूरो	84.67	83.13
जापानी येन	0.64	0.64
चीनी युआन	10.22	10.28
ब्राजीली रियल	28.24	17.25
अमेरिकी डॉलर	62.60	72.38

मुद्रा विनिमय दर का निर्धारण-

इन्दौर का कोई स्टील के बर्तन का कारोबारी यदि नागपुर में अपने उत्पाद बेचना है तो कीमत रुपये में मिलेगी। इसका मतलब यह है कि घरेलू कारोबार घरेलू मुद्रा में होता है। लेकिन यदि यही स्टील के बर्तन का कारोबारी विदेश में व्यापार करने जाता है तो उसे रुपये को उस खास देश की मुद्रा में तब्दील करना होगा इस सहूलियत को मुहैया कराने के लिए बैंकिंग प्रणाली मौजूद है। लिहाजा विदेशी मुद्रा के लिए उस कारोबारी को बैंक जाना होगा बैंक उस दिन की विदेशी मुद्रा के सापेक्ष भारतीय मुद्रा की विनिमय दर के हिसाब से उसे विदेशी मुद्रा मुहैया कराएगा।

कारोबार की अंतरराष्ट्रीय मुद्रा डॉलर-

अमेरिका की मूल मुद्रा के साथ डॉलर अंतरराष्ट्रीय बाजार में सोना और पेट्रो उत्पादों को खरीदने की मानक मुद्रा है। शायद इसीलिए इसे पेट्रो करेसी भी कहा जाता है। यह दुनिया की शीर्ष रिजर्व करेसी भी है। ऐसे में सवाल यह उठता है कि इस मुद्रा को यह तमगा कैसे हासिल हुआ? दरअसल अमेरिकी डॉलर से पहले अंतरराष्ट्रीय कारोबार के लिए ग्रेट ब्रिटेन की पौंड स्टर्लिंग सबसे पसंदीदा मुद्रा हुआ करती थी। जब अमेरिका दुनिया की सबसे बड़ी आर्थिक महाशक्ति बना तो 1948 में दुनिया की बड़ी अर्थव्यवस्थाओं के बीच ब्रेटन वूड्स सम्मेलन हुआ। इसमें सभी ने तय किया कि सभी विदेशी मुद्राओं को डॉलर के सापेक्ष तय किया जाएगा। इससे पहले सभी मुद्राओं को सोने के बराबर तय किया जाता था, जिसका यह मतलब होता था कि अगर किसी के



An Analytical study of Marketing Strategies adopted by Super Mart**Dr. K L Rathi**

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Abstract:

The study would elaborate on the marketing strategies of Super Mart. It will study the effectiveness of the strategies in developing and sustaining the market in the phase of changing market conditions and competition. The study would highlight on the changes (if any) that can be brought about in the marketing strategies followed by marketing team. The study will also emphasize on the strategies to be adopted to bring about better results in the industry.

Super Mart uses various promotional strategies to expand its sales figures, market share and profitability. But the company may not focus on all the sales promotion techniques that are available. It is also possible that the strategies used may not cover all the geographical and functional areas of its operation. The strategies adopted by the company may not be satisfactory or efficiently implemented at times. Marketing Strategy is a process that can allow an organization to concentrate its limited resources on the greatest opportunities to increase sales and achieve a sustainable competitive advantage. A marketing strategy should be centered on the key concept that customer satisfaction is the main goal. The main purpose of the study is to understand the Marketing Strategies of Super Mart. This report study aims at understanding the logical perceptions behind following those marketing strategies that are used by the company in this competitive scenario.

Keywords: Marketing Strategies, Profitability, Customer satisfaction.**Introduction:**

A marketing strategy often integrates an organization's marketing goals, policies, and action sequences (tactics) into a cohesive whole. Similarly, the various strands of the strategy, which might include advertising, channel marketing, internet marketing, promotion and public relations, can be orchestrated. Many companies cascade a strategy throughout an organization, by creating strategy tactics that then become strategy goals for the next level or group. Each one group is expected to take that strategy goal and develop a set of tactics to achieve that goal. This is why it is important to make each strategy goal measurable.

