D.A.V.P.G.COLLEGE, LUCKNOW

NATIONAL SEMINAR
on
Value-Based Innovative Research Methods In Physical Education, Social Sciences & Humanities In Indian Perspectives

GUEST EDITOR
Dr. M. P. Gaur
EDITOR IN CHIEF
Pramod Tandale

National Seminar 18 th Jan.2018
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DR. RAM MANOHAR LOHIA AVADH UNIVERSITY, FAIZABAD - 224 001 (U.P.) INDIA

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कुलपति
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Message

It is a matter of great pride and pleasure that the Department of Physical Education of **D.A.V.P.G. College,Lucknow** is going to host National Seminar on "VALUE-BASED INNOVATIVE RESEARCH METHODS IN PHYSICAL EDUCATION, SOCIAL SCIENCES, AND HUMANITIES IN INDIAN PERSPECTIVES"on 18thJanuary 2018 with the mission to contribute qualitative Education. I trust that the seminar would offer an occasion to the researcher under the ambit of Physical Education, SocialSciences & Humanities a meaningful interaction leading to knowledge exchange and valuable information source. The seminar will bring together researchers, thinkers from all over the country to share ideas, disseminate knowledge and advance value based teaching and learning approaches. At last, I congratulate Organising President, Dr. Rajeev Kumar Tripathi, Chief Co-ordinator, Dr. Ran Vijay Singh, and Organizing Secretary, Dr. M.P. Gaur, for organizing such a good National Seminar.

May I wish the seminar every success and all delegates an enjoyable and memorable learning experience.

(Prof. Manoj Dixit)

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Message

I am happy to learn that the Department of Physical Education, D.A.V.P.G. College, Lucknow is organizing a National Seminar on "VALUE-BASED INNOVATIVE RESEARCH METHODS IN PHYSICAL EDUCATION, SOCIAL SCIENCES, AND HUMANITIES IN INDIAN PERSPECTIVES" on 18th January 2018". To meet the purpose of research, emphasis on Innovations, recreations in Physical Education, Social Sciences has become necessary in order to keep the humanity fit for meeting the challenges of future. It is good that the Department of Physical Education has taken up this subject for holding the National Seminar. I am sure that the Seminar will be participated by the eminent scholars of the different discipline who will deliberate on the issue of immense relevance so that new dimensions and directions in Physical Education, Social Sciences, and Humanities based on scientific findings can be suggested and adopted.

At last, I congratulate **Dr. Mahendra Pratap Gaur**& his team for organizing such a good academic seminar and extend a hearty welcome to the delegates and wish all success to the seminar.

(Dr. K.K. Pandey)
Principal
D.A.V. P.G. College, Lucknow.

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Dr. M. P. Gaur

(Organizing Secretary)

<u>Editorial</u>

Seminars are essentially the most important part of any curriculum with theobjective being the commission of knowledge. The essence of knowledge is the way of expressing it to the masses and works as escapism to the traditional classroom teaching. The gateway of every academic activity are seminars, conferences,and workshops etc. the gather, gear and accumulate knowledge at one place. Most academicians, all through the world not only reap the benefits of knowledge, that has commissioned out of conferences, workshops,and seminars but the work was done by young Research Scholars also need to be articulated for future references.

The Seminar organized by D.A.V.P.G. College, Lucknow is a small venture in the positive direction and will work as FireFlyinto the dark night. The peculiarity of knowledge is, those who thirst for, always get. I do believe this Seminar conducted by the **Department of Physical Education** will quench the thirst for the knowledge and satisfy with all needed materials for Value-based Innovative Research. I am sure the deliberations of the Seminar will serve as a milestone in shaping the scenario of higher education in relation to value-based innovative research in Indian perspectives.

Here I express my Special thanks to **Shri Manmohan Tiwari (Manager)**, **Dr. K.K. Pandey** (Principal), **Dr. Rajiv Kumar Tripathi** (Organizing President), **Dr. Ran Vijay Singh** (Chief Co-ordinator), **Dr. Neeraj Sharma and Dr. Ajeet Priyadarshi** (Joint Secretaries). I also express my heartiest thanks to **Dr. Sudhir Shukla, Dr. Anjani Mishra** (Co-ordinator) &**Dr. Durgesh Tripathi** for their continuous support throughout the Seminar. At last but not the least thanks to our college committee members and non-teaching staff for their technical support.

All the papers that are included in this **UGC approved Aayushi International Interdisciplinary Research Journal having ISSN 2349-638X with Impact Factor of 4.574** are a work of authors from various disciplines. I also greet them for showing their faith in me and making the Seminar a grand success in a true sense.

-   **Guest Editor**

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Sports Psychology
Can Sports contribute to Self-Development?

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Abstract

Self-development to help you become the best you, develop your career, and master your finance. The program would be in person or on the internet. Philosophy and the arts help develop the intellectual, spiritual and emotional aspects of ourselves, sports help us develop the physical. Philosophy and the arts, also took sport seriously. They encouraged mostly boys and men to develop strong, fit and graceful bodies. They would even meet and compete in running, jumping, discus and javelin throwing competitions Girls also engaged in physical activity but not to the extent the boys did, nor did they compete in the games. Participating in sports physical activity develops the 5 components of fitness, which are: strength, speed, skill, stamina and flexibility. When we are under stress from personal problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports helps release pressure and tension in a healthy and controlled way. In order to continue to develop and take care of every aspect of ourselves, as well as attending to the mind and spirit, we must attend to the physical - our bodies.

Self-development to help you become the best you, develop your career, and master your finance. The program would be in person or on the internet. Philosophy and the arts help develop the intellectual, spiritual and emotional aspects of ourselves, sports help us develop the physical. Philosophy and the arts, also took sport seriously. They encouraged mostly boys and men to develop strong, fit and graceful bodies. They would even meet and compete in running, jumping, discus and javelin throwing competitions (the Olympic Games). Girls also engaged in physical activity but not to the extent the boys did, nor did they compete in the games. Participating in sports/physical activity develops the 5 components of fitness, which are: strength, speed, skill, stamina and flexibility. When we are under stress from personal problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports helps release pressure and tension in a healthy and controlled way. In order to continue to develop and take care of every aspect of ourselves, as well as attending to the mind and spirit.

Benefits of engaging in sports or physical activity:
- Sports are fun
- Heightens sense of overall well being
- Improves sleep patterns and levels of anxiety
- Clears the mind
- Develops motor skills and mind/body connection
- Staves off depression.

Personality Traits

Personality traits reflect people's characteristic patterns of thoughts, feelings, and behaviours. Personality traits imply consistency and stability someone who scores high on a specific trait like Extraversion is expected to be sociable in different situations and over time. Thus, trait psychology rests on the idea that people differ from one another in terms of where they stand on a set of basic trait dimensions that persist over time and across situations. The most widely used system of traits is called the Five-Factor Model. This system includes five broad traits that can be remembered with the acronym Ocean: Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism. Each of the major traits from the Big Five can be divided into facets to give a more fine-grained analysis of someone's personality. In addition, some trait theorists argue that there are other traits that cannot be completely captured by the Five-Factor Model.

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Critics of the trait concept argue that people do not act consistently from one situation to the next and that people are very influenced by situational forces. Thus, one major debate in the field concerns the relative power of people's traits versus the situations in which they find themselves as predictors of their behaviour.

Big 5 Trait	Definition
Openness	The tendency to appreciate new art, ideas, values, feelings, and behaviors.
Conscientiousness	The tendency to be careful, on-time for appointments, to follow rules, and to be hardworking.
Extraversion	The tendency to be talkative, sociable, and to enjoy others; the tendency to have a dominant style.
Agreeableness	The tendency to agree and go along with others rather than to assert one's own opinions and choices.
Neuroticism	The tendency to frequently experience negative emotions such as anger, worry, and sadness, as well as being interpersonally sensitive.

Motivation

The term 'motivation' has been derived from the word 'motive'. Motive may be defined as an inner state of our mind that activates and directs our behaviour. It makes us move to act. It is always internal to us and is externalized via our behaviour. Motivation is one's willingness to exert efforts towards the accomplishment of his/her goal. Let us consider a few important definitions on motivation that will help us understand the meaning of motivation more clearly. Motivation is the word derived from the word 'motive' which means needs, desires, wants or drives within the individuals. It is the process of stimulating people to actions to accomplish the goals. In the work goal context the psychological factors stimulating the people's behaviour can be

- Desire for money
- Success
- Recognition
- Job-satisfaction
- Team work, etc.

Social Development

Social development is about improving the well-being of every individual in society so we can reach their full potential. The success of society is linked to the well-being of each and every citizen. Social development means investing in people. It requires the removal of barriers so that all citizens can journey toward their dreams with confidence and dignity. It is about refusing to accept that people who live in poverty will always be poor. It is about helping people so they can move forward on their path to self-sufficiency. Social development is about putting people at the centre of development. This means a commitment that development processes need to benefit people, particularly but not only the poor, but also a recognition that people, and the way they interact in groups and society, and the norms that facilitates such interaction, shape development processes, we have organised the Indices of Social Development into five groupings:

- **Civic activism** refers to the social norms, organisations, and practices which facilitate greater citizen involvement in public policies and decisions. These include use of media, access to civic associations, and involvement in activities such as nonviolent demonstration or petition.
- **Clubs and associations** uses data on levels of engagement in local community groups, time spent socialising in voluntary associations, and membership of developmental organisations, to identify the extent to which people are part of social networks and potentially supported by community ties.
- **Inter-group cohesion** refers to relations of cooperation and respect between groups in a society; where this cooperation breaks down, there is the potential for conflict and acts of terror and riots.

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- **Interpersonal safety and trust** measures the level of trust and confidence between individuals that do not know each other personally, specifically with regard to the likelihood of criminal violence and other forms of trust violation, and combines this with measures of rates of violence.
- **Gender equality** estimates the extent of discrimination against women, whether in the labour market, education, healthcare, or in the home

Developing the Skills

Development of the personal skills and approaches is based on the student's accumulated knowledge and specific competencies. By means of a targeted, pedagogical staging in connection with solution of an open problem in cross-curricular teams, focus will among other things be on the development of each student's.

- self-confidence
- ability to self-motivation
- willingness to take risks
- ability to assess the consequences of own decisions
- Willingness and ability to advance new solutions in the culture in which you work.

Sportsmanship

Sportsmanship is dependent on respect for the rules of the game, for your teammates, coaches, officials, the other team, and even respect for yourself as a player or a fan. Sportsmanship is an awareness that on the field or the side-line, your actions, attitudes, and behaviour affect everyone else, how they play, and how they enjoy the game

Ethics

The field of ethics involves systematizing, defending, and recommending concepts of right and wrong behaviour. Philosophers today usually divide ethical theories into three general subject areas: metaethics, normative ethics, and applied ethics. Metaethics investigates where our ethical principles come from, and what they mean. Are they merely social inventions? Do they involve more than expressions of our individual emotions? Metaethical answers to these questions focus on the issues of universal truths, the will of God, the role of reason in ethical judgments, and the meaning of ethical terms themselves. Normative ethics takes on a more practical task, which is to arrive at moral standards that regulate right and wrong conduct. This may involve articulating the good habits that we should acquire, the duties that we should follow, or the consequences of our behaviour on others. Finally, applied ethics involves examining specific controversial issues, such as abortion, infanticide, animal rights, and capital punishment.

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Research Design Method

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Abstract

   Correlational research design is used to relate two or more variables and correlation results show whether the relationship exists among variables or not. After analyzing the correlations results the regression describe the variability in dependent variable due to the explanatory variables. The overall reasoning for using correlation was to analyze the relationship and regression to analyze how well the prediction can be made. In this research multiple regression analysis has been used.

Introduction

The reason for using correlational design in this research was to analyze the relationship between product's new features and brand choice and Correlation coefficients was used to provide the degree and direction of relationship between the product new features and brand choice. In this research regression analysis described that how much variability in brand choice was caused by new features.

Research Design

There are three types of research design:

- Descriptive
- Correlational
- Causal-comparative
- Experimental

Population and sampling

   Statisticians define a population as the entire collection of items that is the focus of concern. Sampling is indispensable technique of behavioral research; the research work cannot be undertaken without use of sampling. (David S.Fox) suggested that "In the social sciences, it is not possible to collect data from fractional part of the respondents to our study but only from some fractional part of the respondents. The process of selecting the fractional part is called sampling".

   In this research Karachi has been taken as the population and Business University students selected as sample. The sample size was 150. There are two types of sampling "Random" and "Non-Random Sampling" in this research "Simple Random Sampling" has been used. Simple random sampling is defined by Castillo, Joan Joseph (2009) "In this technique, each member of the population has an equal chance of being selected as subject. The entire process of sampling is done in a single step with each subject selected independently of the other members of the population."

   In this research simple random sampling was used because it represents whole population and covered different demographics which were needed. Moreover, it is unbiased selection and important to draw conclusion from the results of study.

Data collection

   For conducting any research it is very important to collect relevant data that suits the methodology and research design. Mark Saunders et. Al (2006) explained that in primary data collection different methods are used such as survey, observation, focus group. There are two types of data collection techniques "Primary and Secondary Data Collection". In this research primary data has been used.

Data that never gathered before is called primary data. The reason for selecting primary data source was that through primary data the needed information could be gathered that suited the purpose of research as it is not published.

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Research instrument

Research instrument is a testing device for measuring a given phenomenon. In this research, questionnaires were used to gather information which are the most widely used survey data collection techniques. Through questionnaire each person (respondent) is asked to respond to the same set of questions, it provides efficient way of collecting responses from a large sample prior to quantitative analysis.

This research involved survey with structured questionnaire to gather complete details. Although people generally use the term survey and questionnaire interchangeably, the term survey is used as a general category with questionnaire and interviews as specific methodologies to conduct survey research (Gay, 1992). The reason for using structured questionnaire was the questions asked were precisely decided in advance. Close-ended questions are particularly useful where the study topic concerns to factual issues with a limited range of responses.The overall reason for using structured questionnaire and close ended questions was that it supported the research technique that have been used in this research for the testing.

Validity and Reliability

Reliability is used to measure the consistency of the data which is used to analyze the instrument whether it provides the same results if it is used in the same way and same conditions with the same objects repeatedly. One thing that is very important to remember that reliability is not measured, it is estimated. Shuttleworth, Martyn (2008) suggested that before analyzing any data, however, and even before testing any subjects, the issues of variable selection and control, reliability, and validity must be addressed. The simplest definition of validity is that degree to which a test measures what it is supposed to measure Gay (1992).

Validity is the accuracy of the results and the strength of the conclusions. Cook and Campbell (1979) define it as the "best available approximation to the truth or falsity of a given inference, proposition or conclusion". Each type of validity would highlight a different aspect of the relationship between treatment and observed outcome.

There are four types of validity Conclusion, Internal, Construct and External validity. In this research internal validity was used as it analyzed the relationship between the program and the outcome and causal relationship. Validity is more important than reliability because if an instrument does not accurately measure there is no reason to use it even if it measures consistently. The objective of analyzing the reliability and the validity of the data is to check how much accurate relationship between the measure and underlying trait it is trying to measure.

Pilot study

Pilot study is the small scale rehearsal of the larger research design. This technique refers to a smaller scale version of the experiment and equipment tests are the important part of sub-group of experiments.

Pilot studies can be based on quantitative and/or qualitative methods and large-scale studies might employ a number of pilot studies before the main survey is conducted. Thus researchers may start with "qualitative data collection and analysis on a relatively unexplored topic, using the results to design a subsequent quantitative phase of the study" (Tashakkori&Teddlie 1998: 47).

In this study the reasons for using pilot testing was to develop and test adequacy of research instruments. It was also used for assessing the feasibility of full scale study, designing research protocol, analyzing the sample frame and research technique and collecting preliminary data.

In this study 30 out of 150 respondents were used for the purpose of pilot study.

Ethical Consideration

Ethics refers to the appropriateness of researcher behavior in relation to the right of subject of work which is affected by research. Wells (1994) defines "ethics in terms of a code of behavior appropriate to academics and the code of conduct of research ".

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In this research by following rules of ethics, all details of participants were remained confidential and they were completely informed related to the nature of the study, they were given fair consideration and personal biasness didn't hamper the way of research, and the results were accurately represented as they were told and observed.

Conclusion

References allow the reader to look up information and read more about particular phenomena or research that was discussed in the current study. While reading the study, the quality of the references should be considered. If, for instance, a study uses research from unprofessional or questionable sources, the validity of his arguments will also be questionable. Look for journals that are known and respected in the profession as this will help to determine the strength of the supporting material that led to the development of the original theory.

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Research Methods and Methodology

Sonam Singh

M.Ed Student (IIIrd Semester)

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Innovation can be a catalyst for the growth and success of your business, and help you to adapt and grow in the marketplace. Being **innovative does** not only mean inventing. **Innovation** can mean changing your business model and adapting to changes in your environment to deliver better products or services.How might we know whether our schools or system are set up to optimise learning? How can we find out whether we are getting the most from technology? How can we evaluate our innovation or think through whether our change initiative will bring about its desired results? Teachers and educational leaders who grapple with such questions will find this handbook an invaluable resource. It draws on extensive reports and materials compiled over a decade by the OECD in its Innovative Learning Environments (ILE) project.

Its four chapters – The learning principles; The innovative learning environment framework; Learning leadership and evaluative thinking; and Transformation and change - each contain a concise, non-technical overview introduction followed by a set of tools. The handbook makes good the ILE ambition not just to analyse change but to offer practical help to those around the world determined to innovate their schools and systems.

Need and Importance Of Research

- Research and Development plays a critical role in the innovation process. It's essentially an investment in technology and future capabilities which is transformed into new products, processes, and services.
- In industry and technology sectors R&D is a crucial component of innovation and a key factor in developing new competitive advantages (Heneric, Licht, and Gofka in Europe's Automative Industry On The Move: Competitiveness In A Changing World).
- One company in particular has devoted itself to R&D and as a result constantly soars ahead of its competition.

How and Why Research

Remember back to the article on the recipe for innovation? One of those ingredients was knowledge, another technology. R&D directly supports the development of both of these things (depending on your industry but certainly the former of the two).

When a company takes the time to invest in R&D they get a huge influx of knowledge. This is what makes Intel so amazingly successful: Their R&D all boils down to useful knowledge that the company can use to further develop its main product lines.

R&D really is that important – note that it is merely a tool (and an expensive one at that). R&D exists to gain knowledge, not as an entity in itself.

Education, Research, Innovation System and Governance

Innovation does not just mean new technology. Educational innovation can be found in processes, services, programmes and partnerships. To be truly innovative, an intervention should: Improve learning, equity and systems. Solve a real problem in a simple and clear way (be demand-driven), Match the scale of the problem it is trying to solve.

Some innovations do capitalize on new technologies – for instance, putting math lessons on durable tablets powered by open-source software for children in hard-to-reach areas in Sudan, or using SMS on mobile phones to identify bottlenecks that impede quality education for marginalized children in Peru.

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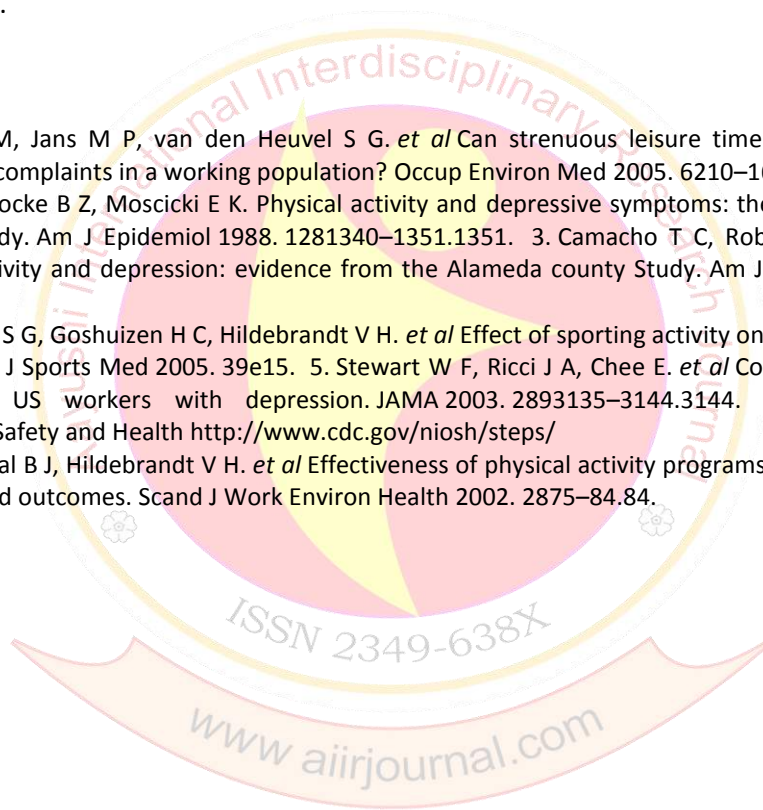| Organised By	Department of Physical Education, D.A.V.P.G.College,Lucknow	ISSN 2349-638x Impact Factor 4.574

Others draw on the creativity and experience of communities, such as a programme in Ghana that uses play to enhance young children's learning and development.

Many innovators are already at work in schools, classrooms, communities and civil society organizations. UNICEF works to identify them, help them show their impact, broker partnerships, and transform the lives of the most marginalized children. UNICEF is uniquely positioned to be a driving force in educational innovation.

Present in 190 countries, we can leverage our resources and global reach to find innovations, draw lessons, and share good practices. We can help adapt and expand successful interventions and approaches to reach the most marginalized children and improve learning outcomes for all.

UNICEF's approach to innovations in education can be summarized in five steps:

- **Scan** – identify promising innovations in education
- **Assess** – select projects that build on experience, and work in a sustainable, cost-effective way
- **Incubate** – offer technical assistance, financing and support
- **Evaluate** the results and impact
- **Share learning** – from failures and successes alike

UNICEF collaborates with partners to systematically identify, assess and incubate promising innovations. The classroom is the original cultivator of true learning and the green house that nurtures talent and creativity. The dynamics between a teacher and students define the essence of a classroom. A great teacher can transform the brick-and-mortar confinement and take students on a journey of pure learning, responding to their doubts and instilling an environment of curiosity and interactivity. Hence, to optimize the learning experience, schools and colleges in India are vying to embrace innovative methods, installing the latest educational technology and encouraging teachers to be more creative than ever.

Here's a glimpse of some of the innovative techniques that teachers are trying out to make learning effective, engaging, and fun.

Audio-visual (AV) supplements

Many educational institutions in India have AV-equipped classrooms or venues to boost students' learning and understanding. Teachers explain difficult subject like Physics/Maths/Chemistry through graphical representation of complex equations with the help of smart-boards. For language learning, the audio-visual equipment is an indispensable tool. Teachers can play snippets of award-winning films, plays, and speeches of great orators, both in vernacular, English, or the target language to facilitate the skills of listening, speaking, and histrionics.

Flip methodology or classroom

This technique, to put simply, is to roll the responsibility of learning towards the students and make them active participants of the learning process. B-schools like SP Jain Institute of Management and Research (SPJIMR) and Indian School of Business (ISB) are some of the pioneers of flip classroom in India. Here, teachers relegate to the role of resource or material providers via email or intranet, whereas students take the centre stage of gathering concepts, constructing knowledge, and drawing inferences.

However, the other significant aspect is that teachers follow it up with a discussion session on the given topic on a stipulated day to ensure students' participation, seriousness, and overall learning. Besides discussions, there are group presentations, debates, and essay writing competitions.

Role play

Role play brings in the element of entertainment into the classroom. As much as it is loved by students, this technique facilitates their understanding and appreciation of the characters that they read about. From pre-schools to Senior Secondary level, schools are implementing this method as it's a great source to instill in children values and ideals as they play the roles of historical stalwarts like Mahatma Gandhi, Pandit Nehru, Nelson Mandela, and Martin Luther King, or legendary characters like Caesar, Mark Anthony, and Charlie Chaplin, to name a few.

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Students are encouraged to have their own version of the characters they are portraying, and enact them with the context of the present times. Through role play, students also get to learn about various aspects of stage performance – from acting to voice projection – and discover their acting talent. This technique also helps teachers explore creativity and critical thinking in students. Role play is an impactful method to enhance learning that also lends learners opportunity to live the experience through empathy and internalising values.

Peer teaching

It is one of the most effective strategies to even up the learning curve of a class. Usually, teachers pair students who are high performers with those students who might be struggling in a subject area. Students are also encouraged to volunteer, or are randomly chosen to take over as the subject teacher. It offers a platform of knowledge sharing among students, besides harbouring healthy competition.

The interesting aspect of peer teaching is that students tend to respond more actively when one of them dons the mantle of the teacher. The class becomes attentive and interactive in a bid to challenge each other in a constructive manner. With regular peer teaching sessions, students start to develop better grasp of the concepts, display maturity, tend to be more disciplined, and also develop better communication skills.

Beside B-schools, this method is now widely used at all levels of education irrespective of affiliation, boards, or curriculum. Children studying at schools in rural areas too are getting their share of playing the teacher. Kudos to Government Higher Primary School (GHPS) in Kadasi Kopa in the Kanakapura Taluk in Karnataka for being a trailblazer among government schools by successfully and strategically implementing peer teaching on a daily basis. Furthermore, to underline the gravity of peer teaching, teachers assess student's performance as part of continuous evaluation

Games

The play-way lessons are quite popular among students of all grades, and a successful strategy to keep them engaged. If the sessions are carefully designed and smoothly executed by teachers, this method reinforces cognitive knowledge, especially of mathematical and scientific concepts, and vocabulary. Teachers are experimenting with various kinds and levels of word and mind games like quiz, puzzle-solving, Scrabble, Sudoku, etc.

Games help to seamlessly incorporate subject knowledge with application, and are an answer to productive and smart learning. This is reinstated by Bangalore-based tech firm Quest Alliance in designing a game called Anandshala Gupshup for enhancing communication between parents and young students. The game increased parents' awareness about their children's need, and that reflected in students' improved class performance and attendance. The second game, called Career Quest and designed for students of vocational studies, helped them revisit technical concepts as well as provided them training on life skills.

Collaboration

Collaboration is an essential life skill in a globalised environment, the driving force of all enterprises. In an educational institution, this skill can best be fostered in the classroom by allowing students to work in groups. Educators are planting the seed of a collaborative mind as early as primary school, where young children are motivated to create, plan, and organise group presentations of stories, skits, or poems. Throughout, teachers help students chalk out their plans, provide them key points, supervise their work, and build team spirit.

Many schools have made collaborative project work a prominent part of the curriculum. Teachers are designing their lessons to allow time and resources for group activities, be it research or class presentation.

Going beyond the classroom

Education should make children aware of the world and themselves, widen their perspective, and make them seek the truth. Schools are embracing the trend of taking children outside the classroom. Whether on a nature trail, or visiting cottage industry, students now directly interact with what they read about in books. Children gain more knowledge when they see and experience history in museums than being taught the same in the class.

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Field trips are now an integral part of the CBSE curriculum. International boards too have made excursions compulsory in schools. Dr. Pillai Global Academy had recently arranged for an exciting field trip for students to Jim Corbett National Park, Uttarakhand. Along with a trip to Nainital and Delhi, this provided students with hands-on learning. Hence, there is a visible increase in the number of excursions organised by schools. Students, teachers, and parents enthusiastically come forth to make the attempt a holistic educational experience.

The various innovations and the creative endeavours of the teachers are making classrooms zones of great activity and intellectual rigour. Though the journey is at its nascent stage, the future holds promises of a rich and holistic learning space. Every student can have access to a repository of resources that will enable them to learn independently and meaningfully.

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Innovative Research and Plagiarism

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Abstract

Research in every field and more so in the field of education is the demand of the day. Progress in any field is directly linked with research in that field. Our problems and difficulties in the field of education further necessitate a purposeful and sustained research effort. Plagiarism is regarded as a common schema that reflects primarily on individual's educational delinquency. It clearly violates the provisions of academic honesty and integrity. Also, it prohibits the further attainment of academic excellence. Today the effort is just on COPY+PASTE i.e. the ideas of other is copied and pasted. But when we talk about innovation, it means doing new things, so collaboration of innovation and research go hand in hand. *"**Innovation is the only way to win**."* This is the need of the hour and not plagiarism.

Education research is the scientific field of study that examines education and learning processes and the human attributes, interactions, organizations, and institutions that shape educational outcomes. Scholarship in the field seeks to describe, understand, and explain how learning takes place throughout a person's life and how formal and informal contexts of education affect all forms of learning. Education research embraces the full spectrum of rigorous methods appropriate to the questions being asked and also drives the development of new tools and methods.

Various research methods-

- **Lab experiment**- This type of experiment is conducted in a well-controlled environment, not necessarily a laboratory and therefore accurate and objective measurements are possible. The researcher decides where the experiment will take place, at what time, with which participants, in what circumstances and using a standardized procedure.
- **Field experiment**- These are conducted in the everyday (i.e. natural) environment of the participants but the situations is still artificially set up.
- The experimenter still manipulates the IV, but in a real-life setting (so cannot really control extraneous variables).
- **Case study**- Case studies are in-depth investigations of a single person, group, event or community. Case studies are widely used in psychology and amongst the best-known ones carried out were by Sigmund Freud. He conducted very detailed investigations into the private lives of his patients in an attempt to both understand and help them overcome their illnesses. Case studies provide rich qualitative data and have high levels of ecological validity.
- **Correlation**- Correlation means association; more precisely it is a measure of the extent to which two variables are related.
  If an increase in one variable tends to be associated with an increase in the other then this is known as a positive correlation.
  If an increase in one variable tends to be associated with a decrease in the other then this is known as a negative correlation. A zero correlation occurs when there is no relationship between variables.

Interviews-Unstructured and Structured- Unstructured (informal) interviews are like a casual conversation. There are no set questions and the participant is given the opportunity to raise whatever topics he/she feels are relevant and ask them in their own way. In this kind of interview much qualitative data is likely to be collected.

Structured (formal) interviews are like a job interview. There is a fixed, predetermined set of questions that are put to every participant in the same order and in the same way. The interviewer stays within their role and maintains social distance from the interviewee.

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Questionnaire- Questionnaires can be thought of as a kind of written interview. They can be carried out face to face, by telephone or post.

The questions asked can be open ended, allowing flexibility in the respondent's answers, or they can be more tightly structured requiring short answers or a choice of answers from given alternatives.

The choice of questions is important because of the need to avoid bias or ambiguity in the questions, 'leading' the respondent, or causing offence

Observations- **Covert observations** are when the researcher pretends to be an ordinary member of the group and observes in secret. There could be ethical problems or deception and consent with this particular method of observation.

Overt observations are when the researcher tells the group he or she is conducting research (i.e. they know they are being observed).

Controlled behavior is observed under controlled laboratory conditions (e.g. Bandura's Bobo doll study).

Natural: Here spontaneous behavior is recorded in a natural setting.

Participant: Here the observer has direct contact with the group of people they are observing.

Non-participant (eg.fly on the wall): The researcher does not have direct contact with the people being observed.

Pilot study- A pilot study is an initial run-through of the procedures to be used in an investigation; it involves selecting a few people and trying out the study on them. It is possible to save time, and in some cases, money, by identifying any flaws in the procedures designed by the researcher.

A pilot study can help the researcher spot any ambiguities (i.e. unusual things) or confusion in the information given to participants or problems with the task devised.

Sometimes the task is too hard, and the researcher may get a floor effect, because none of the participants can score at all or can complete the task – all performances are low. The opposite effect is a ceiling effect, when the task is so easy that all achieve virtually full marks or top performances and are "hitting the ceiling".

Content analysis- Content analysis is a research tool used to indirectly observe the presence of certain words, images or concepts within the media (e.g. advertisements, books films etc.). For example, content analysis could be used to study sex-role stereotyping.

Researchers quantify (i.e. count) and analyse (i.e. examine) the presence, meanings and relationships of words and concepts, then make inferences about the messages within the media, the writer(s), the audience, and even the culture and time of which these are a part.

To conduct a content analysis on any such media, the media is coded or broken down, into manageable categories on a variety of levels - word, word sense, phrase, sentence, or theme - and then examined.

The term innovation means a new way of doing something. It may refer to incremental, radical, and revolutionary changes in thinking, products, processes, or organisations. A distinction is typically made between invention, an idea made manifest, and innovation, ideas applied successfully. Today the greatest concern is that the pipeline of educational innovations in research is drying up. Nationally, there are few innovations which are reported.

Plagiarism and referencing electronic resources

Referencing (also called citing) simply means that you indicate which material is not your own and show where you got it from. Even if you have not used someone's exact words, but have rephrased their ideas, you need to give your sources. The idea is that someone else reading your work should be able to recognise the difference between your work and someone else. You need to provide them with enough information about your sources that they could find the source for themselves. There are several different referencing systems, each subject area tends to use its own system of citations, but whatever style you

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choose it is important to be consistent, complete and accurate. This matters not only for books and articles, but electronic sources as well. Plagiarism is theft. If someone broke into your house and stole your television you would be understandably upset. That was your television and now you can't watch the serial.

In exactly the same way, using someone else ideas without acknowledging where they came from is stealing. That is what referencing is all about, making sure that if you use someone else's words or ideas you let your readers know where the information came from. It is okay to quote from a book, or use the ideas from someone's work in your own work, but it does mean that you need to be careful to make sure that you acknowledge where the information came from, and make it quite clear that it is not your own original ideas. The way you do that is to make sure you reference any material you use which is not your own.