A marketing strategy can serve as the foundation of a marketing plan. A marketing plan contains a set of specific actions required to successfully implement a marketing strategy. A strategy consists of a well thought out series of tactics to make a marketing plan more effective. Marketing strategies serve as the fundamental underpinning of marketing plans designed to fill market needs and reach marketing objectives. Plans and objectives are generally tested for measurable results.

The Marketing Mix

- Product
- Price

Universal Basic Income: The Urgent Need of Common Indian Populace

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Abstract

This paper converses about Universal Basic Income (UBI), a theoretically tempting idea which is based on the ideology of universality and unconditional philanthropy. This paper explains that UBI cling to the projection of humanizing upon the status quo on current anti-poverty and social programs in India. This paper discusses about UBI's universal appeal to both ends of the socio-political spectrum. This paper attempts to infer that UBI is a thought whose time has arrived if not for urgent implementation then at least for serious policy making and public consideration. This paper makes an effort to state that UBI can be an impactful and fruitful social cum Human resource management program for effectively, efficiently and significantly improving and developing Human Resource of India.

Keywords: Universal Basic Income, UBI, Basic Income, Social programs, Policy making, Human resource management, Human Resource, India

1. Introduction

In India, a significant feat was achieved by reducing poverty from nearly 70 percent at the time of independence to about 22 percent in 2011-12. However, there is still a long journey ahead because absolute poverty alleviation has not been done and even to those it's been done it wasn't accompanied with self-esteem, imperviousness, self-will and liberty, and mental & psychological freedom even after 70 years post independence. Universal Basic Income (UBI) has mainly two aspects: universality and unconditional philanthropy. UBI can be done by providing financial support in the form of direct cash transfers to the common Indian populace with equality and respect and not by dictating on the choices of recipients. UBI can be a far-reaching and convincing paradigm shift in the philosophy about social justice and a productive economy. UBI is based on the idea that a liberal society needs to assure to every individual a basic minimum income on which they can rely upon to access the basic goods of a life with dignity. UBI is an unconditional and universal right which ensures a minimum income to cover the basic needs for survival to every citizen. The time has arrived to implement UBI for a number of reasons mentioned below [1, 2, 4, 5, 6, 7].

“Effect of Social media in Consumer behaviour and marketing.”

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Abstract

The approach of this paper is to briefly discuss content analysis and its application in scholarly literature review studies. The methodology used here involves the classification of topics to evaluate key trends in consumer behaviour literature. It includes a ranking of topics published, typology of the published articles, the research classification in terms of methodologies, and analysis techniques. The most cited articles in the field and within each journal are also examined. The comprehensive literature review of consumer behavior research undertaken in this article could advance the discipline of consumer behavior research by elucidating the evolution of consumer behavior literature in the studied period.

Keywords: Consumer behavior, social media, marketing, etc.

Introduction:

Consumer behavior has always been an area of major interest for social science researchers, witnessing an explosion over the past 50 years (MacInnis & Folkes, 2010). Accordingly, literature on this topic has been the center of attention in a number of previous studies (Arndt, 1986; Battalio et al., 1974; Belk et al., 2012; Hameed, Waqas, Aslam, Bilal, & Umair, 2014; Hawkins & Mothersbaugh, 2009; Howard & Sheth, 1968; Robertson & Kassarian, 1991; Solomon, 2013). Literature on consumer behavior is diverse and extensive as changes in society, economics, and technology affect the way consumers behave. In this regard, a technique such content analysis, which can be used to analyze message content and handling, is ideal for conducting such literature review studies. As an observational research method, content analysis systematically evaluates the symbolic content of all forms of recorded communications (Sattari, 2012). It can be considered as an empirical starting point generating new research evidence about the nature and effect of specific communications (Kolbe & Burnett, 1991; Vallet-Bellmunt, Martínez- Fernández, & Capó-Vicedo, 2011). Content analysis not only helps identify central issues to the field but can also help to reveal areas where more work needs to be undertaken, particularly if these are considered to be important and defining issues in the discipline (Cokley, Caldwell, Miller, & Muhammad, 2001).

Method

To examine the content of consumer behavior literature, trace its evolution, and identify the main streams of research over time, a content analysis was first performed on the articles focusing on consumer behavior. Helgeson et al. (1984) classified 32 years of consumer behavior literature from selected journals and proceedings. As there did not seem to be a comprehensive review and

Emotional Intelligence: An Amalgamation of Arterial Language, Learned Language and Body Language

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ABSTRACT

This paper converses the combining role of arterial (parental) language, learned (second) language and body language in shaping up the emotional intelligence and eventually the emotional quotient of a person. This paper enlightens about emotional intelligence and its characteristics in a simplified manner. Particularly, this paper concentrates on three factors of emotional intelligence: arterial language, learned language and body language and make an attempt to draw a conclusion that emotional quotient is an amalgamation of arterial language, learned language and body language. This paper endeavors to provide tips for developing emotional intelligence by factoring in the coalesced functions of arterial, learned and body languages of a person.

Keywords: Emotional intelligence, Emotional quotient, Arterial language, Learned language, Body language

1. Emotional Intelligence (EI)

Emotional quotient (EQ) is a score in a standardized test that determines the level of a person's emotional intelligence. Emotional intelligence (EI) can be defined as the state of being concerned and relating well to people with adequate understanding by adapting & coping with the surroundings for fruitful dealings as per its demands. EI develops with time and it can be improved through practice, training, learning, and therapy. The persons with high EQs are more accomplished in dealing with working environment's demands and stresses. The components of EI are: Intrapersonal; Self-Regard; Emotional Self-Awareness; Assertiveness; Independence; Self-Actualization; Empathy; Social Responsibility; Interpersonal Relationship; Stress Management; Stress Tolerance; Impulse Control; Adaptability; Reality-Testing; Flexibility; Problem-Solving; Optimism [Bar-On, 2004].

2. Contribution of Arterial Language in Developing EI

Role of Language in Developing Emotional Intelligence

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Abstract

In this research paper the researcher analyzes the effect language in developing emotional intelligence in people from different sectors. 80 people were randomly selected from Bhilai city. The data was collected by using emotional intelligence scale which was formulated during research work. The finding reveals that the language we use is closely related to our lifestyle and our environment. People who have high emotional intelligence are highly expressive than people who have low emotional intelligence.

Keywords: *Language, High Emotional Intelligence, Low Emotional Intelligence*

1. Emotional Intelligence

According to (Mayer & Salovey, 1990), “Emotional intelligence (EI) is the ability to monitor one's own and others feelings and emotions to discriminate among them and to use information to guide one's thinking and action”. It is one of the new and major developments in the area of intelligence. The administration of emotions has given rise the term “Emotional intelligence” can be understood as a reaction side of intelligence. The area of emotion and intelligence as a positive aptitude under the caption of Emotional Intelligence (EI) was projected by Salovey and Mayer 1990. It was described as a person's ability to understand his or her own emotions and the emotions of others and to act suitably based on this understanding, appreciation and emotion have always been focused like terror, anxiety, depression in philosophy and later in emotional research. The emotional intelligence of a person determines the potential for learning the practical skills that are based on five elements: self-awareness, motivation, self-regulation, empathy and social skills.

1.1 The Abilities Model of Emotional Intelligence

The model of Salovey and Mayer focuses on four core abilities, which are as follows.

Gender and self-concept as predictors of career maturity

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The objective of the present empirical piece of research work is to examine the prediction effect of gender and self-concept on career maturity. Following the stratified random sampling technique 1000 students were drawn from different institution at Durg city, to serve as participants in the present research work. Result of the study indicated that, gender and self concept are significant predictors of career maturity. It is concluded that there is sufficient empirical and statistical evidence of the prediction effect of gender and self concept on career maturity.

Keywords: self-concept, gender and career maturity

In the present scenario, the importance of the career education and career guidance programmes have been recognized for secondary and senior secondary students especially in the context of recent changes in the Indian education system which aims at bridging the gap between education and life and making education more work oriented. In the present system, the ten years general schooling focuses on socially useful productive work and work-experience programmes.

Initially called 'vocational maturity' the term now known as 'career maturity' (CM) was proposed by Super 45 years ago (Super, 1995). Super had become interested in describing people's career - related behaviors in developmental terms more than 15 years previously advocating that occupational choice should be viewed, 'as an unfolding process, not a point - in - time event', which is regarded by some as his single most important idea. Though specifying career development stages from early adolescence through to retirement age. Super and his colleagues devoted their initial efforts theorizing about and studying adolescents in their high school years and early adulthood. Super's work spanning from 1953 to 1996 can be seen as one of the most prominent among the career development theories of the previous century. It is a well - respected theory.