The birth of continuous development and advancement of technology provide various violations of Plagiarism. It is present not only in the social and political environment but also most importantly in the academic sector. It is regarded as one of the most controversial issues we commonly find in the academic setting that needs to be addressed properly. It is regarded as one of the most controversial issues we commonly find in the academic setting that needs to be addressed properly.

In the field of innovation and development, several countries around the globe realizing the effects of plagiarism already implemented laws to prohibit, regulate and even prosecute violators thereof. They possess and adopt the latest software and mechanism designed to identify or detect plagiarism violations. For example, In the Philippines, it is of wrong notion that if you commit plagiarism you will be held criminally and civilly liable.

Symptoms of Plagiarism

- Too lazy/too hard to create own work
- Poorly designed assessment tasks
- Poor time management
- It is very easy and convenient to do
- Cultural perspectives
- Pressure to achieve high grades
- Disorganised
- Ignorant of formatting / protocols
- Lack of consequences if caught
- Low chance of being caught, others do it
- Lack of skills to extract or create information
- Language barriers
- Not exposed to modelling of best practice
- Simply doesn't care about the ethics

According to Social Learning theory,
"Learning is an unbroken and continuous process that takes place in a social perspective of the participating community. Manifesting innocently through direct observation, adoption or instruction."
(Albert Bandura, 1977)

In this theory, it provides that the people around the observer-learner will respond to the behaviour it imitates with either reinforcement or punishment. If a learner observes that the actions taken by the models committing plagiarism are rewarding then it is more likely to continue performing the similar behaviour or imitate those people it recognizes as comparable to itself. In this manner, if learners and students observe that doing or practicing plagiarism as witnessed on their colleagues result in satisfying or rewarding manner, without apprehension or consequences from authority, then the tendency or probability of plagiarism will increase and definitely result to simulation and replication. Consequently, it will respond to the same process or cycle in their respective environment.

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Furthermore, under the reinforcement theory, known as the operant conditioning theory (B.F. Skinner, 1938), it asserts that behaviours will respond either positive or negative. If the reinforcement made by the educators or teachers positively respond to the wrong doing of plagiarism then the learners or students action in the environment is validated, confirmed and strengthened that will cause reiteration of erroneous practice of plagiarism. On the other hand, if the reinforcement is properly maintained, the actions undertaken by the learners or students are sanctioned or penalized, then the practice of plagiarism as an emerging issue or problem affecting academic integrity will be abated.

It can be concluded that the attainment of academic excellence in advance educational research must adhere and conform through proper observance of academic integrity. The mainstream of plagiarism dwells in the question of morality. The important values on fairness, equality, good faith, honesty and truthfulness should be upheld at all times. There is no valid reason for its non-compliance. Likewise, it must not be tainted with deceit, malice and bad faith at the expense of another. Innovative and participative software perceiving plagiarism can never replace honesty, self-assessment and personal judgment to determine for a fact that a person is guilty or liable for plagiarism.

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British Education Policy in India

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The modern system of education came to be established in India during the British period at the cost of the traditional indigenous system. In pre-British days Hindus and Muslims were educated through Pathsala and Madrassa respectively. The Tols and Madrassas were the highest seminaries of learning meant for the specialists. These institutions were not meant for education of an elementary kind. For primary education, there were in the villages, Patsalas and Maktabs where the Gurus and Maulavis imparted knowledge of the three "R"s to the boys of the locality. There was no school for the education of the girls though the Zamindars often had their daughters educated at home. Britishers showed no interest in advancement of learning in the first stage of their rule in India. Later, for personal benefits and political gain, some Governors showed their interest in spreading education. Oriental education was the result of that interest. Warren Hastings, Governor-General of Bengal showed keen interest in spreading oriental education in which effort Jonathan Duncan, Nathani Halhead, Sir William Jones, joined hands. Sir William Jones, the Justice Calcutta High Court, established Asiatic Society at Calcutta (1784 A.D.). Here they started research on oriental education and culture. At the time of Lord Wellesley Fort William College was established (1800 A.D.). Here the British Civilians were taught Indian languages, laws, customs, religion, geography etc. By endeavor of Wilkins Jones, Colebrook, William Carey this oriental e

In 1771 however, Charles Grant who is often referred to as 'father of modern education in India' made recommendations for introduction of English education in India and English to be official language of the company for the local affairs, but his intentions and methods were not accepted by British Parliament, as he was a part of the Evangelical Sect and wanted Christian missionaries to convert the religion of the locals and teach them English, but British had already faced enough revolts in the past in other colonies for tinkering with the religion and language of local people. Also, the then Governor General of Bengal, Warren Hastings, was a believer in Oriental learning; he didn't let the proposals of Charles Grant pass through.

But slowly the interest of the Colonial government in education started. The first the support from the government came through in the form of setting up of Madrasa in Calcutta in 1781 by Warren Hastings, Asiatic Society for Oriental learning in 1784 by James Mill, and a Bengal Sanskrit College in 1791 Jonathan Duncan. They were aligned on the lines of ancient Indian history.

The first college set up by the EIC for western education was The Fort William College in 1800–01, initially it served as training center for civil servants in India. The first real support came through the allocation of 1 lakh rupees per year by the Charter Act of 1813. Soon after, Hindu college was set up in 1817, which later came to be called Presidency College in 1857.

But it took another 20 years for bringing in an Education Policy. It was only after the entry of Thomas Babington Macaulay as law member in the council of William Bentinck that English education picked up its flight. In 1835, in his famous minute, Macaulay declared that Oriental learning was inferior to the Western English learning and introduced an act called English Education Act. He found support from Raja Ram Mohan Roy who fervently advocated Western Education, while he said Western Education, Macaulay interpreted it as English education. And English was declared the official language of the Government and English was to be the medium of instruction in its schools and colleges.

Wood's Despatch, 1854

The Charter Act of the East India Company was to be reviewed in 1853 by the British Parliament. Before doing so, the Court of Directors in England decided to lay down a definite policy in regard to educational matters of India. So the British Parliament appointed a Special Parliamentary Committee to suggest a suitable educational policy for India. The Committee made thoroughly an evaluation of educational

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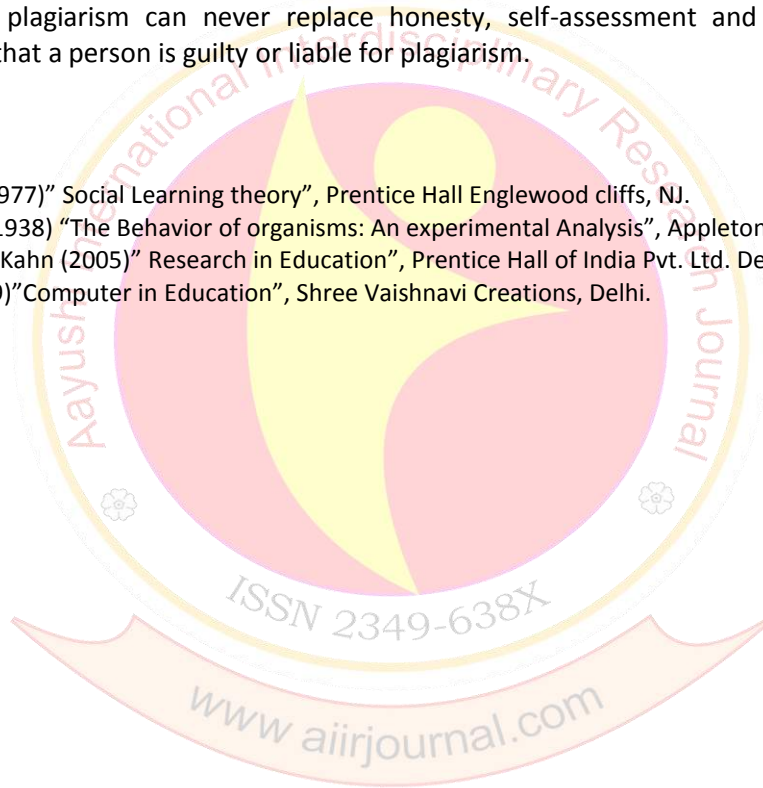### Special Issue On Value-Based Innovative Research Methods In Physical Education, Social Sciences & Humanities In Indian Perspectives

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policy followed by the Company in India. On the basis of this evaluation, a Despatch – a policy document on education was prepared for the functioning of education system in India. The Despatch was prepared by Traivellian Pairy, Marshman, Wilson, Cameron, Duff etc, who had thorough knowledge of Indian education. The Committee reported that the question of Indian education would not be ignored any longer and its development will not be in any case harmful to British Empire. The suggestions of the Committee were favourably considered by the Board of Directors. As Charles Wood was the President of the Board of Control for India, the despatch was christened as "Wood's Educational Despatch". It decided the educational policy of the Company Government. The objective of the Despatch was "not only to produce a higher degree of intellectual fitness but to raise the moral character and to supply with servants". The function of education was to diffuse European knowledge – arts, philosophy, science and literature. English and vernacular languages of India would be the media for the diffusion of European knowledge. As 'Filtration Theory' failed, Wood emphasised useful education for the public. The ultimately purpose of the Despatch was just well-guarded attempt to impose Western knowledge and learning and English language on the Indian people . According to J. Chand (2007), the Despatch visualised India as a market for the supplier of raw materials to Britain and a consumer market for the purchase of finished goods of Britain's industries. Thus its vocational policy was lopsided . However, education under the East India Company ended with the Wood's Despatch of 1854 as the Company ceased to be a political power in 1858 and the Government of India came directly under the crown. An immediate outcome of this despatch was the passing of the three University Acts of 1857 establishing universities at Calcutta, Madras and Bombay and creation of an Education Department in each province of British India. But before any further action could be taken the Government of India was transferred from the Company to the Crown. Thus the centre of interest in education now shifted from London to Calcutta, parliamentary interest in Indian education was reduced to minimum and the Government of India became the most effective authority to deal with important educational issues. This period of about five decades between the Despatch of 1854 and the appointment of the Indian Universities Commission in 1902 is described as the Victorian era in Indian Education. The principal educational events comprised the establishment of the Education Departments, development of the system of grant – in – aid, establishment of universities, extension of collegiate and secondary education, westernization of the content of education etc. It was the Wood's Despatch that set the framework for expenditure on formal education in India with the observation that - The origin of the present system of education which is prevalent in this country today can be traced to the beginning of the 19th century when a controversy had been raging over the issue whether oriental learning and science should be spread through the medium of Sanskrit, Arabic or Persian or Western sciences and literature be spread through English as the medium of instruction. The Government conducted surveys of the then prevalent systems of education with a view to re-organising education to suit the needs of the times. Consequent on Macaulay's Minute regarding the educational policy of the future, Lord William Bentick's Government issues a communiqué wherein it was stated "that the great object of the British Government ought to be the promotion of European literature and science among the natives of India; and that all the funds appropriated for the purpose of education alone". The Government Resolution, however, stated that provision should be made for the continuance of schools and colleges where indigenous learning was being imparted

Hunter Commission

Hunter Education Commission was a landmark commission appointed by *Viceroy Lord Ripon* with objectives to look into the complaints of the non-implementation of the Wood's Despatch of 1854; the contemporary status of elementary education in the British territories; and suggest means by which this can be extended and improved. This commission, headed by Sir William Wilson Hunter, had submitted its report in 1882.

The Hunter Commission brought out the neglect to the primary and secondary education in the country and recommended that the responsibility for the Primary Education must be given to the Local Boards and Municipal Boards. It's important recommendations were as follows:

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Encouragement to Primary Education

The commission found that primary education in the British Indian territories is lagging behind and some part of the provincial revenues must be reserved for financing the development of primary education in British Indian territories. The elementary schools should be handed over to the management of municipal councils and district boards and other bodies subject to inspection and supervision by government.

Secondary Education

The Hunter Commission reported that the secondary education was making commendable progress, particularly in Bengal, where the system of Grants-in-aid worked well. At that time, there were two private schools for every one government school. The commission recommended that the secondary schools should be progressively handed over to the private enterprises, which should be encouraged in the form of grants-in-aid. However, standard of the education should not be permitted to decline.

Sadler commission

In 1917 the Government of India appointed a Commission to study and report on the problems of **Calcutta University**. Dr. M.E. Sadler, Vice-Chancellor of the University of Leeds, was appointed its Chairman. The Commission included two Indian members, namely Sir Ashutosh Mukeiji and Dr. Zia-ud-din Ahmad.

While the Hunter Commission had reported on problems of secondary education and the University Commission of 1902 mainly on the different aspects of university education, the Sadler Commission reviewed the entire field from school education to university education.

The Sadler Commission held the view that the improvement of secondary education was a necessary condition for the improvement of university education.

Education under Dyarchy (1921 -1937)

In 1918 Mr. Edwin Montagu, the Secretary of State for India and Lord Chelmsford, the Viceroy, made thorough inquiries into political problems. In the year 1919, the Government of India passed a resolution known as Government of India Act, 1919, which is otherwise known as Montague-Chelmsford Reform. It was the first time that the British India government had introduced democratic form of government. The provinces of India had been given dyarchy form government or double government rule under transferred subjects and reserved subject. Here subjects mean various administrative functions of the government. Moreover, reserved subjects were given to councillors includes law and order, the police, the land revenue ,irrigation where transferred subjects were given to Indian minister includes local self-government ,education, public health, public works, agriculture ,forest and fisheries. This system of governance was later on ended with the introduction of provincial autonomy in 1935.

In the words of the educationists A. Biswas & S.P. Agarwal (1994), the Indians first obtained the control of the Education Department in the Dyarchy System dividing Provincial governments into reserved and transferred departments under the Government of India Act, 1919. But the Indian ministers were not able to obtain the funds essential for a large-scale expansion, qualitative improvement and reorganisation of education. The most important thing that happened under Dyarchy System was the rapid development of mass education and the passing of Compulsory Education Acts in most of the provinces. Transfer of control of education to Provincial Governments not only isolated them from the Central Government but also them from one another. It also deprived the Government of India of the power of guiding and formulating an educational policy for the whole country, and it was no longer possible for it to act as an advisory and coordinating agency on problems of all – India importance (Mukherji, 1974: 207). Beginning in 1918, some form of compulsory schooling was gradually introduced just as education was transferred to the control of provincial governments under elected Indian ministers. These changes introduced by the 1919 Montague-Chelmsford reforms mark the end of direct colonial responsibility for education.

Central Advisory Board of Education (CABE), 1921

The need for a co-ordinating agency in the matter of education was immediately felt by the Central and Provincial Governments. Consequently, the Central Advisory Board of Education (CABE) was established at the Centre in 1921. The idea that there should be a Central Advisory Board of Education was first put forward by the Calcutta University Commission (1917-19) which felt "that the Government of India can

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perform an invaluable function by defining the general aims of educational policy, by giving advice and assistance to local governments and to universities" and "by supplying organised information as to the development of educational ideas in the various provinces, and also elsewhere than in India". The chief function of the Board was to offer expert advice on important education matters referred to it.

Hartog Committee

Sir Philip Joseph Hartog, KBE, CIE (Born on 2nd March 1864 – died on 27th June 1947) was a British chemist and **educationalist** who undertook this role in England and India. This Committee was appointed to survey the growth of education in British India. In 1929, the **Hartog Committee** submitted its report. Sir Philip Hartog has served under the **Sadler Commission** and has also been a vice chancellor of**Dacca University** in 1921. It devoted far more attention to mass education than Secondary and University Education. The committee was not satisfied with the scanty growth of literacy in the country and highlighted the problem of 'Wastage' and 'Stagnation' at the primary level. The Hartog Committee had concentrated its attention more on **primary and secondary education and less on university education**.

Post-War Plan of Educational Development (1944) During the period between 1940-1946, due to absence of popular ministries, domination of the Indian scene by political problems and the preoccupation of the government with war efforts, the pace of educational progress slowed down. After the end of Second World War, the Central Advisory Board of Education (CABE) in India published a comprehensive report on the "Post-War Educational Development in India" in the country. This was the first systematic and national level attempt to review the problems of education as a whole. It is also known as Sargent Plan after John Sargent, the then Educational Advisor to the Government of India. Surprisingly, the report is not known after its chairman (Sir Jogindra Singh), but its one of the members of the Committee – John Sargent (the educational advisor to the Government of India). The object of the Plan was to create in India, in a period of not less than forty years, the same standard of educational attainments as had already been admitted in England. It is worth mentioning here that this plan was proposed by the British Government in order to counter the attempts made by leaders of the freedom movement to evolve a National System of Education.

It recommended:

pre-primary education for 3-6 years age group; free, universal and compulsory elementary education for 6-11 years age group; high school education for 11-17 years age group for selected children, and a university course of 3 years after higher secondary; high schools to be of two types (i) academic and (ii) technical and vocational.

- Adequate technical, commercial and arts education with different curricula.
- Abolition of intermediate course.
- Development of adult education and Liquidation of adult illiteracy in 20 years.
- Stress on teachers' training, physical education, education for the physically and mentally handicapped.

Sargent Plan was one of the most comprehensive schemes of education ever proposed by the British Government after the Despatch of 1854. Through this, the government had proposed a detailed outline of the educational programmes to be undertaken by the government during the following 40 years from 1944 to 1984. As the freedom movement was at its full swing those days, this plan could not be implemented because of political turmoil in the country. With India achieving freedom in 1947, this Plan became only a matter of historical significance (Chauhan, 2004:38). The objective was to create within 40 years, the same level of educational attainment as prevailed in England. Although a bold and comprehensive scheme, it proposed no methodology for implementation. Also, the ideal of England's achievements may not have suited Indian conditions. However, hardly had the first steps been taken when the British period in the history of Indian education came to an end on 15th August, 1947. The Sargent Scheme envisaged a 40 – year educational reconstruction plan for the country which was reduced to 16 years by the Kher Committee.

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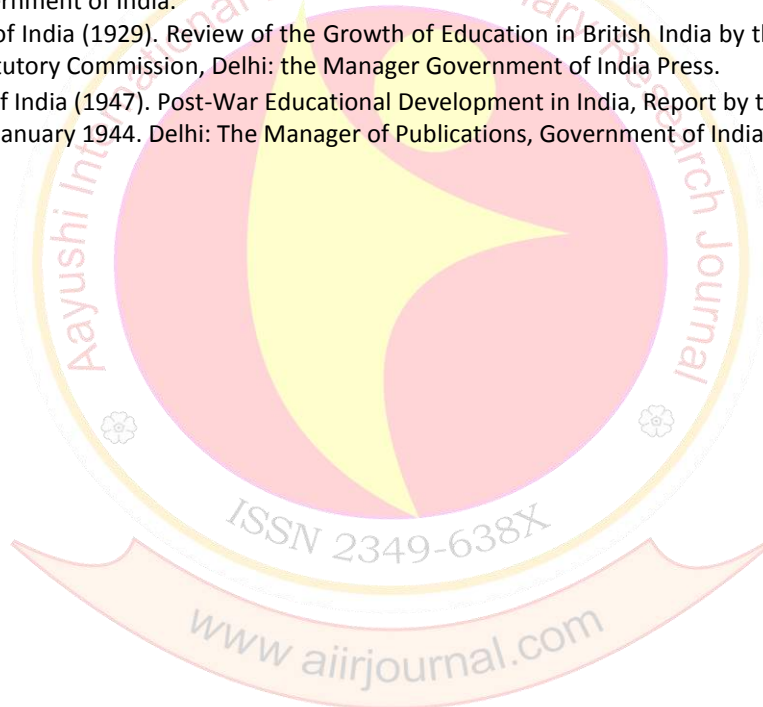
Innovative Research Methods Used In Humanities

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Abstract-

*Today in the present scenario world is having a dearth of researchers. It is just because the methods they are using for their research is not apt. The method followed should be up-to-date and should be innovative. Innovation leads to proper defining of the problem and further the methodology used. Humanities is that part of the education system which includes all the disciplines like literature, history, philosophy, etc. But the question arises when should the proper method along with innovation be applied. The answer to the question lies in the question itself. Innovation means arising from the older one but with a twist.**" INNOVATION IS THE MIXTURE OF THE OLD AND THE NEW WITH A DASH OF SURPRISE."** Newness comes when one applies the older methods with the new ones and applies it with full confidence. Same is the thing with the humanities(Philosophy). Apply the methods with full confidence and see the world with a new perspective.*

Humanities are **academic disciplines** that study aspects of human society and culture. In the renaissance, the term contrasted with divinity and referred to what is now called **classics**, the main area of secular study in universities at the time. Today, the humanities are more frequently contrasted with natural, and sometimes social, sciences as well as professional training.

The humanities use methods that are primarily critical, or speculative, and have a significant historical element—as distinguished from the mainly empirical approaches of the natural sciences, yet, unlike the sciences, it has no central discipline.

The **humanities** include

- ancient and modern languages
- literature
- philosophy
- geography
- history
- religion
- art
- musicology

Scholars in the humanities are "humanity scholars" or **humanists**. The term "humanist" also describes the philosophical position of humanism, which some "anti-humanist" scholars in the humanities refuse. The Renaissance scholars and artists were also called humanists. Some secondary schools offer humanities classes usually consisting of English literature, global studies and art.

Human disciplines like history and cultural anthropology study subject matters that the manipulative experimental method does not apply to—and instead mainly use the comparative method and comparative research.

Philosophy

The works of Soren Kierkegaard (Danish philosopher, theologian, poet, social critic and religious author) overlap into many fields of the humanities, such as philosophy, literature, theology, music, and classical studies.

Philosophy—etymologically, the "love of wisdom"—is generally the study of problems concerning matters such as existence, knowledge, justification, truth, justice, right and wrong, beauty, validity, mind, and language.

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Philosophy is distinguished from other ways of addressing these issues by its critical, generally systematic approach and its reliance on reasoned argument, rather than experiments (experimental philosophy being an exception).

Philosophy used to be a very comprehensive term, including what have subsequently become separate disciplines, such as physics.

As **Immanuel Kant** noted,

Ancient Greek philosophy was divided into three sciences:

- **physics**
- **ethics**
- **logic**

Today, the main fields of **Philosophy** are

- **logic**
- **ethics**
- **metaphysics**
- **epistemology**

Still, it continues to overlap with other disciplines. The field of semantics, for example, brings philosophy into contact with linguistics.

Since the early twentieth century, philosophy in English-speaking universities has moved away from the humanities and closer to the formal sciences, becoming much more analytic. **Analytic philosophy** is marked by emphasis on the use of logic and formal methods of reasoning, conceptual analysis, and the use of symbolic and/or mathematical logic, as contrasted with the philosophy. This method of inquiry is largely indebted to the work of philosophers such as

- **Gottlob Frege** (German philosopher, logician, and mathematician)
- **Bertrand Russell**
- **G.E. Moore**
- **Ludwig Wittgenstein**
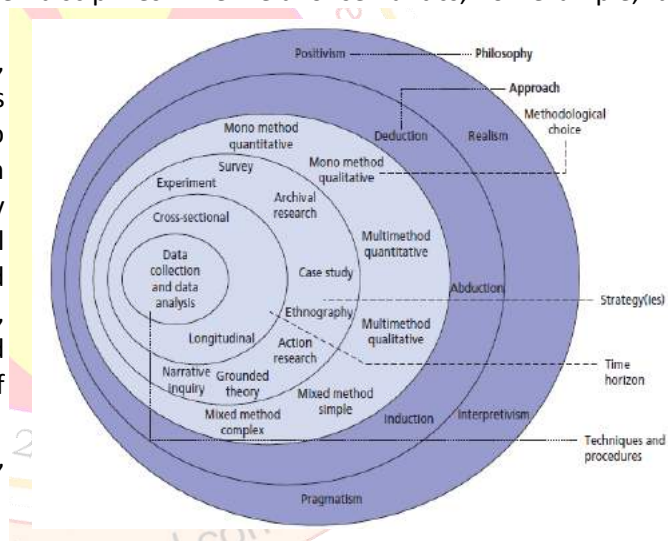
Characteristics of humanities research

Up to now there have been only few empirical studies on quality criteria in humanities research. The results of the few available studies taken together with existing, descriptive examinations of the publication behaviour of humanities researchers reveal the following characteristics of humanities research:

1. **Humanities research is focused on theory, source, and text-----** Humanities scholars define originality in reference to the use of original "data", which ranges from literary texts to photographs
2. **Research is seen as a process of introducing new perspectives and reflections**---- humanities research aim to develop new, different, and critical perspectives.
3. **Individual research as an important cornerstone of humanities research**---- Humanities still follow the ideal of individual research.
4. **Productivity and success are not especially important**-----Accordingly, compared to the natural and life sciences, in the humanities productivity and success are not especially important in the assessment of research quality.

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5. **Societal orientation in the sense of the influence of research on society**----In an overview of the literature on research practice in the humanities, humanities researchers are rooted in their culture, and therefore the audience is not limited to the scientific community. In addition, the research is often of regional interest.

6. **The influence of society or other stakeholders outside science on research is assessed negatively**---- Humanities researchers (and social scientists) assessed the influence of research on culture and society as much more important than life, natural, and technical scientists did, external influences on research, such as external funding or evaluation, were clearly rejected by humanities researchers, whereas researchers in other disciplines assessed external influences more positively.

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done scientifically. In it, we study the various steps that are generally adopted by a researcher in studying his research problem along with the logic behind them. It is a set of procedures and techniques, which have been devised to extend knowledge. Research methodology is the study of research methods.
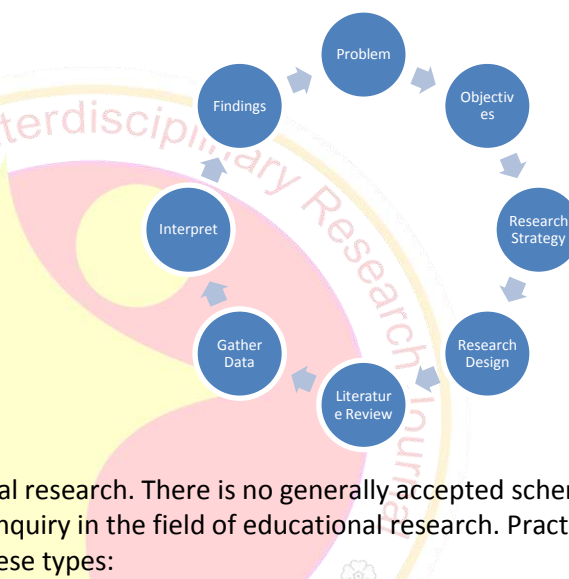
Methods of Research in Education

It is not a simple task to classify educational research. There is no generally accepted scheme. There are usually four different ways of conducting an enquiry in the field of educational research. Practically all studies fall under one, or a combination, of these types:

i. **Historical Research**---According to **Best and Kahn**,
   "Historical Research describes what was. The process involves investigating, recording, analysing, and interpreting the events of the past for discovering generalizations that are helpful in understanding the past and the present and, to a limited extent, in anticipating the future."

ii. **Descriptive research-**---- In words of **K. P. Pandey**,
   In Descriptive research the researcher is concerned with describing the conditions or relationships that exist, practices that prevail, beliefs, points of views or attitudes that are held, processes that are going on, effects that are being felt, or trends that are developing. Its process involves describing, recording, analysing, and interpreting conditions that exist.
   Descriptive research may use **quantitative or qualitative methods** to describe what is.

iii. **Experimental research** describes what will be when certain variables are carefully controlled or manipulated.

iv. **Philosophical research** describes what should be. It is normative in nature.

C. Sheshadricharacterizes philosophical research by level and depth of critical analysis, the probing into the basic assumptions, concept elucidations, synthesis of views, justification of normative assumptions and prescriptions. According to him, **philosophical research** requires semantic clarity and meaningfulness, consistency and rigour of thought, consciousness of assumptions and methodological awareness.

Philosophical research is a **qualitative type of research**. **Qualitative research** is the collection of extensive narrative data on many variables over an extended period, in a naturalistic setting to gain insight not possible using other types of research.

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Philosophical Method-

Philosophical method (or philosophical methodology) is the study of how to do philosophy. The basic concern of this type of research is reflection and clarification of assumption and meaning. Philosophical research helps in understanding the area in its totality and developing clarity.

C. Rai defines a philosophical method as a means or instrument of attaining a philosophical end, i.e., categorical and comprehensive knowledge of fundamental notions. Philosophizing may begin with some simple doubts about accepted beliefs. The initial impulse to philosophize may arise from suspicion, for example, that we do not fully understand, and have not fully justified, even our most basic beliefs about the world.

Philosophers offer definitions and explanations in solution to problems; they argue for those solutions; and then other philosophers provide counter arguments, expecting to eventually come up with better solutions. This exchange and resulting revision of views is called dialectic. **Dialectic** is simply philosophical conversation amongst people who do not always agree with each other about everything. Doing philosophy is about the journey, the process, as much as it is about the destination, the conclusion. Its method differs from other disciplines, in which the experts can agree about most of the fundamentals.

Dialectic Method-

Dialectic means a method, which proceeds with the help of contradiction and opposition. It is a method of conversation. In Dialectic method, knowledge of opposite is also required. This method includes questions and answers. Sophist introduced dialectics as special debating exercise. Later **Socrates** used this method to unfold ultimate truths by question and answer. **Plato** also believed that dialectic enables people to ask question more scientifically. This method recognizes no authority and it aims at achieving two qualities i.e., consistency and agreement. Dialectic method brings to light that knowledge which the mind already possesses.

The methodology applied to the humanities section is always dependent on the above methods and should be applied and used with full confidence as it was said,

"Innovation is change that unlocks new value." - Jamie Notter

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e-Governance To Strengthen Higher Education System

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e-Government can transform citizen service, provide access to information to empower citizens, enable their participation in government and enhance citizen economic and social opportunities, so that they can make better lives, for themselves and for the next generation. Formation communication transactions, integration of various stand-alone systems and services between Government-to-Citizens (G2C), Government-to-Business(G2B),Government-to-Government(G2G) as well as back office processes and interactions within the entire government frame work. Through the e-Governance, the government services will be made available to the citizens in a convenient, efficient and transparent manner. The three main target groups that can be distinguished in governance concepts are Government, citizens and businesses/interest groups. In e-Governance there are no distinct boundaries. Generally four basic models are available-Government to Customer (Citizen), Government to Employees, Government to Government and Government to Business. Governments are specialized institutions that contribute to governance. Representative governments seek and receive citizen support, but they also need the active cooperation of their public servants. Governance is the outcome of politics. Change has been happening at an uneven pace in any growth-oriented industry, and the education sector is no exception. Rapid growth in the field of education has made governance in academic sector a very complex task. The 21st century has witnessed tremendous advancements in technology which has led to far-reaching developments in the administrative system. Cost-effective technology combined with the flexibility in learning and administrative activities is essential to enhance efficiency. Computers can be used extensively for educational administration. There are some of the areas where computers can be used for effective educational administration (Ben-Zion Barta et. al. 1995).Information and Communication Technology (ICT) plays a vital role in supporting powerful, efficient management and administration in education sector. It is specified that technology can be used right from student administration to various resource administration in an education institution (Christiana Maki 2008). Sharad Sinha (2008) mentioned the various administrative challenges for Indian education system of the 21st century as given below

- General Administration
- Pay Roll and Financial Accounting
- Administration of Student Data
- Inventory Management
- Personnel Records Maintenance
- Library System
- Global and local challenges
- Universal and individual challenges
- Competition and equity challenges
- Extraordinary expansion of knowledge

Moreover many studies revealed the need for ICT integration into administrative activities of higher education institutions. The various ways of introducing technology in education institution administration are the following (Caroline Salerno 2009):

- Sending e-mail notices and agendas to staff, rather than printing and distributing them
- Submission of lesson plans through e-mail
- Foster technology growth by asking parents to write e-mail addresses on medical forms.
- Insist that all teachers create a class Web page

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- Attend technology conferences to see what other schools are doing, what other teachers are doing to integrate technology, and what principals are doing to encourage the use of technology in their schools and classrooms.
- Admissions through web-enabled services.
- All day-to-day activities of the institution (General Administration)
- Staff administration
- Single Window System for students.

E-Governance in Higher Education

India has one of the largest higher education systems in the world .Despite having the largest higher education system, the quality of education, in general, cannot be claimed to be the best. Technical and vocational Education in India has seen enormous growth in recent years with a large increase in total number of institutes imparting higher education. On one hand, this growth promises to produce more skilled youth to fulfill needs of ever growing Indian industry and on the other hand it poses a huge challenge for the governing bodies like UGC, AICTE, NCVT, NCTE, PCI, MCI, INC, DCI etc and state technical education boards to maintain & improve the quality of education being imparted through these new & existing technical and Vocational institutes.

Now a days, our education system is untidy, to say the least. It is characterized by substandard technical and vocational institutions lagging good infrastructure and qualified teachers, teacher truancy, obsolete syllabi, inadequate infrastructure, unemployable graduates and a lot more other problems. The scenario has been further worsened due lack of some effective & real time monitoring mechanism & widespread corruption prevalent in Govt. regulatory bodies that help such substandard institute to start & remain functional without bothering to maintain any quality at all. Mushrooming of a large number of unrecognized & substandard fake universities/institutions distribution fake technical certificates, diplomas, degrees & Ph.Ds, *fraudulently, without being caught, is also another outcome of* such a untidy system.

Necessity of e- Governance in Higher Education

If the quality of our higher education system has to be improved to make these institutes really word class, then there is no alternative to the introduction of e-governance in this sphere at the fastest possible pace. Implementation of e-governance in technical and vocational institutes will enable their effective & real time monitoring by Government/the regulatory bodied & other stakeholders their own managements, parents of the students & the society, thereby forcing them to maintain quality & become more responsible. E-governance process brings transparency in the system, so e-governance initiatives in the field of higher education will help reduce the corruption up to a large extent. The introduction of e-governance in higher education is one such concept that can empower the governing bodies to administer the progress of the education plan in the whole country and serves various stakeholders in a much better ways. E-Governance is becoming a global phenomenon that is increasingly attracting the attention of community citizens including politicians, economists, decision and policy makers amongst others (Naheed et al., 2009).

According Info Dev Report (2002) an effective e-governance satisfies these following needs:
- Providing greater access to government information;
- Promoting public engagement by enabling the public to interact with government officials;
- Making government more accountable by making its operations more obvious and thus reducing the opportunities for corruption; and
- Providing development opportunities, especially benefiting rural and traditionally underserved communities.

E-Governance in higher education system will enable various stakeholders to control the improved operational efficiency in various key processes like grants, utilization certificates, approval processes, feedback mechanism etc. With deeper visibility and increased operational efficiency the Indian higher

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education system (IHS) would be implemented not only to satisfy the needs of students by making them more employable but also combat possible competition from foreign universities. In order to remove the copying of procedures, there should be consolidated information about each university and college to track their performance. The tools of e-governance may enable the universities or colleges to submit the documents online for approval. All agencies should internally co-ordinate to carry the details from common pool. This would greatly reduce the unnecessary duplication of work in the university. Apart from this there may be a number of other services that can be provided with the introduction of such type of governance.

Models of Private Sector Participation in Higher Education

Recently, the University Grants Commission (UGC) has recommended four models of Public Private Partnership to the Planning Commission and according to an estimate; the country requires an investment of over US $ 150 billion in the next 10 years. The four models proposed by the Planning Commission are in terms of basic infrastructure model.

- Basic Infrastructure Model: The private sector invests in infrastructure and the government runs the operations and management of the institutions in turn, making annualized payments to the private investor.
- Outsourcing Model: Private sector invests in infrastructure and runs operations and management and the responsibility of the government is to pay the private investor for the specified services.
- Equity/Hybrid Model: Investment in infrastructure is shared between government and private sector while operation and management is vested with the private sector.
- Reverse Outsourcing Model: Government invests in infrastructure and the private sector takes the responsibility of operation and management.

The benefits of e-governance in an educational sector are improved efficiency, increase in transparency and accountability of educational administrative activities convenient and faster access to services, and lower costs for administrative services. The multi-faceted benefits of e-governance can be described as under these points:

Benefit to university

(i)   Centralized information access from anywhere
(ii)   Increase in student enrolment ratio.
(iii)   Provide quality e-services, e-participation,
(iv)   Increase clearness
(v)   inventive teaching tools
(vi)   Improved decision making, Private Public Participation
(vii)   less paper work

Benefits to students

(i)   Increase participation in education affairs
(ii)   Personalized login for each students
(iii)   extensive saving in time cost & efforts
(iv)   Information & transaction services
(v)   Job opportunities
(vi)   Social connectivity for collaboration
(vii)   Students can access virtual lectures &Seminars.
(viii) Students can solve their problems like- examination queries, result verification etc.
(ix)   Students can submit feedback to university.

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Benefits to colleges

    (i) Data can access easily
    (ii) Electronic data exchange with university
    (iii) Saving of hidden operational cost
    (iv) Instant statistical report generation
    (v) Helpful for NAAC accreditation

Overall education system

    (i) Long term impact on organization goals
    (ii) Improve education system
    (iii) Empowerment of faculties, students & encouragement of their participation in governance.

Suggestions and Recommendations:

The online methods enable more effective education and offer significant advantages over traditional services. Provide E Services – After the implementation e-governance, we improve the delivery of services to students, faculty by providing services like enrolment, examination, result, feedback, requests for documents, requests for certificates, issuing admit cards and ID cards, employment etc.. The system provide timely alert to colleges through SMS /Emails.

Innovative Teaching Tools – The new technologies offer vast opportunities for progress in all walks of life with the introduction of new technological initiatives the structure of higher educational institutions has changed. The changing role of lecturers, the changeable learning environment and the design of e-Learning facilities all contribute to a potentially more flexible organizational structure of higher education in rural area. The future delivery of education will be based through eLearning technology providing lecturers with superior teaching tools. The online methods enable more effective education and offer significant advantages over traditional teaching methods. This has been possible by technological implementation based environments such as bulletin boards, virtual lectures and e Libraries and video conferencing. In e learning environment can support communication with classmates and lecturers.

Private Public Participation – almost all e-government project have found it convenient to involve different private agencies for different tasks through public-private-partnership (PPP) arrangements. These tasks include design and development of application software, population of data and content in the regional language, procurement and installation of networking and computer systems, deployment of software and delivery of services.

Centralized Information - E-Governance has provided electronic information infrastructure to simplify service delivery, reduce duplication, and improve the level and speed of service at a lower cost. The centralized information approach of e-Governance keeps all information at one place in electronic form. This approach of making information secure prevents it against any theft or leakage.

Use of intranet - Intranet-based training provides a low cost and knock-on savings, is that it can be a virtual two-way system, with students connected to mentors and teachers receiving real-time feedback and support. Managers with employees scattered among sites and locations, particularly if they are so far flung that they are in different areas, need a cheap and effective way to communicate them. ICT is already proven as the way to access knowledge based information from anywhere to anytime but a limitation of the university that they can't communicate with other colleges.

With the help of above benefits and suggestions it is possible to design a system that is student centric and can provide a variety of services—informative, interactive, and transactional and integrated system across the entire spectrum of the education sector. Central Universities, State Universities,

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Autonomous Institute, Deemed and Private universities and affiliated colleges will enter the data and caters the need of MIS of regulating and coordinating bodies.

Users can tap the system and find out the related information needed. The higher education coordinating and regulating bodies could obtain the reports on various issues about future planning like budget, demand of courses etc. The regulatory body has a critical role to play according to this model. These units will be responsible of data integration and will cater the need of various stakeholders. Following are the main activities required in this process. The MIS working at this level in the model will provide the following information to the regulating and accreditation bodies.

Conclusion

The planning for efficient administration of higher educational institutions, increasing Global communication skill, to achieve the world class standard it is necessary to have a improved collaboration and access to information available in all the parts of the world are possible only by introducing IT in Educational Sector with e-governance as a security for maintaining standard. The e-governance needs security for smooth information flow, best practice of one of the best performing institutes and compare it with other schools and colleges to identify the gaps. Through e-governance we improve the quality of higher education system in India. E-governance can create the transparency between the universities, colleges and students. It will bring forth, new concepts of governance, both in terms of needs and responsibilities. Many problems of higher education system can be solved by the Public Private Partnership model and e-governance.

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Role and Importance of Statistics

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Abstract:

Statistics is a wide subject useful in almost all discipline especially in research studies. Each and every researcher should have some knowledge in Statistics and must use Statistical tools in his/her research , one should know the importance of Statistical tools and how to use them in their research. The quality assurance of the work must be dealt with: the Statistical operations necessary to control and verify the analytical work is unavoidable. This is reason why a multitude of different Statistical tools is required to some of the simple, some complicated and often very specific for certain purposes. The value of Statistics lies with organizing and simplifying data, to permit some objective estimate that an analysis is under control or that a change his occurred.

This paper looks the role of Statistics in research, types of research, Parametric techniques , Non-Parametric techniques, factors for choosing a Statistical method, reasons to use parametric test, reasons to use non-parametric tets, a study of the use of parametric test and nonparametric test.

In this paper it will discuss with the help of a study that parametric test is more useful and easy to use.

I have made an attempt to give you a brief study of Statistical tools used in research studies and why Statistics is important in research.

Keywords: data analysis tools, quality assurance, cencus.

Introduction-

Statistics is a wide subject useful in almost all discipline especially in research studies. Each and every researcher should have some knowledge in Statistics and must use Statistical tools in his/her research, one should know the importance of statistical tools and how to use them in their research.

The statistical analysis depends on the objective of the study. The first statistical task therefore is to do a descriptive analysis of variables. In analytical work, the most important common operation is the comparison of data, or sets of data. Fortunately, with a few simple convenient statistical tools most of the information needed in regular laboratory work can be obtained: the "t-test", the "F-test", and regression analysis.

Role Of Statistics In Research:
- Validity – will this study help answer the research questions?
- Analysis – what analysis & how should this be interpreted and reported?
- Efficiency – is the experiment the correct size, making best use of recourses?

Types of Research:
1. Descriptive Statistics
2. Inferential Statistics

Descriptive Statistics:
Definition- Consists of the collection, organization and presentation of data.
Description:
1. To describe a situation.
2. Final result representation in charts, graph or tables.
Examples -
National census, students report card etc

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Inferential Statistics:

Definition – Consists of generalizing from samples to population, performing estimation and hypothesis tests, determining relationship among variables and making predictions.

Description-
1. To describe the chance of an event occurring.
2. Final result will be in the form of probability.

Examples-
Predicting effectiveness of a drug , predicting the relationship between death and smoking habit.

Factors For Choosing A Statistical Method:
1. Research design.
2. Levels of measurement & types of variables.
3. Assumptions violation & normal distributions.

Parametric & Nonparametric Techniques:

Parametric techniques makes a number of assumptions about the population from which the sample has been drawn (e.g. normally distributed scores) and the nature of the data (ratio or interval level scaling).

Non-Parametric techniques do not have such string assumptions (e.g. normally distributed scores) , and are often the more suitable techniques for smaller samples or when the data collected is measured only at the ordinal (ranked) level or nominal level.

Two Weaknesses Of Nonparametric Analysis:
1. Less powerful
2. Difficulty with interpretation

Factors For Choosing A Statistical Method:
1. What levels of measurement are the variables under study?
2. If the variables are measured at the ratio/interval variables, are assumptions for parametric statistics (such as normal distribution shape) met reasonably well?
3. Is the design concerned with within S group or between S group comparisons?
4. Is the design experimental or non-experimental? Is it concerned with difference or relationship? Also, how many group?

Level Of Measurement	Type Of Variable	Recommended Analysis
Nominal	Qualitative	Only non-parametric
Ordinal	Quantitative	Only non-parametric
Interval	Quantitative	Parametric
Ratio	Quantitative	parametric

Parametric & Nonparametric

PARAMETRIC TECHNIQUE	NON-PARAMETRIC TECHNIQUE
None	Chi-square for goodness to fit
None	Chi-square for independence
Independent samples t-test	Mann-Whitney U test
Paired samples t-test	Wilcoxon Signed Rank Test
One way between groups ANOVA	Kruskal-Wallis Test
Two-way repeated-measures ANOVA	Friedman Test
Two-way analysis of variance (between groups)	None
Mixed between-within groups ANOVA	None
Multivariate analysis of variance (MANOVA)	None
Analysis of covariance	None

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Reasons to Use Parametric Tests:

Reason 1: Parametric tests can perform well with skewed and nonnormal distributions

This may be a surprise but parametric tests can perform well with continuous data that are nonnormal if you satisfy the sample size guidelines in the table below. These guidelines are based on simulation studies conducted by statisticians here at Minitab.

Reason 2: Parametric tests can perform well when the spread of each group is different

While nonparametric tests don't assume that your data follow a normal distribution, they do have other assumptions that can be hard to meet. For nonparametric tests that compare groups, a common assumption is that the data for all groups must have the same spread (dispersion). If your groups have a different spread, the nonparametric tests might not provide valid results.

Reason 3: Statistical power

Parametric tests usually have more statistical power than nonparametric tests. Thus, you are more likely to detect a significant effect when one truly exists.

Reasons to Use Nonparametric Tests

Reason 1: Your area of study is better represented by the median

This is my favorite reason to use a nonparametric test and the one that isn't mentioned often enough! The fact that you *can* perform a parametric test with nonnormal data doesn't imply that the mean is the best measure of the central tendency for your data.
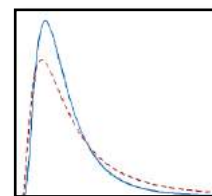
Reason 2: You have a very small sample size

If you don't meet the sample size guidelines for the parametric tests and you are not confident that you have normally distributed data, you should use a nonparametric test. When you have a really small sample, you might not even be able to ascertain the distribution of your data because the distribution tests will lack sufficient power to provide meaningful results.

Reason 3: You have ordinal data, ranked data, or outliers that you can't remove

Typical parametric tests can only assess continuous data and the results can be significantly affected by outliers. Conversely, some nonparametric tests can handle ordinal data, ranked data, and not be seriously affected by outliers. Be sure to check the assumptions for the nonparametric test because each one has its own data requirements.

A Study of The Use Of Parametric & Non-Parametric Techquniques

1. Comparative Study of Effectiveness Teaching by you tube on Girls and Boys Students at Secondary Level`

Chetna Yadav , Prof. Pramila Dubey & Jagdish Prasad

Statistical techniques used:

"z" test and "t" test for analysis data.

2. Time management and academic achievement of higher secondary students

Dr. S. Prakash

Statistical techniques used:

Using percentage analysis , mean, standard deviation, t test

3. A study awareness of peace education among secondary school teachers of lko city

Bindu Gautam and Professor Tripta Trivedi

Statistical techniques used: quantitative analysis, percentage and t-test

4. M- learning, adequacy and perceptions of students and teaachers in higher education.

 Dr. Meenakshi diwedi

Statistical techniques used:

Self developed and standardized attitude scale was used which has thirty items based on five point scale

5. Effect of eye contact on academic achievement and educational adjustment of learning disabled students in inclusive classroom

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Dr.Anjana Verma

Statistical techniques used: Pre and Post test analysis , a comparative study of achievement and attitude of co-viewer and alone viewer boys n girls of serinior sec schools Dr. Virendra Kumar Mishra Statistical techniques used:

The researcher studied three variables T.V. Viewing Pattern, academic achievement and attitude the data collected by t value]

A chart showing statistics used in it-

s. no.	Name of study	Type of research	Statistic used Parametric	Statistic used Non parametric
1.	Comparative study……..	Experimental	'z' test & 't' test	-
2.	Time management……..	Descriptive	%, mean, SD, t- test	-
3.	Awareness of peace education	Quantitave analysis	five point scale	-
4.	M- learning	Pre and post test analysis	five point scale	-
5.	Effect of eye contact on academic achievement	Pre and post test analysis,	data collected by t value]	-

From the above result we can say that parametric statistics is widely use in research.

Conclusions:

In this paper, different types of statistical tools were explained for the purpose of research, importance of statistics in research. When statistical principles are correctly applied, statistical analysis tend to produce accurate results.

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Comparative Study of Socio Economic Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State

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Abstract:

The main objective of the study was to compare the Socio Economic status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State. 2000 sample were selected on the bases of simple random method viz: 1000 of each State. 500 male and 500 female gender wise categories were selected of each state. V. Kuupuswami scale (SES) was used for data collection. The percentage and contingency chi square method (x^2) were used for analysis of the data. The statistical analysis was found the significant difference in socio-economic status of Himachal Pradesh and Uttar Pradesh State.

Keywords: Socio Economic Status (SES), Senior Citizens of H.P. & U.P. State.

Introduction:

Himachal Pradesh is a captivating region of the Indian Himalayas. It is often referred to as the "Magical Showcase of Nature's Splendor" ideal for the travelers to travel, enjoy and relax. Abundant green grassland and wide valleys set against imposing snow-clad mountains; crystal clear lakes, flowing rivers and spurting streams; fruit laden groves and soft terraces of corn and tea are characteristics of Himachal Pradesh. It is the ultimate travel destination of India.

The state of Himachal Pradesh has boundaries with the Jammu and Kashmir in the North, Uttar Pradesh in the Southeast, Haryana in the South and Punjab in the West. It is located between 30"22' and 30"12' north latitude and between 75"47' and 79"4' east longitude. The mountainous state has altitudes ranging from 350 to 7000 meters (1050 ft. to 21000 ft.) above the sea level.

Uttar Pradesh is a state located in northern India. It was created on 1 April 1937 as the United Provinces, and was renamed Uttar Pradesh in 1950. Lucknow is the capital and Kanpur is the commercial capital and the largest city of Uttar Pradesh. On 9 November 2000, a new state, Uttarakhand, was carved from the mountainous Himalayan region of Uttar Pradesh.

Socio-Economic status (SES) is an economic and sociological combined total measure of a person's work experience and of an Individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

Senior Citizen is a common euphemism for an elderly person in both UK and US, and it implies or means that the person is retired. This in turn usually implies or in fact means that the person is over the retirement age, which varies according to country.

Synonyms include pensioner in UK and retiree and senior in US. Some dictionaries describe widespread usage of "senior citizen" for people over the age of 65. "Senior citizen" is replacing the term old-age pensioner traditionally used in UK.

Objective of the Study:

To measure the Socio-economic Status of Senior Citizens living in Himachal Pradesh and Uttar Pradesh State.

Hypothesis of the Study:

It was hypothesized that there will be significant difference in Socio Economic Status of Senior Citizens living in Himachal Pradesh and Uttar Pradesh State."

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Design of the Study:

The present researcher used simple random sampling method for the selection of 2000 subjects (Senior Citizens) for the present study. 100 Male and 100 Female Senior Citizens were taken together from each district taken for the present study of Himachal Pradesh and Uttar Pradesh State. For measuring the Socio-Economic Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State Kuppuswamy's Socio-Economic Standardized scale was used for the Investigation.

Statistical Analysis and Interpretations of the Data:

Table No. - 1

Table Showing the Area Wise Socio-economic Status (SES) of Senior Citizens of Uttar Pradesh and Himachal Pradesh

SES	Rural		Urban	
	H. P.	U. P.	H. P.	U. P.
Upper	9 (1.8)	12 (2.4)	40 (8)	68 (13.6)
Middle	30 (6)	71 (14.2)	72 (14.4)	124 (24.8)
Lower Middle	189 (37.8)	196 (39.2)	204 (40.8)	184 (36.8)
Upper Lower	145 (29)	131 (26.2)	109(21.8)	94 (18.8)
Lower	127 (25.4)	90 (18)	75 (15)	30 (6)
Total (N)	N=500	N=500	N=500	N=500
Total Chi Square (χ^2)	24.22		42.84	

Figure in parenthesis indicates the percentage df. = 4, tab. = 9.488 at 0.05 level of significance

The above table no-I explores the socio economic status of the rural and urban areas citizen of Uttar Pradesh and Himachal Pradesh. The table clearly shows that lower middle class is the biggest class after upper lower class from number of frequencies point of view in rural and urban areas of H.P.(urban-40.8% & rural -37.8%): and U.P. (rural-39.2 urban-36.8). Simply, it can be concluded that maximum senior citizens either rural or urban both have reported lower middle and upper middle socio-economic status.

Data explore an important finding that majority of urban senior citizens of Himachal Pradesh (77.6%) have lower middle , upper lower and lower class socio economic status while in Uttar Pradesh 65.8% urban reported in said categories, which shows that the population upper class people is more in urban areas of Uttar Pradesh.

Table also shows that upper class senior citizens of both states are mostly resides in urban areas, while the U.P. State is slightly ahead of H.P. from urbanization of senior residents. The calculated percentages for urban upper class in U.P. 13.6% & H.P. 8% and urban middle class U.P. 24.8% & H.P. 8% is also comparatively greater than rural areas senior citizens, as the calculated percentage for rural upper class U.P. 2.4% & H.P.1.8% and rural middle U.P. 14.2% & H.P.6%., which also concludes that percentages of senior citizens having healthy socio-economic background is comparatively high in urban & rural areas of U.P. state.

The above findings confirmed in chi square test, as the calculated chi square rural=24.22 and urban=42.84 is greater than that of tabulated value at 04 Degree of freedom and 0.05 level of significance. Employment is the major occupation of the Himachali people and majority of the people after getting employment preferred to settle their families in urban areas due to unavailability of IT resources, medical & basic facilities and poor road connectivity in rural areas. Apart this, the rural areas of Uttar Pradesh is well enriched form basic facilities point of view with healthy road connectivity. The agriculture is also well irrigated and developed in U.P. while in H.P. the agriculture totally depends on monsoon. So like these, all

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components together playing vital role in gravitating the attitude of people towards urbanization. The same is depicted with the help of graph in Fig.

Graph-1
Showing the Socio-economic Status of Area Wise Senior Citizens of Himachal Pradesh and Uttar Pradesh State
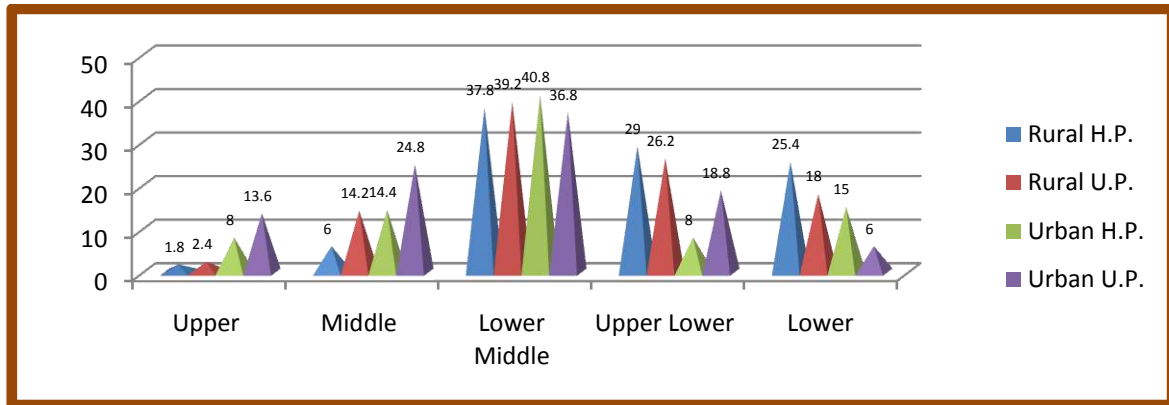
Figure-1

Conclusion:

The statistical analysis was found the significant difference in socio-economic status of Himachal Pradesh and Uttar Pradesh State

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Yoga and Stress Management

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Abstract

Yoga a mind-body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. Yoga poses are good exercise and can help loosen up the tense muscles in your body. The areas of the body that tend to carry the most stress are the neck, shoulders, and back. But other parts of the body (like the face, jaw, fingers, or wrists) also can benefit from simple yoga stretches. Yoga is so much more than just physical exercise, though. The key to getting the best out of each pose is to focus not only on your body, but also on your mind and breathing.But most people can benefit from any style of yoga it's all about your personal preferences. The core components of hatha yoga and most general yoga classes are: **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. **Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.**Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

Yoga a mind-body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements.Yoga is so much more than just physical exercise, though. The key to getting the best out of each pose is to focus not only on your body, but also on your mind and breathing.But most people can benefit from any style of yoga it's all about your personal preferences.

The core components of hatha yoga and most general yoga classes are:

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.
- **Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.
- **Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

The health benefits of yoga
The potential health benefits of yoga include:

- **Stress reduction.** A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- **Improved fitness.** Practicing yoga may lead to improved balance, flexibility, range of motion and strength.

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- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

Yoga is a practice, not a competition. Start where you are and proceed with caution. To avoid injury, listen to your body and don't push further than feels good.

- Anjali Mudra (Salutation Seal)
- Sukhasana (Easy Pose)
- Marjaryasana (Cat Pose
- Bitilasana (Cow Pose)
- UttanaShishosana (Extended Puppy Pose)
- Paschimottanasana (Seated Forward Bend)
- JanuSirsasana (Head-to-Knee Forward Bend)
- SalambaSirsasana (Supported Headstand)
- Balasana (Child's Pose)
- Savasana (Corpse Pose)

Relaxation Techniques for Stress Relief
Bring your nervous system back into balance

When stress overwhelms your nervous system your body is flooded with chemicals that prepare you for "fight or flight." While the stress response can be lifesaving in emergency situations where you need to act quickly, it wears your body down when constantly activated by the stresses of everyday life. No one can avoid all stress, but you can counteract it by learning how to produce the relaxation response, a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings your body and mind back into a state of equilibrium.

When the relaxation response is activated:
- Your heart rate decreases
- Breathing becomes slower and deeper
- Blood pressure drops or stabilizes
- Your muscles relax
- Your body begins to heal

Breathing meditation

Cleansing breaths, deep breathing is a simple yet powerful relaxation technique. It's easy to learn, can be practiced almost anywhere, and provides a quick way to get your stress levels in check. Deep breathing is the cornerstone of many other relaxation practices, too, and can be combined with other relaxing elements such as aromatherapy and music. All you really need is a few minutes and a place to stretch out.

Rhythmic movement

Rhythmic exercise or physical activity that engages both your arms and legs such as running, walking, swimming, dancing, rowing, or climbing is most effective at relieving stress when performed mindfully. As with meditation, mindfulness requires being fully engaged in the present moment, focusing your mind on how your body feels right now. As you move, instead of continuing to focus on your thoughts, focus on the sensations in your limbs and how your breathing complements your movement. If your mind wanders to other thoughts, gently return to focusing on your breathing and movement.

Body scan meditation

A body scan is similar to progressive muscle relaxation except instead of tensing and relaxing muscles you simply focus on the sensations in each part of your body.
Practicing body scan meditation

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- Lie on your back, legs uncrossed, arms relaxed at your sides, eyes open or closed. Focus on your breathing, allowing your stomach to rise as you inhale and fall as you exhale. Breathe deeply for about two minutes, until you start to feel comfortable and relaxed.
- Turn your focus to the toes of your right foot. Notice any sensations you feel while continuing to also focus on your breathing. Imagine each deep breath flowing to your toes. Remain focused on this area for one to two minutes.

Mindful meditation

Mindfulness is the ability to remain aware of how you're feeling right now, your "moment-to-moment" experience both internal and external. Thinking about the past blaming and judging yourself or worrying about the future can generate stress. But by staying calm and focused in the present moment, you can bring your nervous system back into balance. Mindfulness can be applied to activities such as walking, exercising, eating, or meditation. Meditations have long been used to reduce stress, anxiety, depression, and other negative emotions.

Visualization meditation

Visualization, or guided imagery, is a variation on traditional meditation that requires you to employ not only your visual sense, but also your sense of taste, touch, smell, and hearing. When used as a relaxation technique, visualization involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety.

Yoga and tai chi

Yoga involves a series of both moving and stationary poses, combined with deep breathing. As well as reducing anxiety and stress, yoga can also improve flexibility, strength, balance, and stamina. Practiced regularly, it can also strengthen the relaxation response in your daily life.

Massage therapy

A professional massage at a spa or health club can help reduce stress, relieve pain, and ease muscle tension. What you may not be aware of is that you can experience many of the same benefits at home or work by practicing self-massage or trading massages with a loved one. Try taking a few minutes to massage yourself at your desk between tasks, on the couch at the end of a hectic day, or in bed to help you unwind before sleep. To enhance relaxation, you can use aromatic oil, scented lotion, or combine self-message with mindfulness or deep breathing techniques

A five-minute self-massage

A combination of strokes works well to relieve muscle tension. Try gentle chops with the edge of your hands or tapping with fingers or cupped palms. Put fingertip pressure on muscle knots. Knead across muscles, and try long, light, gliding strokes. You can apply these strokes to any part of the body that falls easily within your reach. For a short session like this, try focusing on your neck and head:

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Effect of Circuit Training on Cardio Respiratory Endurance

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Abstract

The of the study was to time out effect of circuit training on cardio respiratory in durance to achieve this purpose forty male students studying bachelors degree the department of physical education and sports sciences students of M.M.P.G collage KalaKakar Pratapghar were selected as subjects at random. The selected subjects were divided in to two equal groups of twenty subjects each such as circuit training group and control group. The group I underwent circuit training program for three days per week for twelve weeks. The control group did not participate any special training program a part from their regular physical education activities as per their curriculum. The fallowing variable such as cardio respiratory endurance was selected as criterion variable cardio respiratory endurance was measured by using cooper's 12 minute run per week test. All the students of both group were tested on cardio respiratory endurance at prior and immediately after the training program. The analysis the significant difference if any between the groups the level of significance to test the 'F' ratio obtained by the analysis of covariance was fixed at 0.5 level confidences which was considered as the appropriate. The results of the study should that circuit training group showed significance improvement on cardio respiratory endurance when compared to control group. The result of the study further shows that circuit training group shows significant improvement on cardio respiratory endurance.

Introduction

Sports training are the basic preparation of the sports men for better performance through physical exercise it is based on scientific principles of aiming at education and performance enhancement. Sports activities consist of motor movement and action and their success depends to a great extend on how correctly they are performed. Techniques of training and improvement of tactical efficiencies play a vital role in training process.

Methodology

The purpose of study was to find out effect of circuit training on cardio respiratory endurance. To achieve their purpose thirty forty male students studying bachelor's degree the Department of B.P.Ed faculty of M.M.P.G collage Kala Kankar Pratapghar U.P were selected as subjects at random. The selected subjects were divided in to two equal groups I underwent circuit training program for three day per week for twelve weeks. The control group did not participate any special training program a part from their regular physical education activities as per their curriculum. The following variable such as cardio respiratory endurance was selected as criterion variable. Cardio respiratory endurance was measured by using the cooper's 12 minutes run per week test. All the students of both groups were tested on cardio respiratory endurance at prior and immediately after the training program the analysis of covariance (A Nova) was used to analyze the significance difference if any between the groups. The level of significance to the test 'F' ratio obtained by the analysis of covariance was fixed at 0.5 level of confidence which was considered as an appropriate.

Training program

During the training period the experimental group (group I) underwent circuit training for three days per week (alternative days) for twelve weeks. Every day the work out lasted for 45 to 60 minutes approximate including worming up and worming down periods. Group I I who acted as control who instructed not to participate in any strenuous physical exercise and specific training throughout the training period. However they performed activities as per their curriculum.

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Analysis of Data

The analysis of covariance on the cardio respiratory durance of the pre and post test scores of circuit training and control groups have been analyzed and presented in table 1

Analysis Of Co Variance Of The Data On Cardio Respiratory Durance Of Pre And Post Test Scores Of Circuit Training And Control Grouops

Test	Circuit Training	Control Group	Source of Variance	Sum of square	D f	Mean squares	Obtained 'f' ratio
Pre test							
Mean	1539.67	1541	Between	3.33	1	3.33	2.34
Sd	20.04	20.99	With in	39.87	28	1.424	
Post test							
Mean	1550	1542.3	Between	13.33	1	13.33	3.08
Sd	20.25	22.20	With in	45.47	28	1.624	
Adjusted post test							
Mean	1549.3	1540.33	Between	27.41	1	27.41	109.64
			With in	6.79	27	0.25	

*significance at .05 level of confidence

The table value required for significance at .05 level of confidence with d F 1 and 28, 1 and 27 were 4.20 and 4.215 respectively.

The adjusted post test means circuit training group and control group are 1549.3 and 1540.33 respectively. The obtained 'F' ratio of 109.64 for the adjusted post test means is more than the table value 4.215 for d F 1 and 27 required for significance at .05 level of confidence cardio respiratory durance.

Result

1. The result of the study showed that there was a significance difference among circuit training group and control group on cardio respiratory durance.
2. And also it was found that there was a significant improvement on cardio respiratory durance due to circuit training

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ICT Competency of Pupil Teachers in Uttarakhand: A Case Study

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Abstract

This study investigated the pupil teacher's ICT competency. It determine whether the ICT competency of pupil teachers were significantly differ in terms of demographic variable such as university, college administration.The descriptive research design was used by the researcher to collect the data concerning ICT competency. The data collected were analysed by using appropriate statistical techniques. Results showed that the ICT competencies of pupil teachers of Uttarakhand is differ in terms of universities. The pupil teachers belong to theKumaunUniversity are found to be more competent as compared to Garhwal University. Alsothe ICT competencies of pupil teachers is also differ in terms of college administration. The pupil teacher of government college are found to be more competent as compared to pupil teachers who are studying in private college .Today our life is changing and information and communication technology is in the centre of this change. Now in our every activity ICT is included to some extent. If we want that the education enriches and fulfill the present need and expectation of society, then it is necessary to enrich this educational system with new knowledge of communication technology, applying new methods and tools, since education would prepare future citizens to learn. Pupil teachers are our future teachers. If they are competent in using all these new technologies than they can integrate it in their teaching and learning and all other activities of school where it's necessary. So, the students will also be user friendly to all these ICTs.

Introduction

Today's era is of science and technology. Scientific discoveries and inventions has affected the every aspect and activity of human life. Today our life is changing and information and communication technology is in the centre of this change. Digital media has brought the revolutionary change in information society. After a long journey of development of information   technology, today we reached the destination where the whole world has become a global village, distances have changed into closeness and modern communication means has become important in the society. ICT is a new mode of representation of information and is a new medium of communication. Today in our every activity ICT is included to some extent whether one has to go to departmental store, ticket booking, bill payment, collection of data, issuing of books from the library, preparing documents, to write an application and even conversation to friends is not possible without the knowledge of the technology. One cannot live without the knowledge of ICT.Today, the fast growing ICT in the world's societies also approaching to the school. If we want that the education enriches and fulfill the present need and expectation of society, then it is necessary to enrich this educational system with new knowledge of communication technology, applying new methods and tools, since education would prepare future citizens to learn and use ICT in their daily life activity and work. We observe the changes which are coming slowly slowly in the educational curriculum, teaching method, educational technology, classroom management etc. At the same time there are changes in the role of teacher also.