That provides a basis for the understanding of the construct of career concerns as moderated by the various stages of development of a person's life. Seen as a segmented theory by many (Salomon, 1982) it may be regarded as one of the most inclusive theories describing the factors affecting a person's career. Career concerns can be operationally defined by means of the Adult Career Concerns Inventory (Super & Thompson, 1988).

The vocational or role self-concept develops and changes in accordance with perceived reality, developing vocational identity, the process of differentiation of the self from others and

simultaneously the process of identification with others. Identification and the development of the vocational self-concept are stimulated by role-playing, from childhood onwards. Reality testing which occurs during the adolescent years helps the individual to modify vocational decisions.

Studies have consistently found that students perceive a range of career barriers such as ethnic and gender discrimination, financial problems, family attitudes, perceived lack of ability and lack of educational opportunities (Luzzo, 1993; Whirter, 1997; Swanson, Daniels, & Tokar, 1996; Swanson & Tokar, 1991a-1991b). Gender (Whirter, 1997; Swanson & Tokar, 1991a-1991b); Cross-ethnic (Luzzo, 1993); and cross-cultural (Patton, Creed, & Watson, 2002) differences in perceptions of career barriers have also been identified.

One person-related variable that is likely to influence whether the individual perceives a barrier as being challenging or defeating is their cognitive style. A useful cognitive style to examine in this context is optimism/pessimism which is a generalized tendency to expect positive outcomes. A few studies have investigated optimism in the career area (Creed & Patton, 2003; Patton, Bartrum, & Creed, 2002; Petrone, 2000; Powell & Luzzo, 1998). Bartrum, Creed, and Patton (2002) for example found that students who endorsed higher levels of optimism showed greater career planning and exploration, were more decided about their career and had more career goals while those high in pessimism reported less career knowledge and were more indecisive and achieved more poorly in academic. The findings from these studies suggest the optimism and pessimism might play a functional role in the development of career-related variable.

Career maturity occupies an important place in adolescent's life and has been found to be influenced by certain psychological, social and demographic factors differentially in different culture, race and sex groups. Lawrence and Brown (1976) reported that sex as a factor is associated differently in different culture with career maturity and self concept as predictors of career maturity.

Thomas and William (1978) reported that career decision making was influenced by the self-concept of the students. Brewer et al. (1986) concluded that students having high self-concept also

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मृच्छकटिकम् – एक अनुशीलन

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'मृच्छकटिकम्' अर्थात् मिट्टी की गाड़ी। सर्वप्रथम यह प्रकरण संस्कृत रूपकों में घटनाचक्र की दृष्टि से अपूर्व एवं अतुलनीय है। घटनाचक्र की गत्यात्मकता इस रूपक की अपनी प्रमुख विशेषता है और यह नाम प्रकरण की एक घटना से सम्बद्ध है।

नायक चारुदत्त का पुत्र रोहसेन मिट्टी की गाड़ी से खेलना बन्द कर देता है। वह भी अपने प्रतिवेशी सम्पन्न शिशु की तरह सोने की गाड़ी से खेलना चाहता है, नहीं मिलने पर उसके लिए रोता है। रोते-रोते गृह-परिचारिका रदनिका के साथ वसन्तसेना के पास तक पहुँच जाता है। कारण जानने के बाद वसन्तसेना उसकी मिट्टी की गाड़ी को अपने सोने के गहनों से भर देती है। ये गहने ही बाद में विदूषक के पास पकड़े जाते हैं और चारुदत्त के द्वारा स्वर्णाभूषण के लिए वसन्तसेना की हत्या किये जाने के प्रमाण बन जाते हैं।¹

अपने मूर्तरूप आकार के कारण इस प्रकरण की घटनाएं न केवल अधिक रुचिकर हैं, प्रत्युत हठात् हमारे मन को अपनी ओर आकृष्ट कर लेती हैं। इस आकर्षण का रहस्य इस प्रकरण की अनेक घटनाओं की क्रिया-प्रतिक्रिया न होकर उसमें निहित हमारे मनस्तत्व एवं भाव है। घटना वसन्तसेना का अभिसार हो या उसकी हत्या, सभी का संयोजन इस तरह किया गया है कि वे हमारी आँखों के सामने अनन्त रंगों में जगमगा उठती है। इस प्रकरण का प्राण घटना है और घटनाओं से भी अधिक महत्वपूर्ण है इसकी सफल अभिव्यक्ति।