The rapid technological developments have change our life style along with our social needs. New technologies have a great impact on our daily life and workplace. Today we need to re-structure our education programs and the classroom management and learning in order to minimize the teaching technology gap between today and future. To supply learners having knowledge of specific subject area, to encourage meaningful learning and to increase professional productivity, we need effective integration of technologies into the existing structure of education programs (Tomei 2005). Teachers require to integrate ICT in teaching learning to prepare students for our technological and diverse world (Braun & Kraft 1995). It is the fact that the change in curriculum is focused on teacher and also they have control on teaching learning process. Therefore, they must be able to prepare the student for the knowledge society in which it is important for people to be competent to use ICT to acquire and process information (Plomp et al., 1996).

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So, it is clear that the successful integration of ICT in education to some extent depends on the competency of teachers. Therefore, to integrate ICT in education it is necessary that the teachers should be competent in using them. The pupil teachers are our future teachers. So, for the effective integration of ICT in education it is necessary that these pupil teachers should be competent in using all these ICTs.

Objectives

This study aimed to assess the level of ICT competencies of pupil teachers in Uttarakhand. It determined whether the pupil teacher's ICT competency were significantly differ in terms of their demographic variable such as university, college administration, and stream.

Methodology

(1)Research Design

Descriptive survey method was used by the investigator to collect information regarding ICT competencies of pupil teachers.

(2)Population and sample

The population for this study consists of all pupil teachers in the state Uttarakhand of India. From this population a sample of 1000 pupil teachers was drawn from H.N.B. Garhwal and Kumaun Universityby stratified random sampling technique.

(3)Tool used

A self developed 'ICT competency scale' was used by the investigator to find the ICT competency of pupil teachers. The tool consist 120 items.

The reliability of the tool was identified by using the split-half method. The reliability value was found to be 0.981 which is above the normal level and the test is said to have high reliability. The face validity and content validity of the questionnaire were establish.

(4) Collection of data and scoring

The data was collected from 1000 pupil teachers selected by stratified random sampling technique. The tool has been administered on the pupil teachers personally by visiting their teacher education institute or college. Among 1200 tools distributed only 1000 pupil teachers have returned the tools properly filled. In the 'ICT competency scale' against each item there were three alternative such as more competent, average competent, not competent and they are scored as 2, 1, 0 respectively.

(5)Statistics used

The t-test was applied to test the hypotheses of the study. The hypotheses were tested in their null form at 0.05 level of significance.

Results and Discussion

(1) Perceived ICT competency in terms of demographic variable

In order to see the difference in ICT Competency of pupil teachers in terms of demographic variable, the responses of the pupil teachers in competency scale was scored. The mean and S.D. in terms of different demographic variable is shown in table-2. A t-test was conducted to determine whether the difference between the means is significant or not.

Table-2: Significant difference in Perceived ICT competency in terms of demographic variable

S. No.	Variable	Category	N	Mean	S.D.	Calculated t-value	Remark
1	University	H.N.B.	500	174.22	46.32368	5.787	Significant
		Kumaun	500	189.178	34.5642		
2	Administration	Govt .	359	184.8726	39.96438	2.47	Significant
		private	641	178.1772	42.96606		

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ICT competency in terms of University

The calculated t-value for university in table-2 is 5.787 which is greater than the table value 1.96 at 0.05 level of significance. Therefore the difference between the means of pupil teacher of H.N.B. Garhwal University and Kumaun University is significant. Hence, there is significant difference in the ICT competency of pupil teachers in terms of University.
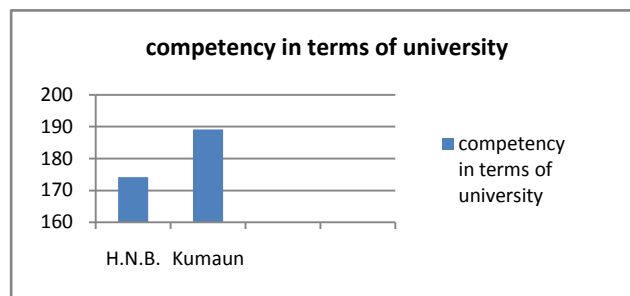
(2) ICT competency in terms of Administration

It is seen in table-2 that the calculated t-value for administration is 2.47 which is greater than the table value 1.96 at 0.05 level of significance. It means the difference between the means of pupil teachers who belongs to the government college and who belongs to the private college is significant. Therefore there is significant difference in the ICT competency of

pupil teachers in terms of administration. Hence pupil teachers who belongs to the government college are found to be more ICT competent as compared to pupil teachers who belongs to private college.
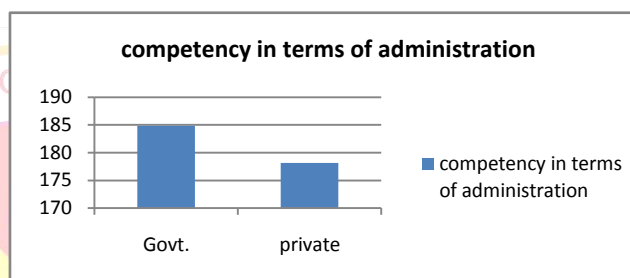
Conclusion

Result of the study clearly revealed that their found significant difference in the ICT competency of pupil teachers in terms of university and college administration. The pupil teachers of H.N.B. Garhwal University were found to be more competent as compared to the pupil teachers of Kumaun University. And also pupil teachers who are studying in government college are found to be more competent than the pupil teacher whoare studying in private college.

Recommendations

The following recommendations are made based on the conclusions presented –

- Teacher education institute should create a development program that should enhance the ICT competency of pupil teachers who are not competent.
- The use of ICT in private colleges should be increased and some efforts are needed to increase the ICT competencies of pupil teachers who are studying in private college.
- Integrated or additional ICT competency training or courses with teacher education program should be develop.
- A similar study should be replicated to in-service teachers, teacher educators, state and universities.

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Importance of Statistics in Research

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Introduction

This is due to the fact that the use of data and media, the design of models, the analysis of systems etc. Increasing require the support of suitable tools and concept which are developed and available in statistics. Research activities in this field are strongly affected by correct development in statistics. The intent of this manuscript is to provide guidance and support to clinicians and investigators for reporting the results of screening and diagnostic tests .This article the first of two parts addressing statistics in imaging research. How do you measure the value of data? Not by the amount you have, but by what you can learn from it statistics provide a way to extract valuable important from your data.

Key Words:-Research meaning, Statistics meaning, Why study statistics in research and important.

Research means the systematic investigation into and study of materials and establishes sources in order to establish facts and reach new conclusions. In other words, it is the collection of evidence or information for ascertaining an assumption or verifying some hypothesis. In simple words we can say research is the combination of RE+SEARCH which means ,the repetition of search .It means a search for facts ,answers to questions and solution to problems. Our knowledge is limited and there are "N" numbers of problems waiting to be solved in subject. Be in science, physical education, mathematics, social science, and others subjects. We identify the vacuum in our knowledge and try to address it by asking relevant question and seeing answer to it.

Statistics is a branch of mathematics dealing with the collection analysis, interpretation, presentation and organization of data. I applying statistics to, e .g. a scientific , industrial or social problems it is conventional to being with statistical population or statistical model process to be studied statistics deals with all aspects of date including the planning of data collection in terms of the design of surveys and experiences.

Why Study Statistics

Statistics is the science of collecting, analyzing and making reference from data .Statistics is a particularly useful branch of mathematics that is not only studied theoretically by advanced mathematician but one that used by research in many fields to organization ,analyze ,and summarize data ,statistical methods and analysis are often used to communicate research findings and to support hypotheses and give credibility to research methodology and conclusions .It is important to researchers and also consumers of research to understand statistics so that they can be improved evaluate the credibility and usefulness of information and make appropriate decision.

Importance Of Statistics

It is obvious that society cannot became effectively on the basis of hunches or trial and error and that in business and economics much depends on the correct analysis of numerical information .Decisions based on the data will provide better results that those based on intuitions or get felling learning to use statistics in your studies will have a wider behind that helping you towards a qualification.

Once you have mastered the language and some of the techniques in order to make sense of your investigation ,you will have supplied yourself with a knowledge and understanding that will enable you to cope with the information you will encounter in your everyday life .Statistical thinking permeates all social

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interaction .Term of simple summary statistic for data population .The three "C'S"Communication,credibility and convergence (NO "Truth")are reasons why statistics are important in reasons:-

Communication:- Expressing or communication your results in numbers(Statistics passed)is a powerful way to convey your findings versus using term like "Almost 'as large as "or " slightly greater than ."What is slightly greater than "to one scientist may not mean the same things to the next scientist the numbers and testing of the numbers to find real.

Credibility:-Use of numbers also provides an air of credibility to scientific studies .Use of statistics requires forethought and statement about experimental design ,methods ,and data base structure .The numbers also force you to for make your thinking about hypothesis and now best to for rest out meaning from your data .

Convergence :- (On "truth")what is truth? When it scientific research,a go our works through the use of data,to converge on principles,laws and data relationship that inform usabout how nature operates.Number and statistics help us gauge this progress to heighten confidence in the results.

So in summary statistics is very important in research .Statistics is so useful in research to get correct answers and results. Remember the 3-C' S! The -3 C'S are a simple recap of why. IT is a branch of mathematics which contains .In any research we will be trying to know something,we do not know or exactly. All of these require decisions to be made all have costs and benefits all are based upon different amounts of date and all involve err necessitate some kind statistical calculation .This is where are understanding of statistics and knowledge of statistical techniques will come in handy.

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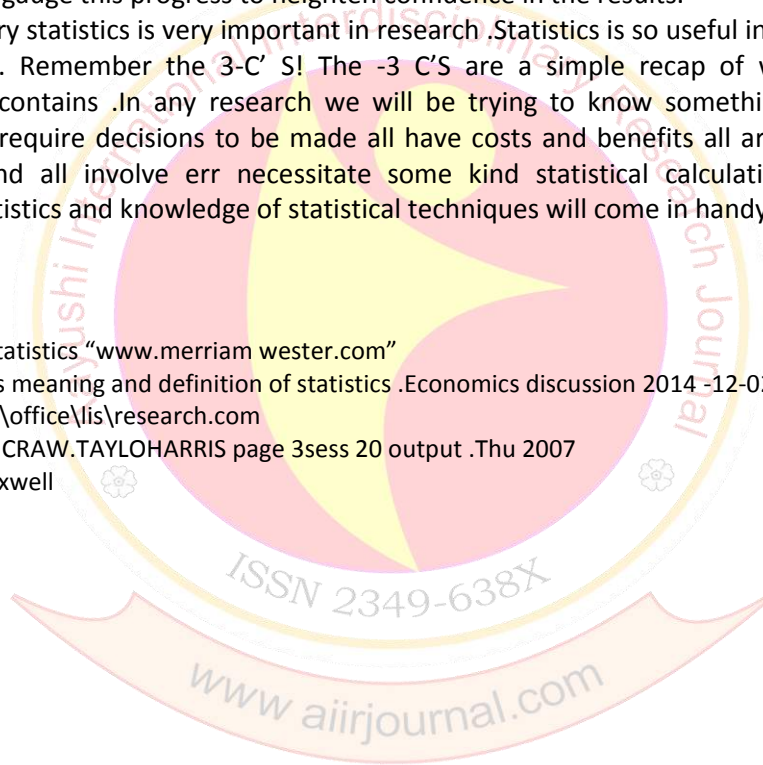
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Outline On Research Devolvement an Innovation Management

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Abstract

A description of research approaches that share aspects of social work values is provided, followed by a discussion of core elements of each approach that may have implications for social work researchers. The core elements discussed include:
(a) research that is shaped, guided, conducted, and even controlled by consumers;
(b) research that focuses on communities or local contexts;
(c) research that strives for mutual understanding; and
(d) research that facilitates social change leading to empowerment, equality, and social justice. Finally, challenges to incorporating these core elements into research practice are discussed.

Meaning of Innovation

Innovation is often also viewed as the application of better solutions that meet new requirements, unarticulated needs, or existing market needs

Research Definition

Research is a careful and detailed study into a specific problem, concern, or issue using the scientific method. It's the adult form of the science fair projects back in elementary school, where you try and learn something by performing an experiment. This is best accomplished by turning the issue into a question, with the intent of the research to answer the question.
Research can be about anything, and we hear about all different types of research in the news

Research Methodology Defined

A research method is a systematic plan for conducting research. Sociologists draw on a variety of both qualitative and quantitative research methods, including experiments, survey research, participant observation, and secondary data. Quantitative methods aim to classify features, count them, and create statistical models to test hypotheses and explain observations. Qualitative methods aim for a complete, detailed description of observations, including the context of events and circumstances.

Now let's take a look at each of the different research methods in detail
Research can be classified in many different ways on the basis of the methodology of research, the knowledge it creates, the user group, the research problem it investigates etc.

Meaning of Innovation

Innovation is often also viewed as the application of better solutions that meet new requirements, unarticulated needs, or existing market needs.[1] This is accomplished through more-effective products, processes, services, technologies, or business models that are readily available to markets, governments and society. The term "innovation" can be defined as something original and more effective and, as a consequence, new, that "breaks into" the market or society.[2] It is related to, but not the same as, invention,[3] as innovation is more apt to involve the practical implementation of an invention (i.e. new/improved ability) to make a meaningful impact in the market or society,[4] and not all innovations require an invention

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Innovation management is a combination of the management of innovation processes, and change management. It refers both to product, business process, and organizational innovation.

Innovation management includes a set of tools that allow managers and engineers to cooperate with a common understanding of processes and goals. Innovation management allows the organization to respond to external or internal opportunities, and use its creativity to introduce new ideas, processes or products.[1] It is not relegated to R&D; it involves workers at every level in contributing creatively to a company's product development, manufacturing and marketing.

Definition of R&D management

R&D management can be defined as where the tasks of innovation management (i.e., creating and commercializing inventions) meet the tasks of technology management(i.e., external and internal creation and retention of technological know-how).[3] It covers activities such as basic research, fundamental research, technology development, advanced development, concept development, new product development, process development, prototyping, R&D portfolio management, technology transfer, etc., but generally is not considered to include technology licensing, innovation management, IP management, corporate venturing, incubation, etc. as those are sufficiently independent activities that can be carried out without the presence of a R&D function in a firm.[4]

Basic Research

This research is conducted largely for the enhancement of knowledge, and is research which does not have immediate commercial potential. The research which is done for human welfare, animal welfare and plant kingdom welfare. It is called basic, pure, fundamental research. The main motivation here is to expand man's knowledge, not to create or invent something.

Applied Research-

Applied research is designed to solve practical problems of the modern world, rather than to acquire knowledge for knowledge's sake. The goal of applied research is to improve the human condition. It focuses on analysis and solving social and real life problems. This research is generally conducted on a large scale basis and is expensive. As such, it is often conducted with the support of some financing agency like the national government, public corporation, world bank, UNICEF, UGC, Etc. According to Hunt, "applied research is an investigation for ways of using scientific knowledge to solve practical problems" for example:- improve agriculture crop production, treat or cure a specific disease, improve the energy efficiency of homes, offices, how can communication among workers in large companies be improved

Problem oriented research

As the name indicates, Problem identifying researches are undertaken to know the exact nature of problem that is required to be solved.

- Here, one clarification is needed when we use the term 'Problem', it is not a problem in true sense. It is usually a decision making dilemma or it is a need to tackle a particular business situation.
- It could be a difficulty or an opportunity.

Problem solving Edit

This type of research is done by an individual company for the problem faced by it. Marketing research and market research are the applied research. For eg:- Videocon international conducts research to study customer satisfaction level, it will be problem solving research. In short, the main aim of problem solving research is to discover some solution for some pressing practical problem.

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Quantitative Research -

      This research is based on numeric figures or numbers. Quantitative research aim to measure the quantity or amount and compares it with past records and tries to project for future period. In social sciences, "quantitative research refers to the systematic empirical investigation of quantitative properties and phenomena and their relationships". The objective of quantitative research is to develop and employ mathematical models, theories or hypothesis pertaining to phenomena.

Also the research is classified into:

1. Descriptive research
2. Analytical research
3. Fundamental research
4. Conceptual research
5. Empirical research
6. One time research or longitudinal research
7. Field-setting research or laboratory research or simulation research
8. Clinical or diagnostic research
9. Exploratory research
10. Historical research
11. Conclusion oriented research
12. Case study research
13. Short term research

Importance of Research

      Research can be creative, exploring or just reassuring in nature. Each one of us does some or the other research in our lifetime for sure. Research can affect a subject both positively and negatively and can be constructive or destructive in nature. Some people believe that research is mostly destructive in nature.

To Gather Necessary Information

      Research provides you with all necessary information in field of your work, study or operation before you begin working on it. For example, most companies do research before beginning a project in order to get a basic idea about the things they will need to do for the project. Research also helps them get acquainted with the processes and resources involved and reception from the market. This information helps in the successful outcome of the project.

To Make Changes

      Sometimes, there are in-built problems in a process or a project that is hard to discover. Research helps us find the root cause and associated elements of a process. The end result of such a research invokes a demand for change and sometimes is successful in producing changes as well. For example, many U.N researches have paved way for changes in environmental policies.

Improving Standard Of Living

      Only through research can new inventions and discoveries come into life. It was C.V Raman's research that prompted invention of radio communication. Imagine how you would have communicated had Graham Bell not come out with the first ever practical telephone! Forget telephones, what would have happened if Martin Cooper did not present the world the concept of mobile phones! Addicted as we are to mobile phones, we need to understand that all the luxuries and the amenities that are now available to us are the result of research done by someone. And with the world facing more and crisis each day, we need researchers to find new solutions to tackle them.

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For A Safer Life

Research has made ground breaking discoveries and development in the field of health, nutrition, food technology and medicine. These things have improved the life expectancy and health conditions of human race in all parts of the world and helped eradicate diseases like polio, smallpox completely. Diseases that were untreatable are now history, as new and new inventions and research in the field of medicine have led to the advent of drugs that not only treat the once-incurable diseases, but also prevent them from recurring.

To Know The Truth

It has been proved time and again that many of established facts and known truths are just cover ups or blatant lies or rumours. Research is needed to investigate and expose these and bring out the truth.

Explore Our History

Research about our planets history and human history has enabled us to learn and understand more about our forefathers and helped us learn from their mistakes and absorb good things from their life. Research about the planet's history and existence has told us a lot about how things will shape up in years to come and how we need to respect our planet and work closely together to stop global warming and other scenarios of destruction.

Understanding Arts

This helps us in understanding the work of artists in literature, paintings, sculptures and everything that can be attributed with artistic touch. If no research is conducted into any of these, we will never be able to understand any of these as per the artist's imagination. Also, a lot of great artistic work is hidden in the shadows of history, which needs to be drawn out.

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A Comparative Study of Belief about Task and Ego Orientation Of Inter University Male And Female Throwers

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Abstract:

The main objective of the study was to compare the belief about task and ego orientation of Inter University Male and Female Throwers. 60 Inter University Male and Female Athletes were selected on the bases of purposive sampling method. i.e.:30 Male & 30 Female. The Standardized tool was used for the data collection. i.e.: Task and Ego Orientation Sport Questionnaire *(TEOSQ)-Duda-1989.* Mean, Standard deviation and't' ratio were used for statistical Analysis. After analysis the conclusion was drawn:- There was no significant difference in between Male and Female Throwers with respect to their beliefs abbot task orientation.

Keywords: Task, Ego Orientation, Interuniversity, Male & Female Athletes.

Introduction:

Psychology is the science of behavior. It is an academic discipline of immense scope and diverse interests that, when taken together; seek an understanding of the emergent properties of brains, and all the variety of epiphenomena they manifest. As a social science it aims to understand individuals and groups by establishing general principles and researching specific cases. In this field, a professional practitioner or researcher is called a psychologist and can be classified as a social, behavioral, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and biological processes that underlie cognitive functions and behaviors. Psychologists explore behavior and mental processes, including perception, cognition, attention, emotion (affect), intelligence, phenomenology, motivation (conation), brain functioning, and personality. This extends to interaction between people, such as interpersonal relationships, including psychological resilience, family resilience, and other areas. Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.

Objective of the Study:

The main objective of the study was to compare the belief about task and ego orientation of Inter University Male and Female Throwers.

Methodology:

60 Inter University Male and Female Athletes were selected on the bases of purposive sampling method. i.e.:30 Male & 30 Female. The Standardized tool was used for the data collection. i.e.: *Task and Ego Orientation Sport Questionnaire* (*TEOSQ*)-Duda-1989. Mean, Standard deviation and't' ratio were used for statistical Analysis.

Statistical Analysis and Interpretations of the Data:

Table No-I

Significance of Difference between Inter University Level Male and Female Throwers on Task and Ego Orientation

Orientation	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Task	Male	4.01	0.4387	0.08	0.0583	1.372[@]
	Female	3.93	0.4644			
Ego	Male	3.88	0.4141	0.19	0.0638	2.977*
	Female	3.69	0.5634			

$t_{0.05(238)}$ = 1.96   *Significant at 0.05 level   @ Not significant at 0.05 level

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From the above table it is observed that there is no significant difference in between Task Orientation means of inters university level Male and Female Throwers as the calculated t-value of 1.372 is less than the tabulated t-value of 1.96 at 0.05 level of confidence for 238 degrees of freedom. But the Ego Orientation means of Male and Female Throwers shows significant difference because the calculated t-value of 2.977 is quite higher than the tabulated t-value of 1.96.

From the above findings it is quite clear that there is a significant difference in ego orientation of male and female throwers. On the basis of mean values male throwers are more ego oriented than female throwers. But there is no significant difference in task orientation of male and female throwers.

The mean difference in Task and Ego Orientation of male and female throwers is graphically depicted in Figure-I.
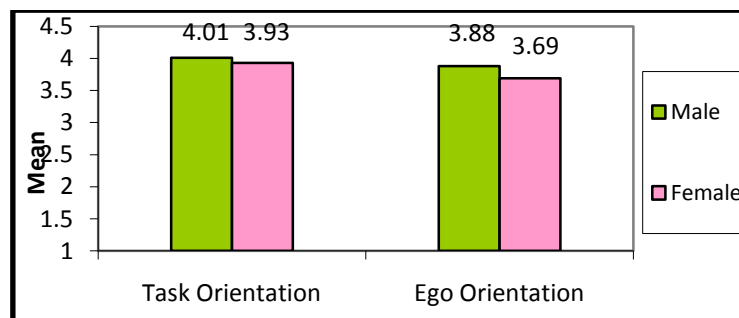
Figure - I
Comparison of Means among the Male and Female Throwers in Task and Ego Orientation

Table No- II
Significance of Difference between Inter University Level Male and Female Throwers on different factors of Beliefs about Causes of Sports Success

Factors	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Efforts	Male	4.29	0.4596	0.16	0.0590	2.712*
	Female	4.13	0.4545			
External Factor	Male	3.80	0.3817	0.27	0.0587	4.598*
	Female	3.53	0.5178			
Illegal Advantage	Male	4.18	0.7830	0.08	0.0998	0.802@
	Female	4.10	0.7625			
Ability	Male	3.89	0.5294	0.31	0.0702	4.413*
	Female	3.58	0.5585			

$t_{0.05(238)}$ = 1.96   *Significant at 0.05 level   @ Not significant at 0.05 level

The findings of Table No-II show that there is significant difference in between Male and Female Throwers with respect to their beliefs in Efforts, External Factor and Ability as the calculated t-values of 2.712, 4.598 and 4.413 are greater than the tabulated t-value of 1.96 at 0.05 level of confidence for the 238 degrees of freedom. But there is no significant difference in between Male and Female Throwers with respect to their beliefs in Illegal Advantage as the calculated t-value of 0.802 is less than the tabulated t-value of 1.96.

From the above findings it is quite clear that Male and female throwers differed significantly with respect to their beliefs in efforts, external factors and ability. But there is no significant difference in the beliefs in illegal advantage of male and female throwers. On the basis of mean scores it is observed that male throwers have more belief in efforts, external factor and ability than female throwers.

The mean scores of different factors of Beliefs About Causes of Sports Success of male and female throwers are presented graphically in Figure-II.

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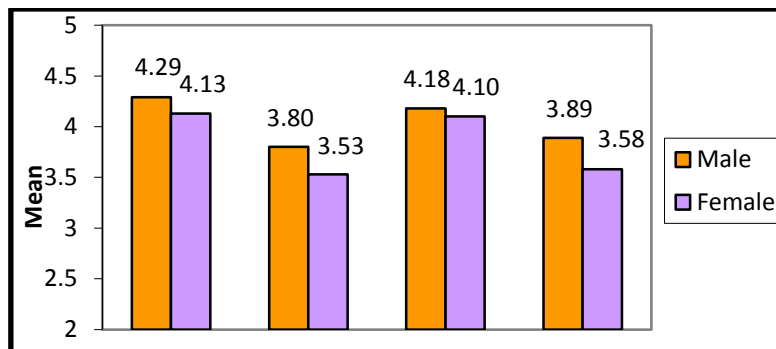
Figure -II

Comparison of Means among the Male and Female Throwers in different factors of Beliefs about Causes of Sports Success

Findings of the Study:

The following findings of the study were drawn:

- There was no significant difference in task orientation of male and female throwers.
- There was no significant difference in between Male and Female Throwers with respect to their beliefs abbot task orientation.

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Sports and Human Values

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Abstract

      Sport has historically played an important role in all societies, be it in the form of competitive sport, physical activity or play. Sport has been increasingly recognized and used as a low-cost and high-impact tool in humanitarian, development and peace-building efforts, not only by the UN system but also by non-governmental organizations (NGOs), governments, development agencies, sports federations, armed forces and the media. Sport can no longer be considered a luxury within any society but is rather an important investment in the present and future, particularly in developing countries. Sport is not a cure-all for development problems. As a cultural phenomenon, sport can also have negative side effects such as violence, corruption, discrimination, hooliganism, nationalism, doping and fraud. The positive potential of sport does not develop automatically. It requires a professional and socially responsible intervention which is tailored to the respective social and cultural. Successful Sport for Development and Peace programmes work to realize the right of all members of society to participate in sport and leisure activities. Effective programmes intentionally give priority to development objectives and are carefully designed to be inclusive. Effective Sport for Development and Peace programmes combine sport and play with other non-sport components to enhance their effectiveness. Such programmes embody the best values of sport while upholding the quality and integrity of the sport experience. They are delivered in an integrated manner with other local, regional and national development and peace initiatives so that they are mutually reinforcing. Programmes seek to empower participants and communities by engaging them in the design and delivery of activities, building local capacity.

Sport has historically played an important role in all societies, be it in the form of competitive sport, physical activity or play. Sport has been increasingly recognized and used as a low-cost and high-impact tool in humanitarian, development and peace-building efforts, not only by the UN system but also by non-governmental organizations (NGOs), governments, development agencies, sports federations, armed forces and the media. Sport can no longer be considered a luxury within any society but is rather an important investment in the present and future, particularly in developing countries.

Sport

"All forms of physical activity that contributes to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport and indigenous sports and games."

The practice of physical education and sport is a fundamental right for all

- Physical education and sport, as an essential dimension of education and culture, must develop the abilities, will-power and self-discipline of every human being as a fully integrated member of society.
- The continuity of physical activity and the practice of sports must be ensured throughout life by means of a global, lifelong and democratized education.
- At the individual level, physical education and sport contribute to the maintenance and improvement of health, provide a wholesome leisure-time occupation and enable man to overcome the drawbacks of modern living.
- At the community level, they enrich social relations and develop fair play. Which is essential not only to sport itself but also to life in society?
- Every overall education system must assign the requisite place and importance to Physical education and sport in order to establish a balance and strengthen links between Physical activities and other components of education.

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Physical education and sport for an essential element of lifelong education in the overall education system

- Every human being has a fundamental right of access to physical education and sport, which are essential for the full development of his personality.
- The freedom to develop physical, intellectual and moral powers through physical education and sport must be guaranteed both within the educational system and in other aspects of social life.
- Everyone must have full opportunities, in accordance with his national tradition of sport, for practicing physical education and sport.
- Developing his physical fitness and attaining a level of achievement in sport which corresponds to his gifts.
- Special opportunities must be made available for young people, including children of pre-school age, for the aged and for the handicapped to develop their personalities to the full through physical education and sport programmes suited to their requirements.

Protection of the ethical and moral values of physical education and sport must be a constant concern for all

- Top-class sport and sport practiced by all must be protected against any abuse. The serious dangers with which phenomena such as violence, doping and commercial excesses threaten its moral values, image and prestige pervert its very nature and change its educative and health promoting function.
- The media have a special role to play, in keeping with Article 8 in supporting and disseminating information about these efforts.
- A prominent place must be assigned in curricula to educational activities based on the values of sport and the consequences of the interactions between sport, society and culture.
- It is important that all sports authorities and sportsmen and women be conscious of the risks to athletes, and more especially to children, of precocious and inappropriate training and psychological pressures of every kind.

Information and documentation help to promote physical education and sport

- The collection, provision and dissemination of information and documentation on physical education and sport constitute a major necessity. In particular, there is a need to circulate information on the results of research and evaluation studies concerning.

The mass media should exert a positive influence on physical education and sport

- Without prejudice to the right of freedom of information, it is essential that everyone involved in the mass media be fully conscious of his responsibilities having regard to the social importance, the humanistic purpose and the moral values embodied in physical education and sport.
- Relations between those involved in the mass media and specialists in physical education and sport must be close and based on mutual confidence in order and sport and to ensure objective and wells-founded information. Training of personnel for the media may include elements relating to physical education and sport.

National institutions play a major role in physical education and sport

- It is essential that public authorities at all levels and specialized non-governmental bodies encourage those physical education and sport activities whose educational value is most evident. Their action shall consist in enforcing legislation and regulations, providing material assistance and adopting all other measures of encouragement. Stimulation and control.
- It is incumbent on all institutions responsible for physical education .and sport to promote a consistent, overall and decentralized plan of action in the framework of lifelong education so as to allow for continuity and co-ordination between compulsory physical activities and those practiced freely and spontaneously.

International co-operation is a prerequisite for the universal and well-balanced promotion of Physical education and sport

- It is essential that States and those international and regional intergovernmental and non-governmental organizations in which interested countries are represented and which are responsible

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for physical education and sport give physical education and sport greater prominence in international bilateral and multilateral co-operation.

- International co-operation must be prompted by wholly disinterested motives in order to promote and stimulate endogenous development in this field.
- Through co-operation and the pursuit of mutual interests in the universal language of physical education and sport, all peoples will contribute to the preservation of lasting peace, mutual respect and friendship and will thus create a propitious climate for solving international problems.

Sport as a fundamental right

- The right of access to and participation in sport and play has long been recognised in a number of international conventions. In 1978, UNESCO described sport and physical education as a "fundamental right for all". But until today, the right to play and sport has too often been ignored or disrespected.

Sport as a Powerful Tool

Sport has a unique power to attract, mobilize and inspire. By its very nature, sport is about participation. It is about inclusion and citizenship. It stands for human values such as respect for the opponent, acceptance of binding rules, teamwork and fairness.

- Health promotion and disease prevention
- Promotion of gender equality
- Social integration and the development of social capital
- Peace building and conflict prevention/resolution
- Post-disaster/trauma relief and normalisation of life
- Economic development
- Communication and social mobilisation.

From a development perspective, the focus is always on mass sport and not elite sport. Sport is used to reach out to those most in need including refugees, child soldiers, victims of conflict and persons living with HIV/AIDS, malaria and other diseases.

Path to Success

Sport is not a cure-all for development problems. As a cultural phenomenon, sport can also have negative side effects such as violence, corruption, discrimination, hooliganism, nationalism, doping and fraud. The positive potential of sport does not develop automatically. It requires a professional and socially responsible intervention which is tailored to the respective social and cultural. Successful Sport for Development and Peace programmes work to realize the right of all members of society to participate in sport and leisure activities. Effective programmes intentionally give priority to development objectives and are carefully designed to be inclusive. Effective Sport for Development and Peace programmes combine sport and play with other non-sport components to enhance their effectiveness. Such programmes embody the best values of sport while upholding the quality and integrity of the sport experience. They are delivered in an integrated manner with other local, regional and national development and peace initiatives so that they are mutually reinforcing. Programmers seek to empower participants and communities by engaging them in the design and delivery of activities, building local capacity.

Sports are an essential and important aspect of American society; they are indispensable when it comes to their impact on a plethora of public arenas, including economics and the mass media. Sport coincides with community values and political agencies, as it attempts to define the morals and ethics attributed not only to athletes, but the totality of society as a whole. Sports provide key dynamics when it comes to the augmentation of communal principles by enhancing the physical and mental well-being of individuals and the integration of social classes. The idea of "winning" in sports serves as a prime exemplar of success: a highly valued commodity which often results in elitism and superiority

As a society, we construct "types" of athletes based on their economic and social value, which acts as a connotation for their overall significance to the universal spectator. The idea of "winning" is something that fuels competition; we compete not simply to enhance our own physical attributes, but to provide

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ourselves with a sense of achievement at the expense of another's failure. Sports, like the film or television industry, has major financial repercussions which might not be as beneficial to the consumer as he or she may think; the passion fans share for their favourite team or player is getting in the way of what significance these "games" truly have.