पात्र चाहे चारुदत्त हो या वसन्तसेना, शाकार हो या शर्विलक, इनकी मनोवृत्तियों का प्रकरण की घटनाओं से गहरा सम्बन्ध है और घटनाओं का सम्पूर्ण गतिचक्र संचालित है। 'प्रवहण परिवर्तन पर। रोहसेन की मिट्टी की गाड़ी इन घटना चक्रों का धुरा है अतः इस प्रकरण के नामकरण मृच्छकटिकम्, की उपयोगिता सुस्पष्ट है।

मृच्छकटिकम् का कर्ता-

संस्कृत नाट्यसाहित्य का प्रगल्भ प्रकरण मृच्छकटिकम्, राजा शूद्रक की कृति के रूप में विख्यात है। यह अपने ढंग का अकेला नाटक है। इसमें एक साथ प्रणय कथात्मक प्रकरण, धूर्तसंकुल भाण तथा राजनीतिक नाटक का वातावरण दूध-पानी की तरह घुला-मिला प्रतीत होता है। संस्कृत साहित्य में यह अकेला नाटककार है, जिसने अपने युग की सामाजिक समस्याओं को अपने नाटक का विषय बनाया है। जीवन और समाज की विसंगतियों को लेकर गहरी चोट करने वाली घटनाएँ तथा झकझोर देने वाले व्यंगों को सही दिशा में निर्देशित ही नहीं किया है, प्रत्युत उन्हें पूर्णतः प्रतिबिम्बित किया है।

¹ मिश्र जगदीशचन्द्र, 2009, मृच्छकटिकम्, चौखम्बा सुरभारती प्रकाशन, वाराणसी, पृ. 1

कृष्ण और नृत्य

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भारतीय तथा पाश्चात्य रंगमंच में पं. सीताराम चतुर्वेदी जी ने लिखा है— जिस आश्विन पूर्णिमा को वैष्णव लोग रासपूर्णिमा कहते हैं उसी दिन ईसा केजन्म से 2226 वर्ष पूर्व शुभ शरद की ज्योत्स्नामयी यामिनी में श्री वृन्दावन में यमुना घाट पर अनेक ब्रजसुन्दरियों के साथ भगवान श्री कृष्ण चन्द्र ने महारास-लीला की थी किन्तु यह रास कोई साधारण नृत्य मात्र नहीं वरन् चिन्मय पदार्थ है जो मुनिजनों के लिए वह ध्येय वस्तु है जिसका तत्त्व साधारण मनुष्य नहीं समझ सकता।

श्रीधर स्वामी ने लिखा है कि—

“रासो नाम बहुनर्तकीयुक्त : नृत्य विशेषः”^प।

(बहुत सी नर्तकियों के नृत्य विशेष का नाम रास है)

कृष्ण के नृत्य का भी अपना महत्वपूर्ण स्थान है विशेष रूप से ब्रज भूमि में। श्रीकृष्ण की रास लीला की परम्परा आज तक बनी है जो कि अध्यात्म की ओर ले जाती है। साथ ही जन-जीवन में धार्मिक आस्था का विषय बनकर मनोरंजन का साधन बनी।

रासः परम-रस-कदम्बतयः,

रस कदम्बमयः कश्चिद्विलक्षणो ब्रजलीला विशेषः।

यद्वा मुख्यरसः शुद्धप्रेमा स एव रासः।।^{पप}

रास परम रस का समूह है सारे संसार के सुख के समूह कृष्ण ही रास है अर्थात् रस ही रास है। इससे भरी हुई कुछ विलक्षण ब्रजलीला ही रास है या शुद्ध प्रेमरस ही रास है। श्रीमद्भगवत् में रास के वर्णन में लिखा गया है कि गोपांगनाओं के मण्डल से मण्डित होकर योगेश्वर श्री कृष्ण ने दो-दो गोपियों के मध्य में एक-एक श्रीकृष्ण के रूप में सब गोपियों के कण्ठ में हाथ डालकर रास किया था। रास शब्द का सम्बन्ध रस से है और रस स्वयं श्री कृष्ण स्वरूप है ऐसा गीता में कहा गया है। उपनिषदों में जो 'रसो वैसः' द्वारा जिस ब्रह्म का अभिधान किया गया है वह परब्रह्म श्री कृष्ण ही हैं। विष्णुयामल में जितने भी रस हैं उन सबका समूह रास है। इसका जिक्र किया गया है और श्रीकृष्ण लीला में सभी रसों का परिपाक सम्बन्ध होता है।