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Plagiarism in Research & its Prevention

Dr. Rashmi Sharma
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K.R.Girls PG College, Mathura

Abstract:

It doesn't matter what topic the research is based on, any sort of research work should be completely plagiarism free. People should first understand, what are the things that are considered under plagiarism due to which the thesis might get canceled. Once a proper understanding has been made, those things can be avoided while writing the research paper. Apart from this, we discussed how severely plagiarism affects education and society.

If plagiarism is not checked in time, it is going to ruin the entire education system of India. Quality of education will keep on deteriorating so the student of the next generations will lack the basic knowledge because the professors teaching them are not knowledgeable themselves. We also discussed about the various causes of plagiarism.

From jail to suspension, it can end the lives of people. Plagiarism should not be taken lightly as it is a degradable act and should not be practiced by anyone. Not paying proper respect to the work of some other scholar can be considered as stealing. So until and unless you want to tarnish your name and you want yourself to be called a thief, stay away from plagiarism. Well there as always hope for a better future, as there are also numerous ways to overcome and check plagiarism.

Checking the thesis and citing proper references are some of the easy things one can do to make sure their article is completely plagiarism free. For testing, there is lots of software available on the Internet like the Grammarly, which can detect the plagiarized parts in no time so that you can edit easily. Thus one must always do research work with honesty and integrity. It's easy to tarnish name but it's hard to recover it.

For any research work the first priority is the quality of the research paper. While scientific knowledge is what the research is based on, they should be strongly supported by scientific evidence as well. Many a times the research paper is fully plagiarized which is really condemnable. Researchers should be careful about the places from where they are taking help and make sure that they do not copy any of the part. There are a few common types of the plagiarism that we normally find in a research paper, some of them are-

- **The Secondary source** – if the researcher uses any secondary source as a Meta study whereas they only cites the primary source contained in the secondary source then it is called secondary source plagiarism. This kind of plagiarism fails to attribute to the original work of the secondary source author. It also portrays a false sense that a lot of review has been done for that research. This kind of plagiarism should be avoided and researchers should maintain their ethics.
- **Invalid source** – if the researcher presenting the research gives a really incorrect, invalid or a non-existence source then we call it as invalid source plagiarism. A lot of motive might be there behind doing this. Say for example if the researcher has not done enough research yet they want to create a false illusion of the amount of search they have done and the amount of effort they have put in then many a times they end up listing websites or book that has no existence in reality. Though not always there is intent of deception, a lot of times this maybe caused due to sloppy and inefficient research of the scholars. Even then this should be avoided.
- **The Duplication** – if a researcher uses his or her previous research or study work and puts it in the paper without any attribution then we call it as duplication. Though some might consider this ethical, this topic is highly debated on and is totally dependent on the kind of content the researcher has copied from his or her previous works.
- **A Paraphrasing** – paraphrasing is a really degraded method in which the researcher blatantly takes another person's works & writing and changes a couple of words so that it appears that the research is original. The truth is its copied and came from an outside source which has not been cited.

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Paraphrasing may vary, while some can simply change a few words, others can take an idea or concept and pass it as their own.

- **Repetitive research** – repetitive research happens when a scholar represents data or text straight from some similar study or by using a similar methodology. If researchers are studying on some same topic as of a previous research then many a times they use the data of the previous research results without properly citing it.
- **Replication** – if the exact same manuscript gets published for more than one time then it's called at replications. A researcher can claim that the paper is new but the truth is it has already been published somewhere else. So researchers should never send their paper to multiple publishers.
- **The Misleading attribution** – if authors are not given proper credit for the contribution they made to the study then the attribution is said to be misleading. Many a times the list of authors are insufficient, scholars often do not give credits to the authors they have taken their research material from. This is also a kind of plagiarism.
- **A Complete plagiarism** – this is the worst kind of plagiarism a researchers can do, that is simply submitting someone else's work under his or her very own name. This is a kind of theft and this can lead to adverse effects.

Now everyone has got an idea about the kinds of plagiarism that research scholars have to face every day. One should always keep in mind, not to do anything which falls under all the categories mentioned above. This would make the education process in this country fair. Plagiarism has a lot of bad effects on fellow scholars, the university and the students of the future generation.

As more and more people are plagiarizing their research material, it is degrading the quality of the post-doctorate members thus producing individuals having the degree but lacking the necessary knowledge. These people later are teaching in various institutions with their less knowledge, which in turn is affecting our future generation. So to keep the quality of the researchers at a high level, preventive measures should be taken to avoid plagiarism. Imagine someone spent their whole life doing one particular research work, successful post completion they produce a thesis. Modern day researchers are simply stealing and copying from them without giving the basic credits. This is disrespecting the previous scholar and also the education system of India.

To prevent plagiarism in research, be it any field, technological, humanities, or something else, we must all work together to stop someone else stealing the limelight of years of hard work. This needs to be stopped for the better future of the next generation. Since improving education quality has been on our priority list for a long time, things cannot be achieved if the quality of teachers and professors are not improved. Once plagiarism is completely eradicated, it will produce post-doctorate degree holders who are more knowledgeable regarding their subject thus producing really knowledgeable professors for imparting knowledge to the new generation.

Effects Of Plagiarism In Research

Plagiarism is one of the most serious offenses and is highly condemned both by the professional and the academic world. It can ruin the lives of many people and haunt them for a really long time.

Some Of The Impacts Of Plagiarizing Research Are –

Failure– The International plagiarism normally causes the assignment to get failed immediately. Even if researchers claim that the plagiarism is unintentional, the academic community still considers it as plagiarism. To avoid unintentional plagiarisms, scholars should thoroughly scrutinize all the sources from which they have cited their paper.

Disciplinary action – Many universities have various rules and regulations regarding how they deal with plagiarism. There are various degrees based on which certain disciplinary actions are taken. Some universities give the scholars a chance to admit their mistake so that they do not get detained in the same

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class. Then they have to revise the plagiarised work and start off from scratch. More serious cases often lead to suspension from that particular university so those scholars can never get a doctorate from that university. So its better to avoid plagiarism than to face the consequences like this.

Credibility – The accusations of plagiarism negatively affect the credibility of the researcher. They are often considered dishonest and untrustworthy. The best of the reputations, which they spent their lifetime in the building can get crumbled in a couple of seconds if researchers are caught plagiarizing. This can end the career and life of some individuals and tarnish their name forever. So this should be avoided to maintain a good image so that all the hard work pays off and does not go to waste due to a small mistake. Plagiarism should be avoided by all means and should not be encouraged in any way. In fact, if people around you plagiarized then you should also take a firm stand against it to make the world a better place.

Self-sabotage – The plagiarizing is basically self-harming as it impairs your very own learning process. The point of studying so much and getting a Ph.D. is to learn more and to gain more knowledge. But if researchers get the degree by plagiarizing it's wastage to all those years of hard work as finally you learn nothing and you get the degree via cheating. Scholars should always research, analyze and expand their knowledge. This does not let their ideas and thoughts grow, so it's a process of self-harming one own self, it's the process of denying their self.

Legal Action – Mostly people committing plagiarism can get subjected to legal actions against them. They can get sued for copyright infringement thus landing them some time in prison. If the case is really serious, they can end up in lockup for a lifetime. So avoiding plagiarism and creating one's unique research results is what scholars should always aim for.

While these are some of the consequences one might face, it has a really huge impact on the education system. Courses of such actions run deeper at times tarnishing the image and hurting many people. It damages the reputation of the scholars but not just that even the university's reputation gets hampers.

The credibility of the research published also gets questioned often. So students should not consider coping research material without giving proper credits, this hurts the community, the education system and much more people on a broader aspect. This hampers the learning mechanism of the scholars. If the researchers have less time, they might many times consider copying someone else's work and passing it on their own to save both the time and effort. They might get away with it temporarily, but they will never be able to master the skills that they skipped. This produces poor quality degree holders who will graduate and get a job in some university, and when they teach students, they will pass on their lack of knowledge to the next generation.

This way the entire education system gets corrupted. So it's a bigger problem than people normally assumes. Relying on the work of other people might fetch them the degree, but they will ruin the lives of millions of students, as they do not know the thing they need to teach. Plagiarism not only prevents the learning procedure but also adversely affects the future generations.

Plagiarism does not affect an individual alone. It affects the university as a whole. If frequent dishonesty occurs in a university, they can prevent the graduated from that university to get hired. This darkens the future of a lot of students who have worked hard and completed their theses with honesty and integrity. They get to suffer because of some scholars plagiarizing their content. It should always be avoided so that no one gets affected. The research credibility also gets reduced drastically. The environment created in the higher education scene becomes one with distrust.

A positive learning environment is what India has always aspired to get. In that place introducing something negative and cynical such as plagiarism will lift the respect and trust fellow researchers give each other. This causes bitterness among the scholars, and the professors cannot want to teach further. Thus the suffering is real and affects the entire society, not just an individual.

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Now that we have discussed the harmful effects of plagiarism we should also look for means to keep higher education free from plagiarism to develop a better society. Some of the basic things that can be done are –

Citing – To avoid plagiarism one must always cite. This means to add the name of the author, date and publication information from the place you have originally taken it from. Citing is necessary as not doing that will be considered as plagiarism and that can make you end up in jail.

Paraphrasing – If you have to take something from the work of someone else you can take the idea and try to put it in your own words. But the most important thing that one should keep in mind is that more than two verbatim words cannot be copied from the same row in the document you are taking the idea from. If more than two words are unavoidable quotations and question marks should be used.

A Quoting – If you are copying from a source to your final work then do not alter any words, copy paste the same way it is there in the original. Put it in quotation marks to avoid charges of plagiarism against you.

The Referencing – The easy and the best way to stay away from plagiarism is by inserting a reference page. Create a citing page and include it at the end of your research theses. This paper you are writing should be composed in a particular format to meet the guidelines of the educational institution from where you are getting your degree. Editing is the key. Before submission check your paper thoroughly to avoid plagiarism. There are numerous apps like the Grammarly, which can help users check whether the thing they composed, are free of plagiarism or not. Checking is the best way to prevent disaster from beforehand.

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Research In Physical Education And Sport Sciences

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Abstract

Research is a careful, systematic and objective investigation conducted to obtain valid facts, draw, and conclusion and establish principles of an identifiable problem, in some field of knowledge. Research in physical education has very broad application. Thus problem solving in this field may be related to historical accounts, philosophical conception, and survey of practice, administrative procedure, and scientific studies pertaining to all phase of the human organism affected by exercise. The object of research is to determine how things are compared to how they might be.

Keywords: Research, Physical Education.

Introduction

Research in common parlance refers to a search for knowledge. Once can also define research as a scientific and systematic search for pertinent information on a specific topic. In fact, research is an art of scientific investigation. The Advanced Learner's Dictionary of Current English lays down the meaning of research as "a careful investigation or inquiry especially through search for new facts in any branch of knowledge." Redman and Mory define research as a "systematized effort to gain new knowledge." Some people consider research as a movement, a movement from the known to the unknown. It is actually a voyage of discovery. We all possess the vital instinct of inquisitiveness for, when the unknown confronts us, we wonder and our inquisitiveness makes us probe and attain full and fuller understanding of the unknown. This inquisitiveness is the mother of all knowledge and the method, which man employs for obtaining the knowledge of whatever the unknown, can be termed as research.

Research is a confusing term. It has so many meanings that we must understand precisely what means in a scholarly sense. **"Research is the manner in which we solve knotty problems in our attempt to push back the frontiers of human ignorance."** It is simply a systematic quest for undiscovered truth.

Importance of Research In Physical Education And Sports Sciences:

1. Research is needed for the progress of the field of physical Education. If you look at the world records established over the years in track and field, it has stretched the physiology limits of humans only because of the immense research done in the field of human performance.
2. It gives dimensions to physical education and sports. Physical education started as part of the military preparation in ancient Rome and has now developed into a distinguished discipline.
3. Research is needed for the development of new equipments and facilities.
4. E.g. The new swimming suit developed by the speedo company for the Australian swimmers was with a material similar to that of the sharks skin thus reducing the friction in water and a couple of world records were set by the star aussie swimmer Ian Thorpe in the Sydney.
5. It helps for the invention of new methods, techniques and procedures.
6. E.g. the fosbury style in high jump was invented by dr. Dick Fosbury and was implemented in the 1968 Mexico Olympics and soon the athletes realized the biomechanical advantage that they get and currently all the high jumpers in the world use the flop style at the elite level.
7. Research helps to solve the critical problems. Participation of women in aggressive sports like boxing has been finally accepted thanks to the research done on participation of women in sports.
8. It helps to prevent Athletic Injuries. The high tech shoes manufactured by companies like Adidas, Reebok reduce the chances of injury.

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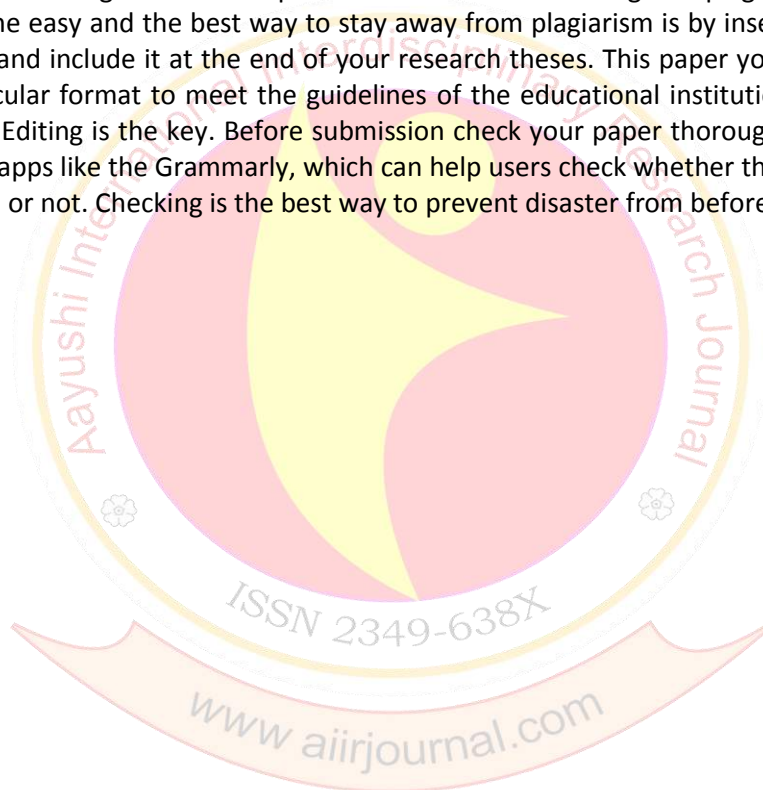| Organised By	Department of Physical Education, D.A.V.P.G.College,Lucknow	ISSN 2349-638x Impact Factor 4.574

9. Research helps to dispel myths about many practices in physical education. Earlier practice of knee rotation has been banned since research proved it would lead to knock-knees.
10. Research is useful for the development of scholarly knowledge.
11. It gives pride, prestige, respect, status and confidence to the physical educationists.
12. Research is needed for professional betterment and all round progress.
13. To achieve the aims and objectives of physical Education.
14. To improve the literature of physical education and sports.
15. To improve the new society's equipment and facilities.
16. To improve the sports medicine for carrying and saving the sports man from injuries, fatigue stress etc.
17. To improve the sports education to make our practical and theoretical contents more effective.
18. To know individual potentialities.
19. To make profession scientific.

Conclusion:

Thus it is concluded that the research is considered as an endeavour to arrive at answers to intellectual and practical problems though the application of scientific methods to the knowable universe. It is the movement from known to unknown.

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Role and Importance of Statistics

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Abstract

The importance of statistics is show in everywhere field this time and it is playing a big role now. The role of statistics in management and administration. A nation's government runs statistics. They use statistical data to make their data to make their decisions regarding any number of things. Statistics means are the representatives of the data. They indicates the central tendency of the series.

We can compare the variation between two or more series with the help dispersion. More variation shows the absence of similarity and less variation show the similarity in the data.Statistics is the science of collecting data and variation can be controlled with their help.

It is from statistical treatment of data that filter real information and use full data.

Introduction

The role of statistics is a really very interesting and functionative job deed both sectors in government and private as well. This has a better influence in regarding the financial data of the firms. It is important for researchers and many people also. Statistics is a useful collecting and analyzing of data.

It has the broad sector actually and plays the beneficial role in the financially happening in the financial year of both monumental regions. Dispersion indicates the extent to which the individual measures differ from an average.

Objective

In regarding of the statistics it can be described in a fully narrative way of any project. This collects so many happened activity records and become a theory of so many datum. This shows the result in fully narrative way. It gives the real credibility to the persons in getting the response.
Statistics or advance statistics or quantitative analysis as it is sometimes called; is playing important role in many firms and business.

Methodology

There is used secondary data its not primary. I got this data by many methods. The methodology of statistics is not the easy task for the firms and companies and business also.
It's a process for getting a good result.

Trends

It is the like backbone of all financial tasks. It plays a fantastic role to provide correctly applied; statistical analysis tends to produce accurate and trustworthy data.

Approx every firm use new trends of statistics and also use old means base trends.
In every survey it is useful .
Ex-1]drug and alcohol use in city v/s drug and alcohol use in village
2]population in city v/s population in village.

Merit

1. The quality of statistics concluding work of statistically tasks is on the top level.
2. Nothing is here to replace the role of statistics that happens in so many different sectors.
3. This plays the tremendous role of records saving in schools ,business ,engineering, anywhere to protect the data .

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4. This use to keep safe it longer for using .
5. It's use in forecasting also.
6. It's use in possibility to guess the future plans.
7. useful for qualitative facts.
8. it is simple for judge.
9. sometime it is calculation base and sometime it is theory base.

Government Role

Government discharges the vital role in generating this information. Their employers play the good role and really hardwork in this regarding. They collect the data from different different sectors and produce it in the functional way for needy. Very important role is of government varies here.
Government play the an important role like in every government firm,everyone get salary and wages etc by the calculation and this calculation present the statistics.
So government do main role in this factor.

Future Prospects

As it working in present moments functionable this will defiantly help in incoming working time. The workload will be mostly need full. So it must be secured as it is being secured this is going to be a really very opportunity full for upcoming generation. In the future this will add so many changes and will be a worldwide prospecting channel.
In future it is become more useful . In future many other methods will be add in this system.
It is become use full because this time this is important and in future it's uses will increase that's why it become more useful.

Concluding Observation

Finally we can say statistics is backbone of any firm or and business. This time in every government and public firm use this for analyzing data. We can also say that statistics is base of result of datum. It is the science of collecting and analyzing datum then take the decision. It is an important branch of mathematics.
Some time results come by numeric way some time results come by theory way. It is very important for many fields. In future it became more useful.

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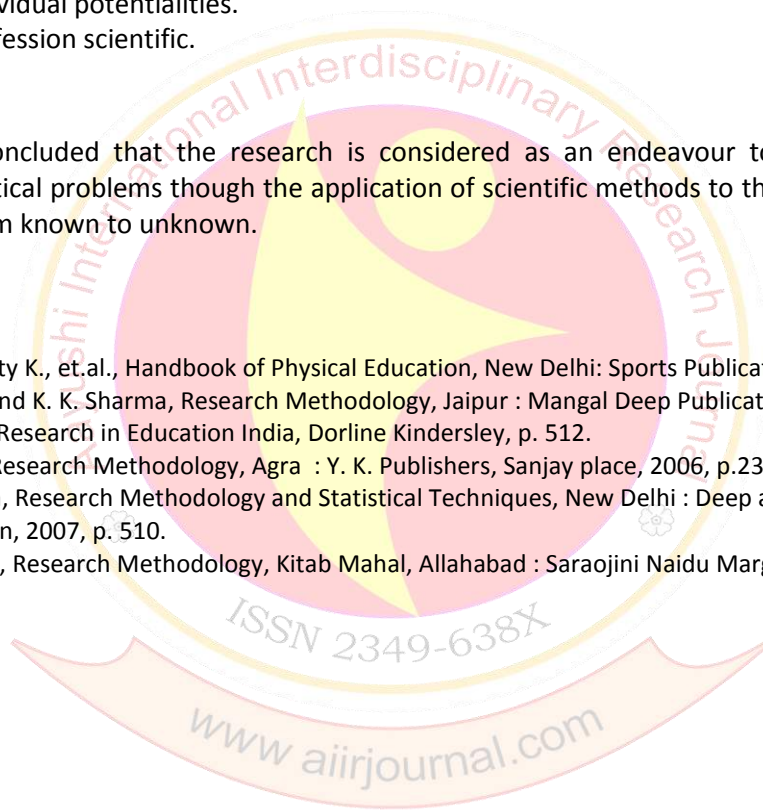| Organised By	Department of Physical Education, D.A.V.P.G.College,Lucknow	ISSN 2349-638x Impact Factor 4.574

Why Research Is Important For Students, Teachers And Education

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Abstract

      The purpose of this article is to discuss about the relevance of research for the students and teachers. Article shows some of the benefits which research provides in the field of education and find out why research is important for students, teachers and education. Some benefits for students, Enhances the knowledge, Clarifies confusion to have a proper understanding of the subject, to learn about the methods and issues of the subject, Understand the published work: Learn to create a balance between the collaborative and individual work, to know the interest, to know how the original study originated understanding of the rationale. Research is important for teachers to know new knowledge, skill development, innovation in the field of education, Complex Classrooms, Broader Student Outcomes, Broader Pedagogies, For more awareness. Research is also needed for their professional development. Research is important in all fields, in the similar manner, the importance of research in education is very vital. This is because of various reasons like, it is a systematic analysis, leads to great observations, results in predications, theories and many principles, improving practices, develops new understanding related to the learning, teaching, helps in initiating the action, helps in decision making, brings consistency in the work, motivates others.

Research means to carefully analyze the problems or to do the detailed study of the specific problems, by making use of the special scientific methods. Research can be done on any topic, be it education, medical, social, politics, IT, or anything else. In order to do a research, first of all you need to have a topic or the problem on which you can do research. The topic must have relevant questions to answer. For research certain steps have to be followed like first observation, then background research then preparing of hypothesis, eventually conducting a simple experiment.

Why Research is Important for Students?

      The research is important for the students because it helps them to have a detailed analysis of everything. When you have proper in depth analysis on any topic, the result comes out to be fruitful and also the knowledge is enhanced. Other benefits of research to the students are as follows:

1. Enhances the knowledge:

      When you do research on any topic, you get to know detailed information about that topic. The more the knowledge of the topic, the more successful is the research. So, in order to get good output, the student needs to do maximum research.

2. Clarifies confusion:

      The research helps in clarifying the complicated facts and figures. If the student has any doubt on the subject, the student must research and study on it in detail so as to remove all sorts of confusion and get the proper understanding of the content.

3. To have a proper understanding of the subject:

      To understand the subject, one needs to go in depth of the lines. The scanning of the content will never do any good for the students. To learn the subject and to know the unknown facts, research, detail study and full analysis is the only thing to do.

4. To learn about the methods and issues:

      Proper reading, finding is the only way by which you can learn about the methods and the current issues. Not just the current issues, rather the previous past issues can also be learned in detail through the research. The research includes various methods by which it can be done.

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5. Understand the published work:

Research is done through the work already published. The experts and the researchers had already done some of the research and the students are asked to go through that published material to know the idea and the vision of those researchers.

6. Learn to create a balance between the collaborative and individual work:

When the students do research, they get to learn how to create a balance between the collaborative and the individual work. Individual work is which the student has to do, while the collaborative work means that work which has already been done by the previous researchers. So, in this manner, the students get to know which points are to be taken into the consideration and which points are to be ignored.

7. To know the interest:

The students also get to know their area of interest. Sometimes, the students aspire to become researchers only in their near future which is quite helpful. So, through this we come to know that the research not only helps with the accomplishment of the work, but also helps in knowing what needs to be done in their future.

8. To know how the original study originated:

Research is done to know the concept from the scratch. Like, if you wish to know from where the concept has originated, then this could be done only through the research work. Research can also be defined as an investigation, because the student eventually ends up with expanded research.

9. Understanding of the rationale:

By engaging in the process of research, the students understand the concept in an easier manner as the rationale of the topic is known in a better manner. For example, by preparing the hypothesis, one truly understands the nuances of the research topic. Not just this, the research also helps in being a source of one on one mentorship which also plays a vital role in the brain development of the individual. So, above are the reasons by which we come to know the benefits of the research for the students.

Why Research is Important for Teachers?

In every system of formal education, the teacher holds a pivotal position. The effectiveness of the system depends upon the quality of teachers. There is a general consensus of opinion that for success and effectiveness of the system of education, the teachers play an important role. Research is important for teachers to know new knowledge, skill development, and innovation in the field of education.

1. The Complex Classroom:

More interestingly, it may be challenging for teachers as well. This is because the classroom is, if anything, a dynamic place. With so much going on at any given time, how can teachers be sure that what they're doing is making positive impact on students' learning? Research is important for new knowledge further helps in improving educational practices of the teachers and the professors.

2. Broader Student Outcomes, Broader Pedagogies:

Teachers are now expected to have much broader roles, taking into account the individual development of children and young people, the management of learning processes in the classroom, the development of the entire school as a "learning community" and connections with the local community and the wider world. Broader Pedagogies is developed day by day, teachers need to know and update their knowledge about them.

3. For more awareness, research is needed:

To make yourself aware, reading is the key. Read the published books and the research already done by any expert. Once you have gone through the research work of great alumni, you feel like being on the top of the world as the information flows into your head. Not just this, if you wish to plan any holiday, you become aware of the weather and the requirements of that particular place. This way also research is very helpful.

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4. Professional development:

Research is needed for professional development for teachers. New teaching skills, TLM, technology is finds from research and teachers to update for their professional development. The advantage of teacher research is that it brings teacher learning and teaching really close together.

So, above are the reasons by which we come to know the benefits of the research for the teachers.

Why is Research Important in Education:

As earlier said, research is important in all fields, in the similar manner, the importance of research in education is very vital. This is because of various reasons like:

1. It is a systematic analysis:

In education, research is essential as it gives the systematic analysis of the topic. Also the objectives are clearly defined through the research process. One needs to study in a systematic and controlled manner, and this is exactly what the research work provides an individual.

2. Leads to great observations:

In the field of education, the research helps in coming to one conclusion. That conclusion can be achieved by observing the facts and figures in depth. So, such in depth knowledge is provided by following various research methods only. So, this way, research also assists in leading to greater observations.

3. Results in predications, theories and many principles:

The researchers come up with the valid predictions, theories and great results through the observations, hypothesis and the research queries. So, this way also it helps researchers to come up with the great conclusions.

4. Improving practices:

The educational research is important for the students to improve practices and at the same time, it helps in improving those individuals who really wish to bring improvement in those practices. So, this way educational research helps in overall improvement of the individual. Be it a student or any teacher who is researching on some topic, it is of great help to them. It acts as a lighthouse and empowers the individual.

5. Develops new understanding related to the learning, teaching etc:

The educators are benefited through various research as it helps them in having a better understanding of the subject. Along with this, it develops greater understanding related to the teaching, learning and other educational administration. The new knowledge further helps in improving educational practices of the teachers and the professors.

6. Helps in initiating the action:

The research you do should result in performing some action or practice. So, the research should aim to produce the highest result which complements the study. Also, you should make sure your study ensures the applicable findings so as to match the result. Research helps in performing well and also sheds away all the problems. This way, you are able to understand the role of research which further helps in decision making process.

7. Helps in decision making:

The good research requires proper time and effort. It prepares the person in taking essential decisions which further necessitates the same from all the participants involved in the process. For better results, it is important for the participants to consider the required consequences and all the risks involved in the whole process.

8. Brings consistency in the work:

When the work is done with full in depth analysis, it tends to be right and accurate. The process of research help brings consistency in the work, which lessens the flaws and mistakes in the final outcome of the process. The consistency is needed in all sorts of work or you might have to end up getting wrong and inaccurate result. The research takes lots of time and effort, so it is the duty of the researcher to be specific and sure with the facts so that the end result is clean and without any silly mistakes.

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9. Motivates others:

The educational research builds patience because it is a lengthy process. In order to get fruitful results, you need to build patience and only then you will be able to motivate others. Also, if your research is full of right facts and figures, it will ultimately motivate others. Not just this, an accurate research assists in enhancing the reader's knowledge which might not be possible for any other person.

So, above are some of the benefits which research provides in the field of education. Every kind of research, every kind of method has been always useful and gives a positive result. In case, you find something fishy during the research work, it is advisable to consult someone superior to you, or some expert. Research is useful in all the fields and is used by all the departments, whether public or private. The research work is done by all age groups, whether the students or the teachers and even the humankind in order to understand the society, it's rules and other policies.

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Sports Competitive Anxiety and Its Different Treatment Modalities

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Abstract:

Sports Competitive Anxiety is a disposition to perceive competitive situations as hostile and to respond these situations with feelings of apprehension and tension. In every sports competition fear or panic is a basic emotion that activates the "fight-or-flight" response further it may develop into an anxiety disorder. The common elements of sports competitive anxiety is Physical Complaints – digestive disturbances, shaking and yawning; Fear of Failure – losing, choking, living up to expectation and making mistake; Feeling of Inadequacy poor conditioning, unpreparedness, low skill/ability and feeling that something is wrong, poor officiating and indecent weather; Guilt – Concern about hurting an opponent and cheating etc. The common therapeutic modalities used are Exposure Therapy, Acceptance and Commitment Therapy (ACT), Dialectical Behavioural Therapy (DBT), Interpersonal Therapy (IPT), Eye Movement Desensitization and Reprocessing (EMDR), cognitive behaviour therapy (CBT) etc. These will help in prevent anxiety and stress of pre-competition, competition and post competition. These therapies aims to identify and address the source of anxiety, helps to understand, unravel, and transform anxiety in to learning of self-soothing techniques to use if anxiety flares up again.

Key words: Sports Competitive Anxiety, Psychotherapy.

Introduction:

Every sports person has an experience some level of anxiety as they prepare for and compete in sports event. Their anxiety management will often determine their level of success. So - the ability to relax under pressure becomes the basis of self-control and an effective tool for any athlete. It enables them to bring their physical, mental, and emotional processes under control so that theycan perform at their best. Numerous sports persons have failed or performed poorly in sports because they are unable to relax or maintain to control their anxiety. It has long been acknowledged that psychological skills are critical for sports person at the elite level. Sports person with the requisite "mental toughness" are more likely to be successful. In the past, it was assumed that these skills were genetically based, or acquired early in life. Now, it is commonly accepted that athletes and coaches are capable of learning a broad range of psychological skills that can play a critical role in learning and in performance.

Definition of Anxiety:

Anxiety can be considered as one class of responses to stressors that is influenced by the personal salience of the situation for the person. Most theorists construe anxiety as including fear, shame and guilt (Janis. 1969), and other elements which have been suggested include distress. Anger (Izard. 1972) and frustration (Gray. 1979). Neiss (1988) argued that any of these elements could degrade performance by introducing excessive tension. Anxiety is generally conceptualised by what Cattell (1972) described as "a degenerate form of motivation".

McGrath's (1970) stress process suggested that anxiety reactions would result from an objective environmental demand which was interpreted as threatening (a perceived imbalance between the demand and one's response capabilities) by an individual.[1]

Definition of Sports Competitive Anxiety:

Martens defines that "A tendency to perceive competitive situations as threatening and to respond to these situations with feelings of apprehension and tension". Sports Competitive anxiety should be viewed in two dimensions; trait and state anxiety.

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State anxiety may be conceptualized as a transitory emotional state or condition of human organism that varies in intensity and fluctuates overtime. This status is characterized by subjective, consciously perceived feeling of tension, apprehension and activation of the autonomic nervous systems. It is an immediate or "right now" emotional response that can change from moment or situation to the next.

Trait anxiety is ingrained in a person's personality and the individual with this disorder tend to view the world as a dangerous and threatening place.

It is noted that some athletes are more prone to anxiety than others. Amateur athletes are more likely than experienced professionals to experience anxiety that interfere with their ability to perform in competition – this makes sense due to their relative lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports; common sense suggests that being part of a team alleviates some of the pressure experienced by those who compete alone. [2]

Common Signs and Symptoms of Competitive Anxiety:

Paralyzing Fear: Paralyzing fear is a common symptom associated with competitive anxiety. It may appear in the form of stage fright, an experience of anxiety in present situation. As a result, the athlete may become unable to move or speak.

Inability to Concentrate: The inability to concentrate is another symptom of competitive anxiety. Worried thought may overtake the athletes mind, interfering with the necessary action needed to complete the present task. As a result, the athletes may become disorganised or lose concentration while they performing.

Sweating: Fear due to competitive anxiety may cause athletes to sweat excessively on various places of their body, including the face and hands. The emotional stress may cause their brain to send signal to their body that will cause hot flashes and enormous amount of perspiration which may make them feel self-conscious and uncomfortable.

Shaking: While athletes are experiencing competitive anxiety, their hands and knees may start to shake uncontrollably. That response is due to the large amount of adrenaline sent throughout their body as a defuse mechanism, also known as "fight or flight mode".

Shortness of Breath: Shortness of breath is an additional symptom or sign of pre-competitive anxiety. When athletes are afraid of performing, they may begin to hyperventilate or start breathing really fast, while gasping for air.

Dizziness: While performing dizziness is a symptom of competitive anxiety. As a consequence, athletes may lose their balance due to their brain not receiving enough blood and oxygen. They may begin to feel like the ground or hall is spinning and, if the anxiety is too intense, they can possibly faint.

Increase Heart Rate: While suffering from competitive anxiety, the heart rate may increase due to the adrenaline being released into the body as a survival response. Sometimes the heart rate increases due to panic; therefore the more the athletes panic about competition, the faster their heart will beat. [2]

Anxiety Disorders:
- Phobic disorders of the 'specific' type
- Phobic disorders of the 'social' type
- Panic disorder with agoraphobia
- Panic disorder without agoraphobia
- Generalized anxiety disorder
- Obsessive--compulsive disorder
- Post--traumatic stress disorder [3]

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Working system of Anxiety in competition:

Anxiety, not unlike the fight, flight, or freeze response, is a survival mechanism that permits sports personnel to defend themselves in order to avoid distress, but sometimes an athlete repeatedly and unnecessarily experiences extreme levels of the fear and worry accompanying with anxiety and feels helpless to alleviate the symptoms. An athlete predisposition toward anxiety is based both in biology and environment. In other words, anxious behaviours may be inherited, learned, or both. Growing up in a stressful environment may also predispose them to anxiety because anxiety becomes a way to anticipate danger and ensure safety.

Anxiety can also cultivate as a result of unsettled trauma that leaves an athlete in a heightened physiological state of arousal; when this is the case, certain experiences may reactivate the old trauma, as is common for sports person suffering post-traumatic stress disorder (PTSD).[5]

Different Treatment Modalities for Management of Sports Competitive Anxiety:

Basic techniques for treating anxiety
- Relaxation
- Cognitive Restructuring
- Exposures
- Social skills training

Relaxation: Anxiety has strong physiological component teaching athlete relaxation skills to counter somatic arousal and increase well-being, and this allows sports persons to naturally relax their muscles in various ways. To purposely cause a relaxed state, can use
- Progressive muscle relaxation (PMR)
- Diaphragmatic breathing (DB)

Progressive muscle relaxation (PMR): PMR directly targets tension that builds in muscles, and indirectly targets heart and breathing rates:

It increases awareness of tension feelings and provides a way to combat that tension.
Many alternate versions available, including using both stretching and tensing to relax -a skill learned through regular practice. It begins first in a silent, dim area guided by therapist or an audio-recording of therapist and later to move to typical daytime conditions without guidance. This requires at least two practices daily optimally to master this skill.

Diaphragmatic Breathing:

It is a very simple tool for calming the body and controlling physiological arousal of client. It helps to control headaches, high blood pressure, insomnia, pain, rage, and anxiety. The main purpose of DB is to breathe as if in a relaxed state. There are eight basic steps in learning DB.

1. Learning basic information on breathing
   - Lungs have no muscles.
   - Diaphragm controls size/frequency of breaths.
   - Breathing is usually automatic, but can be controlled through diaphragm.
   - When stressed, diaphragm contracts, causing shallow rapid breaths and chest and shoulders to rise and fall.
   - When relaxed, diaphragm is loose; breathing is deep and slow, abdomen rises and falls.
2. Client loosens any tight clothing.
3. Client places one hand on chest and another on abdomen
4. In DB, as subject breathes only the hand on the abdomen should move, shoulders should stay still.
5. If DB is not easily achieved, have client relax abdominal muscles, then expand abdomen during inhalations while chest is still.

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6. Once client has pattern of DB mastered, he/she can slow to 8-10 breaths per minute.
7. with this established, have clients focused on mentally saying "Re" with each inhalation and "Lax" with each exhalation.
8. Client should focus on "Relax" and sensations of relaxation while letting other thoughts and images go. [3]

Cognitive Behaviour Therapy (CBT):

The term 'Cognitive-Behavioural Therapy' (CBT) is generally referred to behaviour therapy. Cognitive behaviour therapies based on the pragmatic combination of principles of behavioural and cognitive theories. Latest CBTtreatments are keeping pace with growths in the academic field of psychology subjectin areas such as attention, perception, reasoning, decision making etc. Cognitive and/or behavioural psychotherapies (CBP) are psychological methods based on scientific doctrines. The current researches have shown that they are effective for avariedvariety of problems. In CBT clients and therapists work together, once a therapeutic rapport has been formed, to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. The approach usually focuses on difficulties in the here and now, and relies on the therapist and client developing a shared view of the individual's problem. This then leads to identification of personalised, usually time-limited therapy goals and strategies which are continually checked and assessed. The treatments are inherently empowering in nature, the outcome being to focus on specific psychological and practical skills (e.g.in reflecting on and exploring the meaning attributed to events and situations and revaluation of those meanings) aimed at enabling the client to tackle their problems by harnessing their own resources. The achievement and utilisation of such skills is seen as the main goal, and the active component in supporting change with an emphasis on putting what has been learned into practice between sessions. Thus the overall aim is for the individual to attribute improvement in their problems to their own efforts, in collaboration with the psychotherapist.

Cognitive and/or behavioural psychotherapists work with individuals, families and groups. The methods can be used to help anyone regardless of ability, culture, race, gender or sexual preference. Cognitive and/or behavioural psychotherapies can be used on their own or in conjunction with medication, depending on the severity or nature of each client's problem.

Exposure Therapy:

A method of CBT, exposure therapy is a process for reducing fear and anxiety responses. In therapy, a person is gradually exposed to a feared situation or object, learning to become less sensitive over time. This type of therapy has been found to be particularly effective for obsessive-compulsive disorder and phobias.

Acceptance and Commitment Therapy (ACT):

Also identified as ACT, this kind of therapy uses approaches of acceptance and mindfulness, along with assurance and behaviour change, as a way to cope with annoying thoughts, feelings, and sensations. ACT instructs skills to accept these experiences, place them in a different situation, develop better clarity about personal values, and devote to needed behaviour change.

Dialectical Behavioural Therapy (DBT):

Integrating cognitive-behavioural techniques with concepts from Eastern meditation, dialectical behavioural therapy, or DBT, combines acceptance and change. DBT involves individual and group therapy to learn mindfulness, as well as skills for interpersonal effectiveness, tolerating distress, regulating emotions.

Interpersonal Therapy (IPT):

Often referred to as IPT, interpersonal therapy is a short-term supportive psychotherapy that addresses interpersonal issues in depression in adults, adolescents, and older adults. IPT usually involves 12

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to 16 one-hour weekly sessions. The initial sessions are devoted to gathering information about the nature of a person's depression and interpersonal experience.

Eye Movement Desensitization and Reprocessing (EMDR):

Under certain conditions eye movements appear to reduce the intensity of disturbing thoughts. A treatment known as eye movement desensitization and reprocessing, or EMDR, seems to have a direct effect on the way that the brain processes information. Basically, it helps a person see disturbing material in a less distressing way.

EMDR appears to be similar to what occurs naturally during dreaming or REM (rapid eye movement) sleep. Scientific research has demonstrated EMDR as effective for posttraumatic stress disorder. Therapists also have reported success using it to treat panic attacks and phobias.

Conclusion:

Sports persons have an experience some level of anxiety as they prepare for and compete in sports event. Their anxiety management will often determine their level of success. So - the ability to relax under pressure becomes the basis of self-control and an effective tool for any athlete. It enables them to bring their physical, mental, and emotional processes under control so that they can perform at their best. These therapies will help in prevent anxiety and stress of pre-competition, competition and post competition and aims to identify and address the source of anxiety, helps to understand, unravel, and transform anxiety in to learning of self-soothing techniques to use if anxiety flares up again.

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Value-Based Innovative Research Methods In Physical Education, Social Sciences And Humanities In Indian Perspectives

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Grinnell defined research as "structured inquiry that utilizes acceptable methodology to solve human problems and creates new knowledge that is generally applicable." According to Grinnell, the purpose of research can be either pure or applied. The intent of pure research is to develop and modify theory and contribute to the social work knowledge base, whereas the purpose of applied research is to investigate problems and generate potential solutions that emphasize social work practice. There have been many developments in social work research methods in recent years that suggest that the purpose of social work research can extend beyond traditional concepts of research and can be conceptualized as an intervention strategy. Haraway for example, described research as one tool among many with which to think rather than an objective activity that dominates knowledge production. In a practice setting, research should support social workers in seeking understanding of social problems and not constrain or limit their creativity in seeking knowledge to address social ills. The purpose of this article is to review several value-based approaches to research and discuss aspects of each that may strengthen links with the value-base of the social work profession and with practice.

Value Based Approaches to Research

The following research approaches emphasize unique guiding principles for the conduct of research. This discussion, however, is not intended to focus on which research method should be used in social work. Denzin and Lincoln suggested that it is acceptable for researchers to work between and within competing and overlapping perspectives and paradigms. The following approaches share many core strategies and values, but each presents at least one unique dimension that relates to the mission and values of social work. The five approaches discussed are: (1) action research, (2) participatory-action research, (3) constructivist research, (4) empowerment research, and (5) emancipatory research. It should be noted that the author recognizes that there are many other potential approaches (e.g., Critical Theory, feminist methods, liberatory) that should be included in this discussion, but in the interest of brevity the list is limited to only a few. Qualitative methods, such as ethnography, differ from the above mentioned methods only in the sense that the intended outcome is observation and improved understanding of a phenomenon. Whereas the other methods add a value focus and purpose to a research endeavor. Hence, an ethnographic study may explore and describe the experience of a phenomenon; a value-based method uses research as a tool to promote change.

Action Research

Kurt Lewin introduced action research in 1946 as a strategy for changing systems while at the same time generating critical knowledge about systems. Rappaport defined action research as "research that aims to contribute both to the practical concerns of people in an immediate problematic situation and to provide the goals of social science by joint collaboration within a mutually acceptable ethical framework". The purpose of action research is to design studies to identify and solve problems for specific groups of individuals with change as the intended outcome. According to Soltis-Jarrett, action researchers value collaboration, acquisition of practical knowledge, organizational change, and intervention. Action research should always be conducted in the setting where the problem occurs, and the focus is usually on a single site. Entire populations are studied rather than samples drawn from a diverse population. Emergent design and collaboration with non-researcher participants are recommended as strategies. Action research has evolved by adding the dimension of consumer participation, resulting in Participatory-Action Research (PAR).

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Participatory-Action Research (PAR)

Participatory-action research closely parallels the mission of social work. Swantz refers to PAR as a strategy to develop "living knowledge," where the researcher acts as a catalyst for promoting the idea of inquiry into issues that are of interest to the people directly affected by an issue. PAR combines consumer participation with the goal of social action. PAR is a strategy in which participants have substantial control over and participation in the research process. The purpose of PAR is to conduct studies designed by groups of participants that emphasize identification of issues that emerge from critical examination and reflection. PAR researchers, such as Swantz and Cancian, highlight four main characteristics of PAR are: (a) participation of community members in research, (b) consciousness raising and education of participants, (c) inclusion of popular knowledge, and (d) political action.

Participatory researchers challenge inequality within the research process and within society by combining scientific investigation with political action. suggested that the primary goal of PAR is to bring about a more just society through the development of knowledge about an issue to facilitate social change. Research is viewed as an intervention that aims to eradicate inequality and empower individuals. Finally, participatory researchers are committed to empowerment and learning for all participants engaged in the research process. In this sense, research can promote consciousness-raising and the development of a critical awareness of self in the context of his/her environment.

The next approach, constructivist research, emphasizes shared knowledge and cautious generalizations that are time and context bounded.

Constructivist Research

Constructivist research emphasizes understanding from the insiders' perspective, mutual understanding, and shared knowledge development. Constructivist research is generally conducted in the setting where the problem occurs, and the focus is usually on a single individual or site. Constructivist researchers believe that understanding cannot be achieved without experiencing stakeholders and the contexts in which they live. Constructivist researchers strive for equality by acting as students of the perspectives of stakeholders, and they pass what they have learned from stakeholder to stakeholder. The researcher engaging in the constructivist research process serves a collaborative role and avoids a controlling role. Another dimension that the constructivist approach adds is a focus on research that holds as its goal individual and community change. Finally, conclusions are reached through a process of negotiation between all stakeholder groups and the inquirer(s) resulting in a reconstruction of knowledge from the varying perspectives of all stakeholders. Empowerment research shares many of these goals but emphasizes individual change and the uncovering of circumstances that lead to oppression and domination.

Empowerment Research

Empowerment research emerged from the discipline of community psychology. The concept of empowerment refers to the unequal distribution of power in society and the idea that people need to feel a sense of control over their lives. Those with power exert control and domination over the powerless while the powerless experience oppression and domination. Research conducted from an empowerment perspective emphasizes power relationships that exist between researchers and participants and should promote elimination of these power differentials by giving voice to participants.

Empowerment researchers assist participants with identifying research questions that promote recognition of their strengths and acquisition of knowledge to gain control over oppressive forces in their lives. The key to empowerment and to empowerment research is to shift the focus of research from an end product to the acquisition of skills that promote on-going, self-generated change, and knowledge development. Empowerment research is concerned with the examination of relationships within and among individuals, groups, settings, communities, cultures, and social policies that promote oppression. According to Pomeroy et al., "Research and intervention are interdependent and simultaneous, making the process of research as important as its product".

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Finally, emancipatory research, adds the dimension of consumer control over all aspects of research.

Emancipator Research

According to Irwin, there are three fundamental tenets of emancipatory research approaches. First, all social interactions involve unequal distribution of power. The goal of emancipatory research is to uncover power differentials and shift power to the powerless. Alleviating personal and social ills requires the uncovering of personal, political, and economic interests that influence knowledge production; promoting free exchange of perspectives; and linking knowledge with emancipatory action. Second, emancipatory research should promote consciousness-raising through participation in research and the production of knowledge. Finally, teaching people to be observers of their own circumstance will raise awareness of oppressive structures and build a desire to change those structures.

Chappell discussed the use of emancipatory research with individuals with learning disabilities. Emancipatory research with individuals with disabilities involves five key components. First, research should be used as a tool for improving the lives of individuals with disabilities. Second, individuals with disabilities should be provided greater opportunities to become researchers. Third, researchers must adopt a more reflexive stance regarding their work. Fourth, democratic organizations for individuals with disabilities should act as commissioners and funders of disability-related research. Finally, researchers should be accountable to the democratic organizations of people with disabilities. The distinguishing feature of emancipator research is that consumers gain creative, financial, and practical control over research related to issues that concern them.

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Impact of Smog on Sports Performance

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Abstract:

Scientists have known for years that air pollution can reduce athletic performance and even put athletes' health at risk. One important reason why is that during training athletes typically take in as much as 20 times more air than a person at rest. That means they are being exposed to 20 times more pollutants as well. Several controlled studies with athletes have shown that exercise while breathing elevated levels of sulphur dioxide and ozone – major components of air pollution – can cause a constriction of the airways in the lungs. This has a direct impact on athletic performance.

Keywords: Smog, Performance, AQI.

Introduction:

Those who do their workouts outside may be exposed to the effects of smog. There has been a recent boom in the number of studies on the effects of smog, due to the growing concerns about exhaust emission, climate change, air quality in large cities, etc. It has been found that the inhalation of polluted air can cause shortness of breath, wheezing, coughing and other symptoms of bronchospasms induced by exercising, as well as decreased lung functions. During light-to-moderate exercise, we take in more air with each breath in order to meet higher oxygen demands. The nose's natural filtration of soluble vapors and large particles is then bypassed, as we breathe through the mouth. Breathing becomes deeper and faster as the exercising progress, different air pollutants get inhaled and travel into the respiratory system.

Scientists have known for years that air pollution can reduce athletic performance and even put athletes' health at risk. One important reason why is that during training athletes typically take in as much as 20 times more air than a person at rest. That means they are being exposed to 20 times more pollutants as well.

During the 2008 Beijing Olympics, pollution and poor air quality came under heavy media scrutiny. Despite the host city's efforts, they could not cover up the thick smog that lingered over the Games. In fact, some American athletes arrived in Beijing wearing masks to protect themselves from dangerous pollutants. Endurance athletes such as cyclists and runners are most at risk when pollution levels are high because they breathe harder and inhale more particulate matter. Further airborne pollution can trigger an asthmatic response with exercise (even among people without asthma). Acute airborne pollution exposure can also lead to impaired lung and vascular function.

Several controlled studies with athletes have shown that exercise while breathing elevated levels of sulfur dioxide and ozone – major components of air pollution – can cause a constriction of the airways in the lungs. This has a direct impact on athletic performance. Ozone and particulate matter are two significant pollutants we may be exposed to while working out outdoors. These fine particulates are something to worry about, especially in the case of athletes who can take in elevated doses in the process of physical exertion (taking 10-20 times more air in with each breath than sedentary people).Ozone, on the other hand, is not released directly into the air but created through chemical reactions between heat, sunlight, VOCs (volatile organic compounds), and NOx. Ozone levels are lower in winter than in summer, and its concentrations usually peak when solar radiation is highest (at midday), especially in larger cities. The results of being exposed to ozone during workouts are decreased exercise capacity, reduced lung functions, and increased resting blood pressure.

Research has shown that the exposure of athletes to air pollution is undesirable for performance and health in both short term and long term. This is generally accepted, as seen by organizations such as the World Olympic Committee and their decision to enforce control and prevention of high levels of air pollution during their renowned competitions. Future research should focus on obtaining more varied statistical data, and perform long-term studies instead of studies only lasting a few years at most. There are only a few studies that show the effect of air pollution on the mortality of athletes as compared to that of non-athletes and these are not done using data gathered over several decades. There are some short and long-term

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effects athletes will experience. The biggest short-term effect would be an asthmatic attack for those sensitive to airborne particles. In the long term, athletes can experience a variety of pulmonary and health conditions.

According to a 2011 study, exercise performance has been shown to decrease in high-particulate matter conditions, because the vasodilatation in the peripheral vasculature is impaired. The particulates are less concentrated the further away you're from freshly generated automobile exhaust, which contains the highest concentrations of ultrafine particles that find their way into your lungs.

The 2016 Summer Olympics in Rio de Janeiro, Brazil, has focused world attention once again on the potential impact of poor air quality on athletic performance. Smog, the popular name for ground-level ozone, has been recognized as a threat to cardiovascular health a long time ago. However, researchers agree that the greatest public health impact of air pollution comes from ultrafine particulates, visible only through an electron microscope.

One study of air pollution and marathon performance concluded that every increase of 10 mg per cubic meter of PM10 air pollution can be expected to decrease marathon performance by 1.4%. In situations such as Olympic events in which victory is measured in milliseconds and millimetres, air pollution can ultimately determine who wins or loses, as well as whether or not records are set. To monitor the Air Quality Index (AQI), a measurement developed by the EPA to report the levels of air pollution. AQI ranges from 0 to 500 and when a level of over 100 is occurring, arduous outdoor activity should be limited. If a level of over 200 is occurring, it should be avoided as serious health concerns are brought up. A level of over 300, if it did occur, the athletes should stay indoors. In addition, athletes should avoid exercising if the air is stagnant or thick feeling. Just feeling something is out of order and feeling an unusual shortness of breath could be an indication of higher than desirable air pollution levels. Another way that athletes can control their exposure to air pollutants is avoiding congested streets.

Concern over health

While the effect of air pollution on athletic performance is a concern, the impact of air pollution on the short- and long-term health of athletes may be an even greater problem. One concern is that elite endurance athletes, especially those who are regularly exposed to airborne pollutants, are at risk of developing upper and lower airway dysfunction. The long-term consequences of athlete exposure to particle pollution, in particular, is also a concern. Studies show that people who live in areas with high levels of particle air pollution – specifically, airborne soot – are far more likely to die of heart attacks. Physicians who specialize in treating athletes says this is a concern for endurance athletes who take in very high doses of particle pollutants while training outdoors.

In a perfect world, athletes would live and train only in geographic areas that are free of significant air pollution. But in reality athletes generally, live and train near population centers where air pollution can threaten their performance and health. And endurance athletes (for example, long-distance runners and cyclists) often train near or alongside roadways, where combustion-pollutant levels are highest. Health experts agree that exercise is generally good for your health. But air pollution can turn a good thing into a bad one, especially when you train outdoors.

In a bizarre sign of things to come as pollution levels rise unchecked, mask-wearing Sri Lankan cricketers interrupted play for long durations and forced India into an unplanned declaration on the second day of the third Test on 03rd December 2017 which might even force the game administrators to look into the need for fresh rules regarding 'safe' levels of air pollution for play to continue. In India, a Ranji Trophy game was called off because of smog and poor visibility in the year 2016.

Conclusions

Exposure to air pollution is regarded as an item of concern for the general population, but as the air intake of athletes is higher, the athletic population seems more vulnerable to high concentrations of outdoor air pollutants. The short-term effects of air pollution on athletic performance have been studied fairly

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deeply. On the other hand, long-term effects are still not very understood especially those dealing with life-long exposure to pollutants (and subsequent mortality) of athletes versus non-athletes. Research on the consequences of air pollution on people that exercise more than the average population still has a vast horizon ahead of it, as do the effects and practical applications of the results it finds. The hypothesis that a large amount of air pollution exposure during rigorous exercise tends to negate the benefits that exercise apparently has is one that has still to be examined by a large number of researchers. Many practical measures to control or decrease the exposure to air pollutants can already be implemented based on the results and conclusions of past studies. In addition, further studies on the relationship between certain vitamins and the "reduced" negative health effect of certain air pollutants need to be done. This could be very important for the prevention of any harmful long-term effects that larger than average exposure to air pollutants by athletes could have.

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Zumba: A Popular and Trendy Workout For Weight Loss Across The Globe

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Abstract

Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise. And since Zumba involves the movement of the entire body — from your arms to your shoulders, to your feet — you'll get a full-body workout that doesn't feel like work. Workouts don't have to be a chore. In fact, workouts don't have to feel like workouts at all. With Zumba, a workout isn't even a workout: it's a fun, social dance party – with exercise being the biggest perk! The music is fast, upbeat and contagious, so you can't help but keep moving. And since it takes place in a group setting, Zumba is by far one of the best ways to get your friends in on your "exercise routine."Zumba is one of the most popular exercise crazes in recent years, and with good reason! There are many health benefits of Zumba, including its ability to burn calories, work out the entire body, boost the metabolism, increase endurance, boost mood, aid coordination, and improve confidence.
Keywords: Zumba, Weight loss, Dance, Exercise

Introduction

Zumba was born in Colombia in the 1990s, quite by accident. A fitness instructor forgot to bring his usual workout music to class, so he grabbed some Latin albums from his car, ditched the constraints of a traditional workout and danced just like he would at a club. His class followed along, sweating to the salsa and rumba beats, and loving it.

Since then, Zumba has pitched itself as more of a party than a workout. Indeed, some research suggests it may be the very best workout for people who hate to exercise. Zumba, which combines elements of dance and aerobics, including many different styles of South American-inspired dancing and rudimentary exercises. Zumba's fun, engaging nature has made it one of the most popular new styles of exercise and is regularly practiced by over 15 million people in more than 175 countries. The exercise classes are typically one hour in length and are led by a trained Zumba professional. Combining fast and slow dance moves with elements of resistance training, it is a full-body workout that encourages social interaction, communal support of common goals, and enjoyment in the act of exercising.

Zumba is a workout featuring movements inspired by various styles of Latin American dance, performed to music. It's become a popular and trendy workout across the globe. Since Zumba is a group activity, you'll essentially be welcomed into a social situation anytime you step into a class.According to the American College of Sports Medicine, benefits of group workouts include exposure to a social and fun environment, an accountability factor, and a safe and effectively designed workout that you can follow along with. All of this is instead of a workout plan you must design and follow through with on your own.

It's fun! And the more fun you have, the more likely you are to want to keep doing it. Many people say they have so much fun dancing that they forget they are actually exercising. Zumba is a powerful exercise with a 600 to 1,000-calorie burn in just an hour.You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning.You not only get aerobic benefits (it really gets your heart rate up!), you also get anaerobic benefits – the kind that helps you maintain a good cardiovascular respiratory system.Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.

In Zumba, your arms and legs are generally moving in different directions so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more comfortable moving your body.Every time you exercise, you release endorphins, which trigger positive feelings throughout the body.Workouts don't have to be a chore. In fact, workouts don't have to feel like workouts at all. With

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Zumba, a workout isn't even a workout: it's a fun, social dance party – with exercise being the biggest perk! The music is fast, upbeat and contagious, so you can't help but keep moving. And since it takes place in a group setting, Zumba is by far one of the best ways to get your friends in on your "exercise routine."

From young to old, healthy to out of shape, it promotes better posture, flexibility, metabolism, strength, and endurance. While there are countless fitness programs and strategies to stay in shape, this dance fitness style has some unique qualities that help it stand out from other competitors. Now, let's take a closer look at the many benefits of Zumba.

Amazing benefits of Zumba Includes:

1. **Burn Calories**
   The key component of Zumba that makes it so effective is its combination of aerobic exercise and resistance training. The fluctuation from controlled movements to rapid, high-intensity cardiovascular exercise keeps your metabolism in high gear for an hour at a time, which can equal anywhere from 300-600 calories burned in a single hour, depending on your age, sex, and workout intensity. If you're looking for a high-efficiency fat-burning approach, this workout style is ideal!

2. **Promotes Endurance**
   Continuous movement while working out can be tough, and with the common breaks and cool-down periods of strength training, you don't build up as much endurance as a long-duration workout. Zumba's standard hour-long classes get your body accustomed to ongoing exercise and energy expenditure, which can make working out easier and more enjoyable.

3. **Improves Posture**
   The movements involved in Zumba aren't what most workouts include, and by combining movements of samba, salsa, merengue, and mambo, practitioners will be working out unique muscle groups and accustoming their joints to more unusual movements and stretches. This reduction in tension and improved range of motion boosts posture and flexibility in regular users.

4. **Boosts Confidence**
   The social aspect of Zumba is different than most workout situations. By improving your dance moves and your physical health in a fun, informal setting like a Zumba class can make you feel more comfortable with your body, which improves self-confidence, and encourages you to return for another workout soon!

5. **Coordination**
   You might not think of the importance of coordination, particularly when we are young and this ability seems to come naturally. However, as we age, coordination often suffers, but the multi-tasking elements of Zumba, as well as its graceful, dance-like motions, can keep your body in prime physical shape – well balanced and unified.

6. **Reduces Anxiety**
   If you're looking to boost your mood, going to the gym isn't always the best idea. It can be an intimidating and frustrating experience, and often feels like a competitive atmosphere. However, Zumba is a social, communal-based activity, which causes the release of endorphins and neurotransmitters that can improve mood and eliminate stress hormones in the body.

7. **Full-body Workout**
   As a dance-based form of fitness, Zumba acts as a full-body workout, engaging almost every muscle group of the body in a smooth, comprehensive fitness regimen. This makes your workout more efficient, and helps you with creating a completely toned body, just like a professional dancer!

How it Works

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes Zumba so popular. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. The high-energy classes are set to upbeat music and

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feature choreographed dance numbers that you might see in a nightclub. Working up a sweat in the 60-minute classes burns an average of 369 calories -- more than cardio kickboxing or step aerobics. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility.

Conclusion

Zumba has a lot of high-impact moves that can wreak havoc as your hormones loosen up your joints. Talk to your instructor about switching out some of those jumps and bounces -- or any routines that might throw you off balance. And remember to stay cool and hydrated during your workout.Steer clear of high-impact moves if you have knee or back pain or arthritis. Other ways to get a good workout are gentler on the joints.If you have diabetes, Zumba is a great way to lose weight and build muscle. Your blood sugars will go down as your energy level soars. Check with your doctor first to see if you'll need to change your diabetes treatment plan.Besides losing weight, Zumba can help lower your risk of heart disease, reduce your blood pressure and bad cholesterol, and boost your good cholesterol.

A 2015 study involving a group of overweight women found that after a 12-week Zumba fitness program, the women experienced a decrease in blood pressure and significant improvements in body weight.Another 2014 study found a decrease in blood pressure in participants after a total of just 17 Zumba classes.A 2015 study found that after a 12-week Zumba program, participants were found to have a decrease in pain severity and pain interference.

According to the Journal of Sports Science and Medicine, accepted fitness industry guidelines indicate that individuals should exercise between 64 and 94 percent of their HRmax (a measure of an athlete's maximum heart rate), or 40 to 85 percent of Vo2 max (a measure of the maximum volume of oxygen that an athlete can use) to improve their cardiovascular fitness.

According to one study, all participants of a Zumba session fell within these HRmax and Vo2 max guidelines. Exercising at an average of 79 percent of HRmax and 66 percent of Vo2 max, all participants met the criteria for recommended exercise intensity, making Zumba an efficient workout in increasing aerobic capacity, a measure of cardiovascular fitness.

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Power of Dig To Dominate Different Levels Of Volleyball Competitions.

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Abstract:
   The present study assessed that in different level (district, state, national & international) of Volleyball game or competition how the skills 'dig' played a dominating role was observed. The videos of semi-final and final game of these four levels were taken2014-15). these skills were measured by Volleyball Information System (VIS). The result indicated that the dig skill of national level is more dominant than international, state and district level skill.
Keywords: Volleyball, dig skill.

Background:
   Skills play a very important role in volleyball. To make the game more effective, it is very necessary to develop all the skills. Dig is a very important skill Volleyball. The matches in which, all these skills as well as digare presented very skilfully and effectively, have become the more interesting and splendid matches. So, it should be the only aim of the volleyball players to develop these basic skills as well as dig, it is the only way to increase its graph.

Method:
   The present study was conducted in Hooghly district, West- Bengal state, India and International level senior male Volleyball team (2014-15). Semi-final and final game only. Criterion measure:- The skill, dig measured by Volleyball Information System (VIS). The evaluation method of dig- when rally continues in dig there was no evaluation or success '+' and when rally ends, if there was faults then '-'. Measuring criteria and formula was Ave. per Set =Success digs /total sets played(by the team). Analytical techniques:- To analysis of the dominating power of dig in Volleyball in different level (district, state, national, international) competitions, one way ANOVA was computed using Microsoft excel and SPSS software version 20. The level of significant was set as 0.05.

Finding and results:-
   The findings data of different (district, state, national and international) level in volleyball skill, dig described below:-

Table 1: Descriptive Statistics of Dig of Volleyball Skill in Different Level of Competition (N = 3)						
SKILL	Level of game	Mean	Std. Deviation	Std. Error	Minimum	Maximum
DIG	District	11.19	1.88	1.08	9.25	13.00
	State	12.56	1.02	0.59	11.67	13.67
	National	8.78	2.09	1.21	6.40	10.33
	International	8.61	1.14	0.66	7.33	9.50

Table 1shows that the mean of dig's average per set in district, state, national and international level senior male volleyball team was 11.19±1.88, 12.56±1.02, 8.78±2.09 and 8.61±1.14

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Graphical representation of dig skill in Volleyball (Ave. per set).

Table 2: ANOVA OF DIG
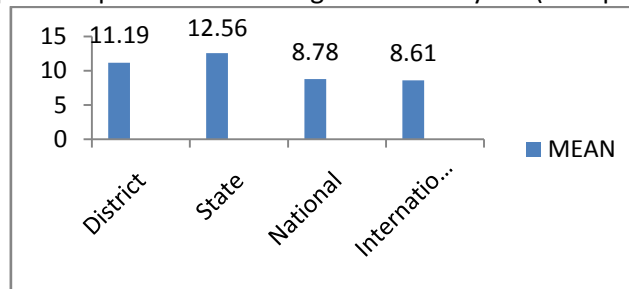
		Sum of squares	df	Mean square	F-ratio	Sig.
Dig	Between Group	33.199	3	11.066	4.327*	0.043
	Within Groups	20.458	8	2.557		
	Total	53.657	11			

It seems that the between group, sum of squares was 33.199, degree of frequency (df) was 3, mean square was 11.066 and within groups, sum of square was 20.458, degree of frequency (df) was 8, mean square was 2.557 and total sum of squares was 53.657, total degree of frequency (df) was 11. The between and within groups of F-ratio was 4.327 and significant level was 0.043 so, the dig of between and within groups significant at 0.05 levels.

Post-hoc test is done to comprehend which is the better group among the groups who possess the significance, (LSD) because everyone's 'N' is equal.

Table 3: Post-hoc (LSD) Test of Dig

Dependent Variable	Group	Group	Mean Difference	Std. Error	Sig.
Dig	District	State	1.36333	1.3057	0.327
		National	2.41667		0.101
		International	2.58333		0.083
	State	National	3.78000*		0.020
		International	3.94667*		0.016
	National	International	0.16667		0.902
*.Significant at 0.05 level					

Table 3 indicated that the Post-hoc (LSD) test of dig. It seems that the mean difference of district & state level was 1.36333 which was significant at 0.327level. The mean difference of district & national level was 2.41667 which was significant at 0.101 level. The mean difference of district &international level was 2.58333 which was significant at 0.083 level. The mean difference of state & national level was 3.78000 which was significant at 0.020 level. The mean difference of state & international level was 3.94667 which was significant at 0.016 level. The mean difference of national &international level was 0.16667 which was significant at 0.902 levelThe above table 3 also shows that the skill dig, there were significant differences between state and national, state and international, on average per set at also 0.05 level. District and state, district and national, district and international, national and international level of skills average per set was not significant at 0.05 level.

Conclusion:
- In international level dig skill is not more dominating than the dig skill of national, state and district level's skill.