श्रीकृष्ण की यह रसमयी लीलायें, निश्चय ही अमृत तुल्य है मन (समस्त इन्द्रियों सहित) मुनि, मुमुक्षु तथा मनुष्य आदि सभी को आकर्षित कर उन्हें आनन्द प्रदान करती है। शास्त्रों में तो यहां तक कहा गया है कि श्रीकृष्ण की यह लीलाएँ मोक्ष की कामना करने वाले साधकों एवं प्रजाजनों के हेतु भी परम औषध के समान प्रमाणित है। श्रीकृष्ण की इस अप्राकृत रासलीला के मध्य श्री कृष्ण स्वयं समुद्र हैं। और गोपिया तरंगवत्^{पपप} विष्णुधर्मोत्तर पुराण में मार्कण्डेय और वज्र संवाद के अन्तर्गत नृत्य सूत्र में नृत्य की उत्पत्ति के विषय में जब वज्र ने मार्कण्डेय से पूछा कि नृत्त किसके द्वारा उत्पादित है— ऋषि द्वारा या देवता द्वारा तो इस संशय को निवृत्त करने के लिए मार्कण्डेय ने कहा—

Classical Dance and Health

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Indian Dance is a dance used for healing and inner consciousness. Indian Society also believes that supported by the fact that dancing accompanied by music and song is useful for human health, Physical and mental health. There are many benefits you can get by doing Indian classical dance.

Dance like any others physical exercise provides necessary physical movements to each on every part & the body. The whole body is involved in dancing and the whole body system is put into action. The performance of Bharatnatyam involves the mental alertness and induces on the performed a mental happiness and preserves the physical beauty. The performance of Bharatnatyam involves the total development of the mind and the body and thereby improves on the overall performance of the person. Since the performance involves the feet[hand, face, eyes[the whole body, the impact on the total health of the performed is manifold as the whole body system gets the benefit of the performance.

Dancing is considered to be an ideal medicine for Controlling Asthma, Diabetes, and Rheumatism etc. It also maintains the level of cholesterol, blood sugar and other important factors in the blood. In addition to provide intellectual and physical entertainment and fervor dancing also chances the spiritual atmosphere of the human being. It has got the magical powers of warding off much severe illness, chronic ailments without severe medical treatment.

- Healthy heart
- Good for mental health
- overcoming stress
- Improve memory
- Increase flexibility

Not only Bharatnatyam, but every Indian classical dance has the capability to build a dancer so perfect with observation and physical capacity the continued performance and practice of Bharatnatyam brings a total mental and physical alertness to artist.

Classical dance, like classical art is born out of an inner urge to conceive, realise, express, and experience the beautiful. Its genesis is a direct result of the magnified urge for and expression of aesthetic experience. The functions of any art are dependent on

भोरमदेव मंदिर में अंकित नायिका मूर्तियों का विश्लेषण (भरतनाट्यम के विशेष संदर्भ में)