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- The dig skill of national level is more dominant than international, state and district level's dig skill.
- The dig skill of state level is more dominant than district, national, and international level's dig skill.
- In district level dig skill is more dominating than national and international level, but not more dominating than state level.

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Comparative Analysis International and National Level Indian Disabled Swimmers

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Abstract

Background: Objective of study is to comparative the Sport competition difference between National and International Physically disabled swimmers

Methods: For this purpose, Thirty (30) physically disabled swimmers, who were representing their respective states in 14th National Paralympics Championship held at Indore (M.P.) from 6th November 2014 to 9th November 2014 and voluntary to participate in this study were selected as subjects of this study Sports competition anxiety test assesses by Rainer Martens (1990). The reliability of test 0.85 .

Statistical Analysis: Independent "t" test applied to compare the mean scores and to find out the significant difference among International and National level disabled swimmers on Sports competition anxiety .The level of significance was kept at 0.05.

Result: International disabled swimmers (26.9333) were greater in comparison to National level (22.1333) swimmers with a mean difference of 4.80. Significant difference was found between the mean score of International disabled swimmers and national level swimmers (Tab.'t' =3.090, p<.004) in relation to Achievement motivation.

Conclusion: The International level disabled swimmers Anxiety greater than the National level Indian Physically disabled swimmers.

Keywords: Sport Anxiety Disabled swimmers.

Introduction

Human organism is an extremely complex structure with unimaginable complex functions. Nowadays, more and more emphasis is being laid on the study of psychological factors, which control, condition and modify human behavior. Psychologists from all over the world are critically and enthusiastically examining psychological aspects of sports, applying research from related areas to athletic situations, and attempting to make sense out of sparse factual material, considering the popularity of sports.

Sports psychology is an application of principles, methods and techniques of analysis, appraisal and enhancement for optimizing human sport or human athletic behavior. Sports psychology as an area of study involves many individuals of diverse backgrounds with a common interest that of knowing more about athlete and sport.

Sports psychology has emerged as a legitimate field of scientific enquiry. Researchers are afforded ample opportunity to observe, describe and explain the psychological factors that influence diverse aspects of sport and physical activity.

Anxiety is an exceedingly complex concept with a variety of overtones and nuances of meaning from ordinary usage, as well as from psychology, psychiatry and psychoanalysis. The word anxiety means to designate a strongly personal, phenomenally experienced feeling of distress and anguish.

The term anxiety has been derived from a Latin world 'anger' that means 'to strangle'. Anxiety has become conspicuous in present times largely because it is an era of changing and rather individualistic values, alienation, competition and achievement.

Anxiety has been defined as an emotional state in which physiological and psychological indications like tremor in the limbs, sweating of hands, flushing of the face and neck, heart palpitations, blood pressure, inability to sit still, pacing the room, chain smoking, tenseness, restlessness etc. are clearly visible. It is an abstract construct advanced to make various facets of performance comprehensible. It has been studied as a motivational variable which interferes with academic achievement. According to spielberger's STAT (1966), postulated that anxious persons are emotionally responsive and hence a well learned response is not likely

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to be made- given the appropriate stimulus conditions- if the individual is anxious. High anxiety or emotional responsiveness would only add the confusion and difficulty of such tasks. According to Cattell (1966) anxiety is a function of the magnitude of all unfulfilled needs and the degree of uncertainty that they will be fulfilled or more simply stated, anxiety corresponds to uncertainty of rewards or of total need fulfilment. Ikegami (1970) terms anxiety as 'nervousness'.

Research conducted with an elite group of swimmers found that anxiety intensity levels were higher in subjects who interpreted their anxiety as harmful as those who reported it as being an aid (Jones *et al.* 1994). This has also been found to be true of gymnasts (Jones *et al*. 1993) as well as basketball players (Swain & Jones, 1996).

Material and Methods

For this purpose, 15 International and 15 National level disabled swimmers were selected randomly. Physically disabled swimmers of National Paralympics Swimming representing their respective states in 14th National paralympic Championship held at Indore (M.P.) from 6th November to 9th November 2014 and volunteered to participate in this study were selected as subjects of this study.

Instrument: The NEO Five-Factor Inventory questionnaire developed by Costa and McCrare (1992) was used.

Discussion

Sports competition anxiety test questionnaire constructed by Rainer Martens (1990). The reliability of test 0.85 .Purpose, as to assess individual difference in completive, trait anxiety or the tendency to purpose competition situation on threatening and/or to respond to these situations with elevated state anxiety. The SCAT questionnaire contains 15 items. Score Response 1 Hardly ever 2 Sometimes 3 Often In the case of items 6 and 11 scoring Subjects were assigned to the following category according to the score obtained by them. Raw/mean Score Classification Less than 17 Low Anxieties 17-24 Moderate Anxiety More than 24 High Anxiety Responses obtained from the subjects on each statements of sports competition anxiety questionnaires were subjected to statistical treatment keeping in view the purpose of study.

Descriptive Statistics of Sports Competition Anxiety Among International and National Level Disabled Swimmers

Statistics	Sports Competition Anxiety	
	National	International
Mean	20.2000	18.0667
Variance	5.171	9.067
Std. Deviation	2.27408	3.01109
Minimum	16.00	14.00
Maximum	23.00	24.00
Range	7.00	10.00

The above table shows that the international level disabled swimmers Sports Competition Anxiety was greater than the national level with same standard deviation. However, the range was greater in international level as the maximum score of international level was 23 and minimum was 16.

Mean comparison of Sports Competition Anxiety score in International and national level disabled swimmers

Mean		MD	t
International	National		
18.0667	20.2000	2.13333	2.190*

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The above table reveals that the mean value of Sports Competition Anxiety in International disabled swimmers (18.0667) was greater in comparison to national level (20.2000) swimmers with a mean difference of 2.13333.
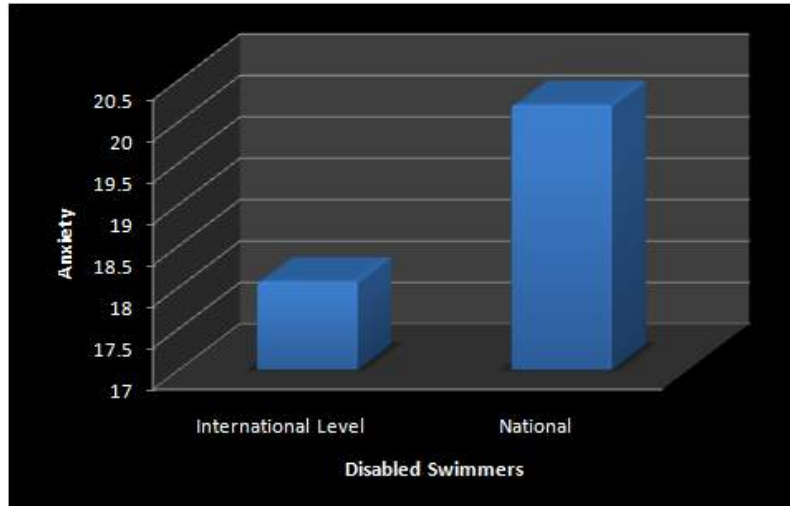
Graphical Representation of Sports Competition Anxiety of International and   National level Disabled swimmers

Further, significant difference was found between the mean score of International disabled swimmers and national level swimmers (Tab.'t' =2.190, p<.037) in relation to Sports Competition Anxiety.

Conclusion

The international and national level disabled swimmers analysis Anxiety greater than the national level Indian Physically disabled swimmers.

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An Evaluation of Uniqueness Personality of Individual and Group Success Oriented

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Abstract
　　Research in sport psychology demands accuracy and precision at every step. Because most of the research in sport psychology is related to the behavioral characteristics of the sportspersons. Many a times, the behavioral characteristics measured by the scales or the tests, but the used scales are not well standardized. Hence, in present study right from the selection of the sample till the treatment of data appropriate care was taken. The sample was selected from the homogenous group of Ss using random sampling technique. But at the same time some criteria were used for classifying that the Ss in different groups. For measuring the personality characteristics 16 Personality Factor Test was used, and to understand whether the Ss give importance to group success or to individual success Zander's 12 Item Scale was used. In order to understand whether the Ss prefer the team games or the individual games a self structured scale was used. Thus, the important variables of the study were measured with the help of standardized tools and the data were treated with the appropriate statistical techniques.
Keywords: *Personality, Success Orientation*

Introduction:

　　Human being seldom desists from making judgments about events, objects, themselves or other people. This tendency has led psychologists to identify evaluation as a critical component of a human intelligence. Such assessments occur often in the sports settings and the soundness of these assessments may vary, according to the objective measurement tools applied, and the validity of the measure employed. The evaluation of the various psychological dimensions in athletic performance has included an extremely wide variety of approaches using instruments that have been based on the almost endless ways of studying human behavior. This process of studying human behavior finally resulted in measurement of personality.

　　Before going in detail about the various aspects of personality it is now necessary to understand what actually the term personality means to the psychologists and to the sport psychologists. Generally personality is defined as. "The pattern of enduring characteristics that differentiates a person – the pattern of behaviors that make each individual unique".
In view of this fact, in present study an attempt has been made to search the effect of personal preference and sex, in addition to the individual's preference for the team games or for the individual games. The most popular personality test used in India is the one constructed and standardized by Cattell. It is known as 16 Personality Factor Test. The same 16 Personality Factor Test was used to measure the dimensions of personality of the Ss in the study.

Material And Methods:

　　For selecting the sample of study random sampling technique was used. Total 384 subjects were finalized. The 384 were distributed into eight classified groups of which 192 were males and remaining 192 were females. Thus, the male female ratio was kept 1:1. Their Age range was 21 to 26 years and their educational qualification was under graduate and post graduate.

Tools Used For Data Collection:

　　For colleting the data three different scales were used for the study that is Zander's Personal Preference Scale, Game or Sport Preference Scale and Sixteen Personality Factor Test. A balance 2x2x2 factorial design was used. Three variables namely; gender, success orientation and preference given to the games or sports were treated as independent variables. Each of these independent variables was varied at two levels. Thus, it was a 2^3 factorial design with equal cell frequency.

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Statistical Analysis:

First, the data were treated by means and SD. Secondly; the data were treated by Three Way Analysis of Variance. Finally, Scheffe's Test of Multiple Comparison was used to search the significance of intergroup mean differences.

Results of Discussion:

The study was designed to examine the sex differences, the success orientation, and preferences given to the indoor or outdoor games by the Ss, and their influence on the different types of behavioral characteristics. In fact, these three factors were treated as independent variables, and 16 different dimensions of personality were considered as dependent variables. Means and SDs were obtained by the eight classified groups on the sixteen different measures of personality. Careful examination of the means and SDs reveals that, in most of the cases either an ascending trend is seen or descending trend is seen. In other words, either the means go on increasing or the means go on decreasing. This is a clear cut indication that, some of the groups have more predominance of one of the ends of the dimension, while the other groups have predominance of the other end of the dimension. The SDs indicates that, in almost all the cases the distribution of the scores was more or less normal. So, there was no harm in using parametric statistical technique.

Personality is a multifaceted phenomenon. However, personality is described considering various personality factors; these personality factors are also called as traits. Development of these traits depend upon several factors and many people believe that, even the genes of the individual are responsible for developing some of the behavioral characteristics of the individual. In present study, a different approach was used, because it deals with the sport psychology and hence, the sex differences were examined, and the association between the sex and sixteen different characteristics of behavior were studied. In addition to this, the other two factors were used and their associations with the sixteen dimensions of the personality were examined. The other two factors were success orientation, and preferences given to the outdoor or indoor games.

It is worth noting that, even the success orientation was closely associated to the reserved vs. outgoing characteristics. Those who were having group success orientation exhibited predominance of outgoing characteristics, while those who were having individual success orientation, they had shown predominance of reserved characteristics. Generally those who participate in the team games, they have to follow the norms of the teams, and when the individual is in the group he becomes part and partial of the outgoing characteristics of the group. Contrary to this, those who exhibited individual success orientation, they are self centered and are likely to be reserved.

One of the major hypotheses of the study was that the males are significantly more assertive than the females. This hypothesis got strong support from the results of the study. In fact, this is a universal phenomenon that assertiveness is generally more among the males than the females because these are the approved behavioral characteristics in almost all the cultures where the predominance of humble behavior is approved among the females while the assertiveness is approved among the males. Also it was hypothesized that, the Ss having group success orientation are significantly more assertive than the Ss having individual success orientation. This hypothesis also got support from the results of study.

It was hypothesized that, the Ss having group success orientation are significantly more tough-minded than the Ss having individual success orientation. Results of the study failed to support this hypothesis. This factor could not bring out significant difference. The preference for indoor or outdoor games on the other hand, was closely associated to tough-minded vs. tender-minded characteristic of behavior. It was observed that, those who are having preference for outdoor games exhibited relatively more tough-minded characteristics than those who preferred indoor games. In general, the performance of the outdoor games is generally for the large number of participants or the spectators. On the other hand, most of the indoor games are played in presence of very few participants or a limited number of spectators.

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So, there is every possibility to trust that, those who prefer indoor games, they are more likely to have predominance of tender-minded characteristics than those who are having preference for outdoor games.

In fact on the whole, there is absence of discipline among the majority of the Indians and this is observed in almost all the fields. It was hypothesized that, the females are significantly more controlled than the males. Results of the study failed to support this hypothesis. No significant sex differences were observed with regards to undisciplined vs. controlled characteristics of behavior. Both the groups, that the broad group of males and broad group of females exhibited more or less equal undisciplined vs. controlled characteristics.

Success orientation on the other hand, brought out highly significant results, which are more favourable to the hypothesis. It was hypothesized that, the Ss having individual success orientation are significantly more relaxed than the Ss having individual success orientation. The Ss with group success orientation can share the success as well as failure with each other. But those who are having individual success orientation, they find it difficult to share success or failure with others and hence, they are more likely to be tense. This has what happened in the present study and the results of the study supported the hypothesis strongly.

Conclusions:

There are different techniques through which the personality of the sportspersons could be measured. Some of the personality scales and tests, developed for measuring personality characteristics, are very much useful. However, some of these instruments are difficult to analyze. As a result, instruments like 16 personality factors are widely used in research studies, while projective techniques are used especially for the clinical diagnosis. It should be emphasized that, a group judgment of success may not be directly related to whether they win or not, that is success or failure are usually assessed by comparing the goals set to the actual performance. Team goals are usually result of some combination of factors including a resolution of the coach's voiced aspirations and the teams individual and group goal setting behavior. Obviously, group success orientation and individual success orientation are more likely associated to the personality characteristics of the individual.

It is a common observation that, there are several sportspersons who have preference for the outdoor games. On the other hand, there are sportspersons who have more preference for the indoor games. The nature of the indoor and the outdoor games differ remarkably in the sense that, indoor games are played within the limited area. Secondly, these indoor games are mostly individual games, on the other hand, areas of the outdoor games are relatively much large and most of the outdoor games are played by the teams or the groups. Obviously, preference for these two games could be attributed to the behavioral characteristics.

In present study a small attempt has been made to search the association between personality characteristics and two different types of success orientation. In addition, to this, attempt was made to search the association between behavioral characteristics and the preferences given for the indoor or the outdoor games. Since, both the males as well as females were incorporated in the study searching whether the sex differences are significant or not was infect, the major purpose of the study.

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General Public Attitude towards Physical Education and Sports

Dr. Manoj Kumar Dhadwal,
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Abstract

The purpose of the study was to identify the General Public's level of attitudes towards physical education and sports. 150 male subjects aged ranges from 15 to 40 years (**Adolescent** 15 to 18 years, **Adulthood** 19 to 40 years) from Asmara, Eritrea were randomly selected for this study. Data were gathered by using the researcher made questionnaire which is adopted from the attitudes towards physical education questionnaire. The statistical procedure used in this study were frequency distribution, mean and weighted mean with the help of Microsoft Excel to provide the public attitudes towards physical education and sports in addition One sample T-test with the help of SPSS was also used to determine the difference among adolescent and adults attitudes towards physical education and sports. The result of the study reveals that the attitude of the general public towards physical education and sports as a whole and as per the different age groups is significant but there is no significant difference with respect to the attitude towards physical education and sports between adolescent and adulthood.

Key Words: Attitude and Physical Education and Sports

Introduction

Attitudes toward physical activity and perceptions about physical education classes are important to understand as they can influence an individual's decision to begin or to continue participation in an activity (Silverman and Subramaniam, 1999). Early adolescence is a period in human development when many life-long patterns begin. One such pattern, that has tremendous health implications, is the choice to begin and maintain a physically active lifestyle. In other words, general public attitude toward a particular subject in school can be shaped by his/her perception of the teacher or instructional setting. Intentions are a function of two basic determinants: one's personal attitude toward a behavior, and the attitude of others, including peers and parents, toward that behavior. Hence, there is need to study the general public attitudes toward physical education programs in Eritrea. This may be viewed as an attempt to combat the sedentary lifestyles plaguing many of our youth by providing knowledge and skills that will influence their decisions to pursue an active lifestyle.

Methodology

The descriptive method was used to reveal the attitudes towards physical education and sports. 150 male subjects were randomly selected for this study in the year 2013-2014. Data were gathered by using the researcher made questionnaire which is adopted from the attitudes towards physical education questionnaire with reliability index of .79 (Luke and Sinclair, 1991). This instrument consists of 35 questions that inquired the opinion of the general public at Asmara towards physical education and sports.

Analysis of Data

Frequency distribution was used to reveal the respondents age, weighted mean was used to measure the profile of the respondents' level of attitudes towards physical education and sports. T-Test was utilized in finding out difference in attitude towards physical education and sports between different age groups (**Adolescent** Group-A 15 to 18 years, **Adulthood** Group-B 19 to 40 years) respondents.

Results and Discussions

The aim of this study was to examine the general public attitudes towards physical education and sports of Asmara, Eritrea. The descriptive statistics with respect to the general public attitudes towards physical education and sports scores for the participants are presented in Table 1.

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Table 1: Descriptive Statistics of General Public Attitudes toward Physical Education and Sports from the attitudes towards physical education questionnaire; (N = 150)

Questionnaire Items	Mean Score	Stranded Deviation	Interpretation
1*	4.52	0.620889	Strongly Agree
2	4.473333	0.652272	Agree
3	4.453333	0.681359	Agree
4*	4.5	0.65282	Agree
5*	4.54	0.619916	Strongly Agree
6*	4.54	0.630649	Strongly Agree
7	4.473333	0.711334	Agree
8	4.493333	0.662988	Agree
9	4.42	0.707297	Agree
10	4.473333	0.672536	Agree
11	4.433333	0.718095	Agree
12	4.486667	0.721079	Agree
13	4.426667	0.753931	Agree
14	4.42	0.716723	Agree
15	4.426667	0.688805	Agree
16	4.426667	0.735912	Agree
17	4.373333	0.798881	Agree
18*	4.506667	0.721172	Agree
19	4.389262	0.704344	Agree
20	4.38	0.756804	Agree
21	4.393333	0.722567	Agree
22	4.233333	0.907956	Agree
23	4.366667	0.814439	Agree
24	4.38	0.782956	Agree
25	4.326667	0.823291	Agree
26	4.42	0.77952	Agree
27	4.34	0.873395	Agree
28	4.333333	0.91715	Agree
29	4.146667	0.999239	Agree
30	2.886667	0.839756	Undecided
31	2.353333	0.795429	Disagree
32	2.913333	0.818713	Undecided
33	3.286667	0.899938	Undecided
34	2.626667	0.923567	Undecided
35	3.106667	0.828573	Undecided
Grand Mean	4.15055	0.761551	Agree

* Top five high score items

Table No.1 revels the descriptive Statistics of General Public Attitudes toward Physical Education and Sports from the attitudes towards physical education questionnaire ; (N = 150).

The highest score (M = 4.54±0.619916 & M = 4.54±0.630649) was of Item 5 & 6, in which the participants believed that "Physical Education helps develop personal discipline and Regular physical activity is a major pre-requisite to satisfying life". In other words, the participants believed that physical education and sports not only brings discipline in daily life but also helps to satisfy day to day routine. The third highest score was of Item 1 (M = 4.52±0.620889), in which the participants believed that "Through the participation in sports it is easy to adjust anywhere and in any society in the world". The fourth highest score was Item 18

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(M = 4.506667±0.721172), in which the participants actually believed that "Physical exercise provides situations for the formation of attitudes which will make me a better citizen." The fifth highest score was Item 4 (M = 4.5+0.65282), in which the participants believed that "Physical exercise Sports improves their attentiveness in general." In other words, general public felt that physical exercises brings desirable changes in the body through which one can look attractive and fit amongst the society. Moreover, the Grand Mean score for the 35 items of 150 subjects was M = 4.15055+0.761551 indicating that the participants in the current study certainly possessed positive attitudes toward physical education and Sports.

General Public Attitudes towards Physical Education and Sports

There are several factors which influence general public attitudes towards physical education and sports. These factors include perceived competence, teacher, lack of challenge and provision of good facility and equipment (Lam, 2005). Table-1 presents the students' attitudes towards physical education.

Table-1 shows that the respondents had a positive attitude towards physical education and sports. With the mean rating of 4.15055, the respondents liked physical education and sports; however, they felt the lack of interest in some ways. It can be gathered that the respondents have very positive attitude towards the physical education and sports because its brings desirable changes in the overall personality of an individual and keep them fit to perform the daily task efficiently and effectively.

The public liked their teachers'/coach's enthusiasm that helped them to improve their trainees' ability to play. The general public also liked physical education and sports because they were able to establish good relationship through participation in varied activities that formed positive attitudes. The sport helps learn lessons about discipline and teamwork, as well as develops their physical, mental and emotional well being.

General public were satisfied with their physical education and sports classes because they improved attentiveness in academic classes and job, prevented them from hypo kinetic diseases and kept them away from destructive habits. Further, public were not agree that to join physical education and sports because some were good in dance and sports. Through these, they were learning how to stay fit and improve their abilities. Moreover, they were moderately positive that anybody would handle physical education and sports activities such as exercises and games to have a healthy body. It can be deduced that the respondents have already understood the importance of a healthy lifestyle that they continue to participate in physical activities even outside the physical education and sports class. (Auweele, 1999) says that individual who choose not to take part in physical education report less positive attitudes toward physical education and are less pleased with the aspects of the program than individual electing to participate.

Result on the Difference of Respondents' Attitude towards Physical Education and Sports according to Age Groups

Table 2: T-Test Result on Respondents' Attitudes towards Physical Education and Sports by Adolescent and Adulthood

One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Adolescent	75	4.185680	.2080905	.0240282
Adulthood	75	4.225882	.1351420	.0156048

One-Sample Test

	Test Value = 0.5					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Adolescent	153.390	74	.000	3.6856803	3.637803	3.733558
Adulthood	238.764	74	.000	3.7258824	3.694789	3.756976

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Table-2 indicates that there is no significant difference in the respondents' attitude towards physical education and sports between adolescent and adulthood respondents. This could mean that the respondents have the good attitude towards physical education and sports whether they are adolescent or adulthood. General public agreed that physical education and a sport helped to become active, healthy adults and helps them build social skills as well as physical strength and coordination. The respondents felt that they were offered with an enjoyable and exciting environment in which they learned how to handle success and failure. This could also mean that they had experienced engagement, enjoyment, efforts, festivity and various events in physical education and sports.

Conclusion

The collected data were analyzed and the findings were as follows:

1. The general public has positive attitude towards physical education and sports.
2. There was no significant difference in the attitude towards physical education between the adolescent and adult respondents.

The general publics' positive attitude towards physical education and sports is a good indicator that they will develop a healthy lifestyle not only to develop themselves attractive and effective and efficient to perform any specific task but also adopted physical education and sports as a preventive measures of diseases.

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A Comparative Study of Self Concept between Sportsmen and Non-Sportsmen

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Abstract

The aim of the present study was to compare the self concept between sportsmen and non sportsmen. A random sampling technique was followed. For the purpose of the study 80 male students lucknow was taken as the subjects age ranged between 18 to 25 years (40 sportsmen and 40 non sportsmen). The data was collected through a questionnaire on self concept developed by R.K.Saraswat. It consisted of 06 dimensions of self concept. Results indicated that sportsmen and non sportsmen differ on self concept. Sportsmen's Physical and Temperamental self concept was higher than non sportsmen's.

Keyword: Self Concept, Sports Men and Non-Sports Men

Introduction

In modern competitive sports, success is generally attributed to the level of Physical fitness, technique and tactics within the constraints of his/her ability, athlete pre dominance is significantly related to his /her psychological performance. Athlete reacts differently to competitive situation depending upon their personality traits, intelligence, need, anxiety, etc. Psychological methods enables athlete to finally ease an integrate approach to performance. Coaching sports aptitude with coaching instructions and fine tunes by physical training and psychological conditions from his unique experience. The individual perceptions to feeling of others towards him strongly influence his self-image. In the present study, the dimensions of self-concept include: Physical, Social, Temperamental, Educational, Moral and Intellectual is compared between the sportsmen and non sportsmen.

Dimensions of Self- Concept in the present study
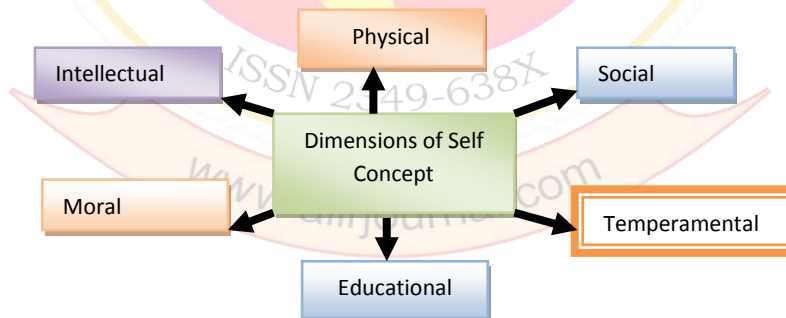
Figure 1

1. **Physical**:- Physical self-concept is the individual's view of the body, Health, Physical Capacity, appearance and strength.
2. **Social**:- It refers to an individual's sense of worth in social interactions.
3. **Temperamental**: - It is the individual's view of prevailing emotional state or predominance of a particular kind of emotional reaction.
4. **Educational**: - It means the individual's view of himself or herself in relation to school, teachers and extra –curricular activities.
5. **Moral**: - Self concept is the Individual's estimation of moral worth i.e. right or wrong.
6. **Intellectual**: - Intellectual self concept is the individual's awareness of their Intelligence and capacity of Problem solving and judgment.

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Methodology
Sample
The survey method was used in the present study. Total number of 80 male students from lucknow was randomly selected for this study. (40 students from non sportsmen back ground and 40 students from sportsmen background)

Tool
Self concept questionnaire standardized by Raj kumar Saraswat (1995) was used for this study. Self concept questionnaire consists of 48 items that provides six separate dimensions of self concept. Mean, S.D. and 't' test have been used for all the variables.

Analysis of Data
Table-1
Significance of Difference between the Mean of Sportsmen and Non sportsmen on various Dimensions of self concept

Dimensions of self concept	Sports Men (N=40)		Non-Sportsmen (N= 40)		't' Value
	Mean	S.D.	Mean	S.D.	
Physical Self Concept	31.60	3.07	27.82	3.46	**5.153**
Social Self Concept	29.27	3.58	27.77	3.34	**1.936**
Temperamental Self Concept	29.25	2.74	27.27	3.06	**3.038**
Educational Self Concept	28.77	4.25	29.55	3.70	**-.868**
Moral Self Concept	29.92	3.58	28.92	3.85	**1.201**
Intellectual Self Concept	22.70	3.70	23.07	3.89	**-.441**

Significant difference at 0.05 level

Table No.1 Reveals the descriptive statistics of dimensions of self concept of sportsmen and non sportsmen

a. **Sr. no. 1** the mean value of physical self concept of sportsmen is 31.60 and mean value of non sportsmen is 27.82. The obtained 't' values is 5.153. The obtained 't' value is statistically significant at 0.05 level of significance when compared with value of 't'

b. **Sr. no. 2** the mean value of social self concept of sportsmen is 29.27 and Mean value of non sportsmen is 3.34. Theobtained 't' value is 1.936.the obtained 't' value is statistically not significant at 0.05 level of significant when compared with value of 't'.

c. **Sr. no. 3** the Mean value of Temperamental self concept of sportsmen is 29.25 and Mean value of Non sportsmen is 27.27; the obtained 't' value is 3.038. The obtained 't' value is statistically significant at 0.05 level of significance when compared with value of 't'

d. **Sr. no. 4** the mean value of Educational self concept of sportsmen is 28.77 and Mean value of Non sportsmen 29.55. The obtained 't' value is .868. The obtained 't' value is statistically not significant at 0.05 level of significance when compared with value of 't'.

e. **Sr. no. 5** the mean value of Moral Self concept of sportsmen is 29.92 and means value of Non sportsmen 28.92. The obtained 't' value is 1.201. The obtained 't value is statistically not significant at 0.05 level of significance, when compared with value of 't'.

f. **Sr. no. 6** the mean value of Intellectual Self concept of sportsmen is 22.70 and means value of Non sportsmen 23.07. The obtained 't' value is -.441. The obtained 't value is statistically not significant at 0.05 level of significance, when compared with value of 't'.

Findings
1. It was found that there is a significant difference between sportsmen and non sportsmen regarding physical self concept. Which states that Sportsmen`s physical self concept is higher than non sportsmen physical self concept.

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2. It was found that there exists a significant difference between sportsmen and non sportsmen regarding Temperamental self concept.Sportsmen`sTemperamental self concept is higher than non sportsmen.

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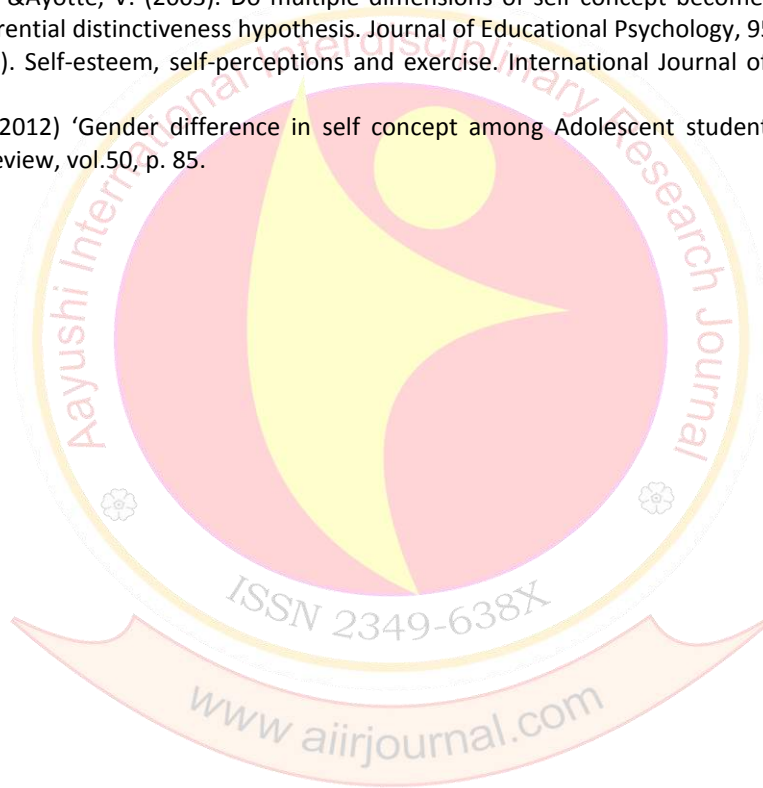
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ICT/E – Learning in Education

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Abstract

    Information communication and technology shortly known as ICT is not a single technology only, it is the complete system of technologies, time to time this term has been defined by many scholars, learners and learned societies in different ways, but literary meaning of comprised terms are giving more appropriate and authentic idea about ICT

    E-learning means to become literate involving new mechanism for communication such as computer networks, multimedia, content portals, search engines, digital libraries, distance learning , different, different wave based applications and web based class room teaching are being used as an important tools in the process of e-learning in India.

    E-Resources can be defined as resources on the research database web page are drawn from records in the electronic resources module (ERM). During past few decades, computer technology become so advance that it brought drastic changes in collection and way of information gathered stored, organized, accessed, retrieve and consumed. As the application of computer in increasing, it increases and gives birth to the several product and services.

Introduction:

The main purpose of ICT in education means implementing of ICT equipments and tools in teaching-learning process as a media and methodology. The purpose of ICT in education is generally to familiarize students with the use and working of computers, and related social and ethical issues. ICT has also enabled learning through multiple intelligence and ICT has introduced learning through all senses.

ICT stands for Information communication technology It refers to technologies that provide

    Access to information through telecommunication . It is same as information technology (IT). But focuses primarily on communication technologies. This include the internet, wireless network. Cell phones and other communication mediums or we can say that when computer technology and telecommunication technology combines together called information communication technology.

E-Learning?

    E-Learning is known as web-based training. E-learning is a type of technology supported education learning where the medium of instruction is through computer/technology particular involving listed technology. In E-learning education system there is no face to face interaction takes place.

    E-learning is means a learning technique in which user may utilize different technologies, like that internet, computer technology and multimedia.