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प्राचीन भारतीय इतिहास के निर्माण में पुरातात्विक साक्ष्यों की उपादेयता एक स्वीकृत और सर्वमान्य तथ्य है। जहां से भी पुरातात्विक सामग्रियां प्राप्त होती हैं, इतिहास एवं संस्कृति के अध्येताओं, जिज्ञासुओं और अनुसंधानकर्ताओं के लिए सहज आकर्षण का केन्द्र हो जाती है। छत्तीसगढ़ क्षेत्र के अंतर्गत सिरपुर, राजिम, शिवरीनारायण, भोरमदेव आदि स्थान पुरातात्विक दृष्टि से विशेष महत्व रखते हैं। भोरमदेव मंदिर पर्वत श्रेणियों के बीच घाटी में शिव को समर्पित मंदिर है। मंदिर की बाह्य भित्तियों पर आकर्षक हाथी, नटराज, गणेश, नायक-नायिका मूर्तियों के अतिरिक्त मिथुन मूर्तियां बनी हुई हैं। प्रतिवर्ष यहां भोरमदेव राष्ट्रीय महोत्सव मनाया जाता है। छत्तीसगढ़ का यह भू-भाग पुरातात्विक एवं सांस्कृतिक दृष्टि से अत्यन्त सम्पन्न है। जनजातियों के नृत्य-संगीत यहां के आकर्षण हैं, साथ ही शासकों की विशाल परंपरा और समृद्धि उनके मंदिरों के स्थापत्य में दिखती है। भोरमदेव अपनी अनूठी कला के लिए विश्व विख्यात है। यदि भारतीय कला के विविध रूपों का विश्लेषण करें तो हम पायेंगे कि इनमें दो मुख्य तत्वों का समन्वय है— एक नैतिक और दूसरा सौन्दर्यपरक। भोरमदेव में इन दोनों तत्वों का समन्वय है। भोरमदेव के मंदिर में उत्कीर्ण नायिका मूर्तियों की सौन्दर्यपरक विशेषताओं का शास्त्रीय नृत्यों के आधार पर अध्ययन निश्चित तौर से अध्येताओं के लिए लाभप्रद होगा। मंदिर में उत्कीर्ण नायिका मूर्तियों की मुद्राओं का भरतनाट्यम के संदर्भ में अध्ययन शोध का विषय है। इन मूर्तियों का अलंकरण विशेष दृष्टव्य है। जिनका वर्णन अग्रलिखित है—

नायिका मूर्तियाँ

नायिका मूर्तियाँ मूर्तिकला की प्राण मानी जाती है। देश के हर हिस्से में ये मूर्तियाँ दृष्टव्य हैं। इन्हें अप्सरा मूर्तियों से जोड़कर देखा जा सकता है। वैदिक काल से ही नायिकाओं का अंकन देखने को मिलता है। 'अथर्ववेद' में गंधर्वों के साथ, 'शतपथ ब्राह्मण' में हंसिनी के रूप में, रामायण, महाभारत आदि में इनका उल्लेख है। भारतीय मंदिरों की बाह्य भित्तियों में इन मूर्तियों का अंकन बहुतायत में मिलता है। भोरमदेव के मंदिर में भी इन मूर्तियों का अंकन प्राप्त होता है। इन नायिकाओं को नायिका भेदों के अंतर्गत हम मुग्धा नायिका, पद्मिनी नायिका के स्वरूप में मान सकते हैं।

स्वाभाविक सौन्दर्य का अंकन दर्शनीय है। इसमें नायिकायें अपने विभिन्न मनोहर रूपों में नारी सौन्दर्य के विभिन्न स्वरूपों में अंकित की गई हैं। सौन्दर्य के विभिन्न स्वरूपों का अंकन इस मंदिर की शोभा को दुगुना कर देते हैं। मंदिर की बाह्य भित्तियों में असंख्य नायिकायें भाव प्रवणता के साथ प्रतिस्थापित हैं। शास्त्रीय नृत्य शैलियों का श्रृंगारिक पक्ष भी इन्हीं नायिकाओं के सौन्दर्य से प्रस्फुटित होता है। जिस प्रकार भरतनाट्यम नृत्य शैली में नायिका-भेदों का प्रदर्शन किया जाता है उसी प्रकार मंदिर की भित्तियों में भी विभिन्न नायिकाओं का मनोहारी शिल्प अंकित है। इन्हें भरतमुनि के नाट्यशास्त्र की देन भी हम मान सकते हैं। यहाँ नायिकाओं को श्रृंगार प्रसाधन-रत, सद्यःस्नाता, घुंघरू बांधती हुई, ढोलक, बांसुरी बजाती हुई, एकाकी, युगल, सामूहिक नृत्य करती हुई, अंकित किया गया है। जिनका वर्णन निम्न है—

दर्पण विभ्रम नायिका

मंदिर के उत्तरी पश्चिमी कोण की बाह्य भित्ति पर यह का केन्द्र है। इस नायिका की आंखें मत्स्यकार हैं। बायें हाथ में केश सज्जा व जूड़े को संवारती दिखाई पड़ रही है। इस



नायिका सहज आकर्षण दर्पण की सहायता से नायिका को