E-Learning and education system:

    E-Learning is the change all the traditional way of teaching methods, it is offering virtual classroom to without geographical boundaries and countries, it is revolutionizing change in the education system; it is also focusing on individual rather than a group, it also reduces cost, infrastructure, salary of faculty members and also increasing satisfaction among the students. The major change in e-learning with satellite, television and also advancement in the field of telecommunication is also affect the e-learning process. ISRO launch the educational satellite EDUSAT dedicated entirely education centre. In India is another popular way is FM education channels is very useful popular and very often used by IGNOU, gyanvani and some IIT launches their own FM educational channels.

E-Resources:

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E-Resources starting get developed during year 2001-2002 as a result carry out by Tim-Jewell at university of Washington. In simple term E-resources is information, which can be stored in the form of electrical signals usually, but not necessarily, on a computer, or information available on the internet. E-resources is distribution of information in any electronic form such as CD_Rom, floopy disk or magnetic tape or across a computer network like e-journals, e-books, ETD etc. accessible dial-up bulletin board or online services.

E-resources are e-book , e-journals, e-newspaper, database, bibliographic database, e-images, e-sound and music collection.

Need and purpose of E-Resources:

Electronic resources have great potential and bright future to attract users. It combines all the benefits of the multimedia, digital coding and internet . It enables users to carry information everywhere and it can be read on all types of computers including handled device. E-resources serve the following purpose.

- Main purpose of electronic resources is providing current information.
- Update information is necessary for reseable to work.
- Through electronic resources users are a access latest information.
- Save the time of u user and staff.
- Solve the space problem in library.
- Easy to use and disseminate.

Conclusion

We see that the internet as well as ICT has changed the traditional intellectual process of communication and information of modern methods in which various technologies are used. Today we live in a knowledge society where the information is available to the users as they require regardless of physical boundaries, formats, times etc.

E-learning is giving new dimension of education sector and also affecting education in different ways. Time is also changeable, so we emphasis on the informal education inform of e-learning teaching methods. E-learning is also beneficial for education system and as well as problem of illiteracy. After 62 years independent we cannot arrange education for all. E-learning will used for and will be main instrument for solve these problem.

The standards for organizing web based resources are still in the early stages of development and librarians are forced to utilize standards for print resources that were not designed for e-resources. Additionally web based information resources are volatile in the sense that may be moved from one sit to another or may be removed altogether from web.

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Panchayati Raj And Empowerment Of Women In India: Issues And Challenges

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Abstract

Empowerment of women is essentially the process of upliftment of economic, social and political status of women, the traditionally underprivileged ones, in the society. It involves the building up of a society wherein women can breathe without the fear of oppression, exploitation, apprehension, discrimination and the general feeling of persecution which goes with being a woman in a traditionally male dominated structure. Political participation of women can be viewed as one of the proven strategies for the empowerment of women. Panchayat being the nearest form of government to the people can play instrumental role in their empowerment by ensuring effective participation of them. The 73rd Constitutional Amendment ushered in a major change in the history of Panchayats making provision for the reservation of women. But a number of studies have proved that reservation alone cannot ensure participation of women in political decision making process leading towards their empowerment. Though it has made a positive impact but still there is long way to go. A concerted effort from multiple government and non-government actors including CSOs and media has to be made by adopting multi-pronged strategies to achieve that goal. This paper has made an attempt to analyze the concept of empowerment, how to measure it, strategies for empowerment of women and assess the role of Panchayats in participation as well as empowerment of women and also suggest some effective measures to achieve that goal. The study is based on secondary data collected from different sources like study reports, government reports, books, journals and web based materials.

Keywords: Elected Women Representatives, Empowerment, EWR, Panchayats, Participation, PRIs.

Introduction

Empowerment of women is essentially the process of upliftment of economic, social and political status of women, the traditionally underprivileged ones, in the society. It is the process of guarding them against all forms of violence. Empowerment as a process involves development of women from social, political, economic and legal aspects. It includes building up of a society wherein women can breathe without the fear of oppression, exploitation, apprehension and discrimination. From economic aspect it includes overall economic development through participation of women in economic activities, and through ownership, access and control of women over economic resources. From legal point of view, legislation should be in place to protect the women from all forms of discrimination and violence and ensure ownership of productive assets. Advocates for the empowerment of women around the world prescribe participation of women in political decision making as a major therapy.

In 1988, the Sarkaria Commission was set up to look into the working of Panchayati Raj Institutions and the basic question of center-state relations. The Commission recommended that the local self-institutions like ZilaParishads, Municipal Corporations should be significantly strengthened both financially and functionally. The Commission suggested that similar provisions should include. Panchayati Raj Institutions as found in Article 172 and 174, which made it compulsory for National Parliament or State Legislative Assembly to fix the duration for five years. Uttar Pradesh took a lead in this direction and become the first state in India by adopting the Uttar Pradesh Panchayat Raj Act in 1947. The act was an attempt to develop the spirit of self-reliance and common endeavour necessary for the prosperity of the masses. Following the recommendations of Balwant Rai Mehta Committee (1957), a three tier Panchayati Raj system was introduced by enacting Uttar Pradesh KshetraSamiti and Zila Parishad Adhiniyam 1961. It provided for the other two tiers at the block-level known as Kshetra Samiti and District level known as Zila Parishad. Since then Panchayati Raj in the state has had a cheered history. As pointed out by Arun Kumar Singh and Ravi Kumar Pandey (1998). "It is true that from 1956 onwards the cause and evolution of Panchayati Raj suffered a setback, mainly due to setback suffered by community development itself. Certain calling off of

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enthusiasm on the part of political leaders and civil servants at higher levels was actuated by perceived threats to the respective power configuration from the merging Panchayati Raj leadership. Other reasons for its decline, therefore, were irregularities in the elections and suspension of upper tier. The elections to Panchayats were held in 1949, 1955, 1972, 1978, 1982 and 1988 respectively." The restoration of democracy in 1977 once again revived the hopes for the revitalization of decentralized governance in the wake of the recommendations of Ashok Mehta Committee (1978) for strengthening Panchayati Raj Institutions. But these were ignored by the Government of India and the political leadership of most of the states as they had no faith in decentralized governance. However, these recommendations were implemented in a modified from in Karnataka, Andhra Pradesh and West Bengal where the Panchayati Raj Institutions were strengthened and made effective. After the Ashok Mehta Committee followed by G.V.K. Rao Committee (1985), L.N. Singhvi Committee (1986) and Sarkaria Commission (1988) have been constituted to make PRIs more functional and effective. Since 1989 there also have been three serious attempts to accord constitutional status of PRIs. Unfortunately 64th (1989) and 74th (1990) Constitution Amendment Bill could not be translated into Act. There was an imperative need to enshrine the basic features of Panchayati Raj Institutions in the Constitution itself to provide them certainly, continuity, and strength. Accordingly, the 73rd Amendment Act 1992 came into force with effect from 24th April, 1993. It lays the foundation for a strong vibrant Panchayati Raj Institutions in the country. While retaining the three-tier system of Panchayati Raj, from the point of view of social justice, and political mobilization, the aim of this amendment include: (i) empowering weaker sections of the society, viz., Scheduled Castes and Scheduled Tribes, Backward Classes and women in local self-government through reservations in elective offices; (ii) strengthening the Gram Sabha for direct participation of the people in identifying their felt needs and fulfilling the same through panchayati raj institutions; (iii) providing a mechanism (State Finance Commission) to ensure the flow of funds to rural local bodies to enable them to discharge their functions and responsibilities; (iv) ensuring devolution of functions as mentioned in the 11th Schedule of the Constitution; and (v) providing for regular and timely elections to multi-level panchayat raj institutions through State Election Commission. Thus in fact, the Constitution 73rd amendment has become a landmark in the Constitutional History of India.

Sunita Dhatea (2005) revealed that Constitutional provisions to increase workmen's participation in local governance would not act prove the panacea for every problems instead the move to increase women's participation in PRIs through Constitutional provisions must be accompanied by a movement to bring about an attitudinal change in our society, bureaucracy and state level politicians. It also needs to be accompanied by awareness campaign for women in general and SC women in particular to build the capacity and capability of the elected representatives so that they can play a meaningful role in the panchayats.

M. George (2007) emphasized that while analyzing of cases in the study area, such incidences happened only when Dalits began to assert their political rights through Panchayat Institution. It is evident that the upper castes controlled the affairs of the village cannot tolerate the changes being brought about by the decentralized democratic institutions. In the backdrop of such incidences an array of question raises with reference to Panchayat Raj vis-à-vis Dalits. The initial prediction of decentralization envisioned through Panchayat Raj hasn't become a reality. C. Ram Reddy et. al. (2009) revealed that the process of emergence of backward caste women leaders is the same as in the case of men. The channels of emergence of rural leadership through caste, family status are widely operational even in the case of emergence of backward caste women leaders. Most of the women are from families with second and third generation of political participation therefore they must have had adequate political socialization. The empowerment of backward caste women is nothing significant except for women occupying positions of power. Yatindra Singh Sisodia (2011) revealed that it has been asserted that participation in gram sabha meetings has been low despite the people knowing about the inbuilt advantages of the gram swaraj model. Low participation can be mainly attributed to the strongly entrenched caste system class differentiations and gender divide in the villages. Sarpanch and other influential people dominate in decision-making process. There are primarily two prominent and sharply contrasting groups which practically lead most of the panchayats of the state viz. the group of traditionally influential representatives and the other group of novices as well as raw entrants.

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Suvarna Ashok Benke (2011) emphasized that woman is the real shaper of the future in the sense that she guides the younger generation. What a child imbibes in its earliest year is a lasting influence, and the earliest period of a person's life is spent with the mother and other women of the family. Besides the maternal role, women have a very important role in society. The significant increase in women leaders has been facilitated by political, economic, and educational and status changes in our culture. Women leaders express the same general leadership qualities as men, but may have leadership styles particularly suited to today's needs. Rinki Gaur (2012) emphasized a number of factors have been influencing Panchayati Raj Institutions in the study areas. These factors are: Press and mass media, democratic consciousness, welfare of the masses, participation in elections, education and panchayats, and rural banks. Satisfaction over the functioning of panchayats, voters and the other related factors such as: land, property and wealth, linkages with police and bureaucracy, majority of caste, groupism, religion, language, religionalism favoritism, nepotism, factionalism, affiliation of political leaders with different parties, socialization and politicization of rural masses.

Results from the nationwide survey of women's participation in Panchayats suggest that a majority of the EWRs report an enhancement in their personal effectiveness and image after being elected. It has reduced their responsibilities at household level. Other family members are taking more responsibilities in their shoulders in terms of managing domestic chores. There are many instances of EWR of the Panchayat taking a keen interest and playing a significant role in the workings of grassroots politics. A change is becoming visible in prioritizing developmental activities of the Panchayats. Women are giving more priority on the activities which directly or indirectly affect their life or which have more important roles in addressing social issues from gender perspective.

Study of the seven districts in Bundelkhand region of Uttar Pradesh by Indian Social Institute used 5 key empowerment variables – Gender Equality, Social Equality, Decision Making Ability, Financial Autonomy and Personality Development. While gender equality had nineteen (19) distinct questions related to empowerment – four (4) child-related concerns and five (5) each for domestic workload, social practices, and marriage & family life issues; social equality had four (4), decision making had five (5), financial autonomy had four (4), and personality development had eight (8) distinct questions related to women empowerment. Altogether 40 questions were used to measure women empowerment in the study region. Each question had a ranking of 1 to 5. The score value of the respondents to consider their perception on women empowerment in rural Bundelkhand region of Uttar Pradesh was - 40 to 94 (low empowerment level), 95 to 147 (moderate empowerment level), and 148 to 200 (high empowerment level).

Since empowerment is a multi-dimensional concept, it is very difficult to develop any composite scale for measuring empowerment. A number of studies have been conducted in India to measure empowerment of women but most of them are at household level. There are very few research studies which aimed at measuring empowerment of women at macro-level. Two such studies are widely accepted - State Gender Development Report (2005), by National Productivity Council (NPC), New Delhi and the report —Gendering Human Development Indices: Recasting the Gender Development Index and Gender Empowerment Measure for India‖ (2009) by Ministry of Women and Child Development (GoI). There is a limited number of studies which assessed the role or effectiveness of Panchayat in empowerment of women. Ministry of Panchayati Raj (MoPR) conducted a comprehensive study on Elected Women Representatives (EWRs) in 2008 covering 15 States which had focus on participation of women. Though participation in terms of representations of women is a major parameter to measure empowerment of women through this system, but giving maximum weightage to this parameter may bring superfluous result in the study. Other parameters like participation in the meetings, decision makings, their role in plan implementation, outcomes of the work of Panchayats in terms of gender development etc. should also be taken into account with due weightage. MoPR commissioned another survey by AC Nielsen-ORG Marg in 2009 covering 1368 Gram Panchayats, 228 blocks and114 districts from 23 States which is the largest ever survey in the country. This study sought to assess the quality of participation of EWRs in PRIs against the polarized earlier studies - tokenism and surrogates vs. celebration of only success stories.It looked at, among others, the developmental outcomes of women Panchayatleaders and whether their leadership has had any

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impact on the implementation and performance of development activities besides mapping their socioeconomic profile, political career, quality of participants and empowerment.

Role of Panchayat in Empowering Indian Women

The concept of decentralized local governance is not very new in India. The existence of Panchayat dates back to Vedic age. It existed throughout the history during Mughal or British regime. Post independence India makes provision for setting up local governance or Panchayatunder Article 40 of the Constitution of India. Recommendation of the Balwant Rai Mehta Committee (1957) enabled to introduce three tier more or less uniform structures of Panchayati Raj Institutions across the country. The 73[rd]and 74th Constitutional Amendments set the milestone in the history of Panchayat by making 1/3rd reservation of seats for women thus creating space for women in political participation and decision making at the grass root level. PRIs have always been considered as a means to good governance and 73[rd]Constitutional Amendment was effected in the hope that it would lead to better governance and provide political space to the disadvantage section of the society like schedule caste, schedule tribes and women. Providing representation to women in Panchayati Raj Institutions through legislation can be viewed as an instrumentalist approach leading towards empowerment of women.

Panchayat, on the other hand, being the local level government nearest to the people, can be viewed as the breeding ground for women leaders. It can provide them ample opportunity to experiment their self-confidence and gain hands-on experience. This platform enables them to take part directly in the decision making in the process of development. Since the PRIs have potential to start the process of women empowerment from the village level, it can change the social scenario of the village.

Conclusion

Though the 73[rd]Constitutional Amendment set a milestone in the history of India in making provision for participation of women in local level government but it could not yield satisfactory results in their participation as well as empowerment. Two decades after the amendment, it is now proved that reservation alone cannot ensure the effective participation of women in PRIs and their empowerment. Panchayat itself has to take lead role promoting the agenda of empowerment of women by making concrete actions. At the same time, multiple government and non-government stakeholders including CSOs and media have to join hand to take forward the agenda of women's empowerment. A concerted effort of all stakeholders has to put in place to push the agenda of empowerment of women. It is expected that elected women in Panchayats will not only perform their role like other elected representatives but will also make significant contribution to models of gendered governance with equity, social justice and efficient delivery of public goods and services in future.

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Swami Vivekananda and Practical Vedanta

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The word Vedanta is a compound word. It consists of two words,' Veda' and 'Anta'. Veda means knowledge or wisdom, and anta means end. Therefore Vedanta means 'end of Wisdom'. In fact, Vedanta is the only philosophy which is considered as a living philosophy amongst the people of India. *"Vedanta is no audacious claim."*

The strong point of the Indian tradition is the spiritual dimension of the human personality and the scientific tradition of religion in which this vision is embodied. The Indian tradition frees religion from all dogmatic and creedal limitations and blends with the spirit of modern sciences . This Indian spiritual tradition has within it the energy and the power to deepen the scientific humanism of the modern West As Swami Vivekananda expresses the Vedanta,

"The oneness of all existence is the message which Vedanta teaches. The immediate implication of this message in life and thought is another great idea which seems to run counter to the very spirit of religious sectarianism, but which breathes truly the scientific spirit."

The Western tradition, similarly, has the energy and the power within it to broaden the scope of the Indian tradition, channelling its blessing from a small minority of the spirituality gifted to the millions of ordinary men and women. . Vedanta proclaims that there is such a thing as the spiritual growth of man; this is more significant than his more obvious physical growth. All ethical values are essentially spiritual values .They proceed from the trans-sensual dimension of the human personality.

The Vedanta deals with the nature and knowledge of Brahman. Its central concept is Brahman. The literal meaning of Vedanta is the end portion of the Vedas or the essence of the Vedas which contains the universal truths discovered by enlightened people. Vivekananda say's that ,

"In one word , the ideal of Vedanta is to know man as he really is, and this is the message, that if you cannot worship your brother man, the maniefested God , how can you worship a God , who is unmanifested.?"

At an another place Swamiji said ,

" Your godhead is the proof of God himself .If you are not a prophet there never has been anything true of God . If you are not God , there never was any God ,and never will be . This, says the Vedanta, is the ideal to follow. Every one of us will have to become a prophet ,and you are that already. Only know it .Never think there is anything impossible for the soul .It is a greatest hersy to think so. If there is sin this is the only sin –to say that you are weak, or others are weak.''

Since these truths were revealed to them in deep meditation, we call them seers, Mantra Drashta or Sages. They were great scientists and their laboratory was the human body. They had only one equipment to discover these wonderful truths and that was the human mind. The process of experiment was simple. By nature, the mind is an extrovert and also tries to go out through different windows to enjoy the beauty of nature. These windows are our senses always running after the beautiful objects of enjoyment offered by nature. The triumph of the Vedanta has meant the triumph of the positive ideal of life.

Vedanta believe in the authority of the Vedas. There are four Vedas ,Rig Veda ,Sama Veda, Yajur Veda, and Atharva Veda. The first three constitute the triad which are the original Vedas, and which enjoy higher authority . The Atharva Veda is a later addition . Each Veda has three divisions, viz., the Samhitas, the

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Brahmanas, and the Aranyakas. The Samhitas are mostly verses. The Brahmanas are commentaries in prose . The Aranyakas are forest treatises. The Upanisads are mostly parts of the Aranyakas. The Sama Veda contains the hymns of the Rig Veda, which are to be chanted in sacrifice. The Yajur Veda contains large portion of the Rig Veda. The Atharva Veda also contains many mantras of the Rig Veda, which is the earliest. The Vedas may be assigned latest to about 1500 B. C.

At the end of the Veda the Upanisads came to be known as 'Vedanta' or 'end of the Veda' –much as the metaphysics of Aristotle owed its designation to its being placed after Physics in his writings. Their date cannot be exactly determined, but they may all be regarded as pre -Buddhist. They represent the earliest efforts of man at giving a philosophical explanation of the world, and are as such invaluable in the history of human thought .They are the admitted basis of at least one of the most important system of Vedanta, which controls at the present time nearly all the higher thought Brahminical India. Their importance is much more than historical, for their unique spiritual power and the elements of universal appeal which they contain may exercise a considerable influence on the re-construction of thought and realignment of life in the future. Among the works comprising Vedic literature, the Upanishads were the first to attract the attention of foreigner.

Swami Vivekananda the right person to propagate the message of universal solidarity and divine brotherhood. About the time when the Arya Samaj was trying to call for Vedic Culture, India saw in the mirror of her destiny another spiritual genius Swami Vivekananda , the upholder of Vedanta religion.

Vedanta preaches the ideal .The real activity is the goal of Vedanta. It teaches onenesss onelife throughout. The Vedanta teaches men to have faith in themselves. Vedanta declairs that what we are searching for is within us. If we search in the right place, we will get lasting peace, infinite bliss and eternal life. Vedanta says that the soul is eternally pure, eternally free and ever –existing reality behind all these apparent manifestations.

Swami Vivekananda does not talk of any particular religion His religion is called universal. Vedanta must cover the whole ground of Indian religious life , and being part of the Vedas , by all acceptance it is the most ancient literature that we have; for whatever might be idea of modern scholars, the Hindus are not ready to admit that parts of the Vedas were written at one time and parts were written at another time. They occurs still hold on to their belief that the Vedas as a whole were produced at the same time, they always existed in the mind of the Lord.

Vedanta is necessary to rouse up the hearts of men, to show them the glory of their souls. Vedantic approach is the special contribution of Swami Vivekananda to modern society. Vedanta says God is in everything .It is he who has manifested Himself in the form of different beings and therefore our worship should not be confined only to the temples and images but we must learn to feel the presence of the Divine in everyone and offer our worship in the form of devoted service to them.

Vedanta can help people to improve the quality of work and will help to divert the mind from evil thoughts. Aldous Huxley put it.

Essentially speaking, it gives us three propositions: 1-that man's real nature is divine. 2- That the aim of life is to realize the divinity of man and 3- that all religions are in agreement regarding this."

Vedanta does not agree with this idea that animals are separate from men, and they were made and created by God to be used for food. Vedanta recognizes error. To say about himself that I am weak, a sinner, a miserable creature, can't do anything according to Vedanta.

It is Vedanta which says that all the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark. Many people do not like anything narrow or parochial, anything that makes for dogmatism, anything that finally leads to violence; they do not also like to be atheists as well. To such people, Vedanta came a tremendous message of hope. Here one can be spiritual and yet respect all religions; one can be happy with inter-religious relationships. This kind of influence of Vedanta has spread among numerous people.

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A practical Vedantist, Swami Vivekananda wanted one and all to translate the Upanishadic doctrines into action in everyday life. The Swami himself practiced the ideal in his own life; he flung himself whole heartedly into the whirlpool of activity and thus inspired others to follow in his footsteps and render service to the suffering humanity even under the most trying circumstances. Vedanta provides a background of clear understanding of various faiths and supplies a fundamental unity for all of them. Vedanta can also harmonize other religion. Vedanta is capable of liberalizing other religions and paving the way for co-existence and also for full integration.

Swamiji said,

''The Vedanta philosophy teaches that man is not bound by his five senses. They only know the present, and neither the future nor the past; but as the present signifies both past and future, and all three are only demarcations of time, the present also would be unknown if it were not for something above the senses, something independent of time, which unifies the past and the future in the present'''

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A Comparative Study of Selected Physical and Physiological Components of Kabaddi Players of Kendriya Vidyalaya Deogarh And Bal Bharti Public School Deogarh Odisha

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Introduction:

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance, and flexibility along are essential for excellence in sports. Sports trainers and coaches are emphasizing on improving the physical fitness and motor qualities of the players, which is also known as conditioning. Physical fitness is categorized into general and specific fitness. General fitness refers to the motor qualities required in any sportsperson irrespective of the sports discipline, such as speed, strength, flexibility, endurance and co-ordination. Each and every sport demands certain motor qualities above the ordinary. Specific fitness is the intensified level of motor qualities achieved by the sportsperson that is required by the specific sport. Physical Fitness is generally achieved through exercise, correct nutrition and enough rest. It is an important part of life. Different games provided to do the body activities, differently.

Kabaddi is as old as the human society, and it has achieved universal following in the modern times. It now enjoys popularity which strips out any other form of social activity. Kabaddi is basically an outdoor team game, played in the tropical countries of Asia. The excitement and thrill provided by the game has made it very popular and Kabaddi is rightly called the 'Game of the masses', since spectators totally involve themselves and give the players a great deal of encouragement. The game requires no equipment, and the rules of the game are very easy to learn. This is the reason for the popularity of the game in rural areas, since rural youth in India cannot afford the sophisticated equipment demanded by other sports.

Kabaddi a national game of India, is played all over the India. Kabaddi can be played without any equipment, the game consists of breathe holding act, which tones up the brain; which is the outstanding features of the game which makes it a unique game. Kabaddi is real common man's game, with very simply technique of touch. Playing Kabaddi requires no special costume, costly equipment's or reservation of club/ground. Kabaddi favors body development with a muscular strength stamina and endurance; because of its special feature "Cant holding" enriches cardiovascular endurance and resistance. Fine flexibility and agility is developed as one needs to move faster in a small area of (10-13mts). Player's eyes and body movement become quicker. Fitness in kabaddi is with reference to strength, speed and co-ordination. A player must be physiologically & psychologically fit to make a good sports person.

What Research Says

Nallella & Kumar (2012) conducted a study on "Physical Fitness And its Significance on Physiological Aspects of Football Players in Kakatiya University". The study was formulated based on the simple random sampling. The samples were collected from the 50 Football players in the age group of 20 – 25 years from Kakatiya University in the age group of 18-21 years were considered. The data were collected during Inter college University Tournaments. The subjects have undergone physical fitness activities for 45 days. The pre-test was taken, and then the post test was administrated after the systematic training of physical fitness activities like speed, agility, explosive power and endurance on physiological aspects. By applying the 't' test the result showed that physical fitness have yielded significant differences on the physiological aspects of football players have scientifically proved better that the Kakatiya University football players have major role to prove their physical fitness in the performance of the game the physical fitness variables.

Bhomik (1997) conducted a comparative study on selected physiological parameters between Soccer and Kabaddi players. The purpose of the study was to compare and contrast the selected physiological

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parameters between soccer and Kabaddi players. Total 30 players from the Kabaddi and soccer (15 from each) were selected randomly and only from the Intercollegiate terms of Amravati University. The physiological parameters selected as criterion were blood pressure, vital capacity and resting pulse rate. The "t" test was computed to find out the significance differences between the mean. It was concluded that Kabaddi players were significantly superior in vital capacity whereas soccer players were significantly superior in resting pulse rate in comparison to their counterpart but in case of blood pressure non-significance differences were found between the two groups.

Tiwari & Singh (2012) in their study were to compare the physical and physiological variables among the inter district and Inter State level of Basketball players. Sixty (60) male basketball players (30 inter district and 30 interstate) were randomly selected from Uttar Pradesh as a subject. The age of the subject ranged from 17 – 28 years. It was hypothesized that there would be a significant difference in the physical fitness variables and physiological variables among the Indian basketball players of different levels of competitions. The physical variables chosen were speed, endurance and power sargant jump. The physiological variables were resting heart rate and vital capacity. The data collected on the different levels of basketball players were analyzed by independent "t" test. The level of significance for testing the hypothesis was set at 0.05 level of confidence. It was found that the interstate level players were better than inter district players with respect to speed, power and endurance. In terms of physiological variables namely RHR and vital capacity, both the group did note differ significantly.

Purpose of The Study

The purpose of the study was to compare the selected Physical and Physiological components of Kabaddi players of KendriyaVidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha.
Hypothesis

It was hypothesized that there will be no significant difference in Physical and Physiological components of Kabaddi players of Kendriya Vidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha.
Methodology

SAMPLE: Purposive sampling was done in which subjects for the present study were the male students who participated at least last two years in different inter-school tournaments/ district level tournaments organize by District kabbadi Association Deogarh and studying in KendriyaVidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha. Thus, total 120 kabaddi players who participated in different inter-school tournaments / district level tournaments organize by District kabbadi Association Deogarh. So total 120 kabaddi players were selected for the study.

Tools: The variables and test items selected for the present study were as given below in the table – 1.

Table – 1

SN	Physical Components	Test items	Unit of Measurements
1	Speed	50mt. Sprint	Seconds
2	Explosive Strength	Standing Broad Jump	Centimetre
3	Cardiovascular Endurance	12 min. Run/Walk Test	Meters
4	Coordinative Ability	4x10 meter Shuttle Run	Seconds
5	Flexibility	Sit and Reach Test	Centimetre

SN	Physiological Components	Tools	Unit of Measurements
1	Systolic blood pressure	Sphygmomanometer	mm of Hg
2	Diastolic blood pressure	Sphygmomanometer	mm of Hg
3	Heart rate	Sphygmomanometer& Stopwatch	Beats/min.
4	Vital Capacity	Spirometers	Millilitres

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Analysis

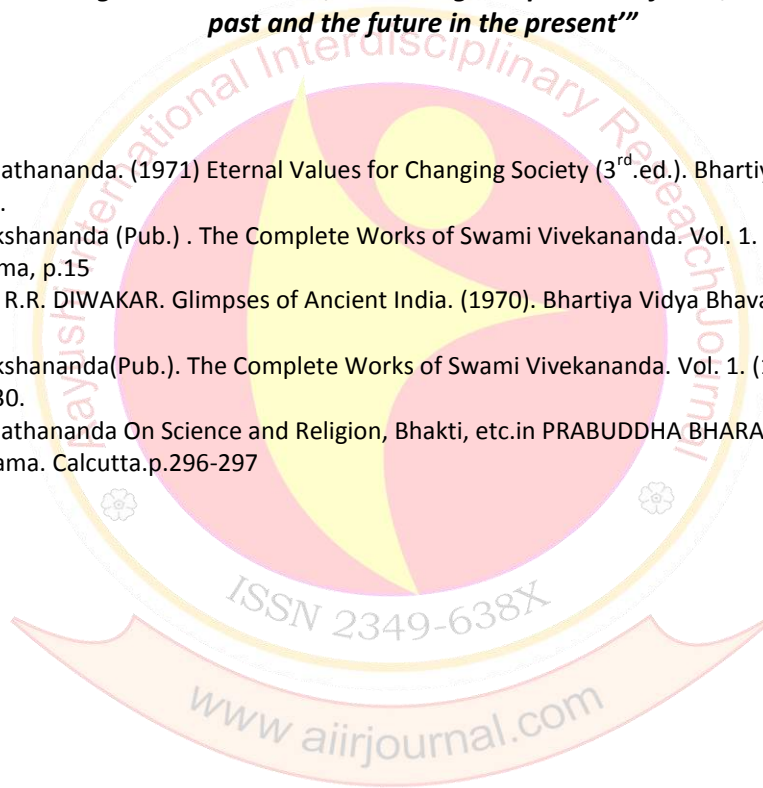Initially Mean and Standard Deviation of the scores were calculated and further 't' test was applied to find the significant difference.

TABLE – 2

Significant Difference of Mean Scores of selected Physical and Physiological components of Kabaddi players of Kendriya Vidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha.

		Group	N	Mean	Std. Deviation	t test
Physical Components	Speed	KVD	60	7.6652	.44191	0.128
		BBPS	60	7.6558	.35452	
	Explosive Strength	KVD	60	218.8167	18.55317	2.630*
		BBPS	60	209.7500	19.19977	
	Endurance	KVD	60	1984.5000	325.20359	0.266
		BBPS	60	1969.6667	284.75959	
	Coordination	KVD	60	9.7680	.54821	0.947
		BBPS	60	9.8635	.55640	
	Flexibility	KVD	60	12.1133	4.71613	1.793
		BBPS	60	10.6600	4.14538	
Physiological Components	Systolic BP	KVD	60	119.7000	3.82366	0.361
		BBPS	60	119.4333	4.26005	
	Diastolic BP	KVD	60	79.0833	3.07693	0.081
		BBPS	60	79.0333	3.64048	
	Heart Rate	KVD	60	63.0500	5.06709	0.751
		BBPS	60	62.3500	5.14477	
	Vital Capacity	KVD	60	4194.0667	570.86470	0.356
		BBPS	60	4158.8000	511.84256	

* The required value of 't' ratio to be significant at .05 level was 1.984

Findings:- Physical Components:

1. It was found that there was no significant difference between the mean scores of Speed of the Kabaddi players of K.V Deogarh(7.6652) and Bal Bharti public School(7.6558), since the obtained value of 't' (0.128) is less than the tabulated value.

2. It was found that there was a significant difference between the mean scores of Explosive Strength of the Kabaddi players of K.V Deogarh(218.8167) and Bal Bharti public School (209.75), since the obtained value of 't' (2.63) is greater than the tabulated value.

3. It was found that there was no significant difference between the mean scores of Endurance of the Kabaddi players of K.V Deogarh(1984.5) and Bal Bharti public School (1969.6667), since the obtained value of 't' (0.266) is less than the tabulated value.

4. It was found that there was no significant difference between the mean scores of Coordination of Kabaddi players of K.V Deogarh(9.768) and Bal Bharti public School (9.8635), since the obtained value of 't' (.947) is less than the tabulated value.

5. It was found that there was no significant difference between the mean scores of Flexibility of Kabaddi players of K.V Deogarh(12.1133) and Bal Bharti public School (10.66), since the obtained value of 't' (1.793) is less than the tabulated value.

Physiological Components:

1. It was found that there was no significant difference between the mean scores of Systolic Blood Pressure of the players of Kabaddi of K.V Deogarh (119.7) and Bal Bharti public School (119.433), since the obtained value of 't' (0.361) is less than the tabulated value.

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2. It was found that there was no significant difference between the mean scores of Diastolic Blood Pressure of the players of Kabaddi of K.V Deogarh (79.083) and Bal Bharti public School (79.033), since the obtained value of 't' (0.081) is less than the tabulated value.

3. It was found that there was no significant difference between the mean scores of Heart Rate of the players of Kabaddi of K.V Deogarh (63.05) and Bal Bharti public School (62.35), since the obtained value of 't' (0.751) is less than the tabulated value.

4. It was found that there was no significant difference between the mean scores of Systolic Blood Pressure of the players of Kabaddi of K.V Deogarh (4194.066) and Bal Bharti public School (4158.8), since the obtained value of 't' (0.356) is less than the tabulated value.

Discussion Of Hypothesis

The hypothesis stated earlier, that there will be no significant difference in Physical and Physiological components of Kabaddi players of Kendriya Vidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha was accepted in all the components expect in Explosive Strength of the Kabaddi players of Kendriya Vidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha.

Conclusion:- On the basis of the findings of the present study the following conclusion was drawn:

This study revealed no significant difference among the Kabaddi players of KendriyaVidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha on Physical and Physiological components expect in Explosive Strength. This clearly shows that,Kabaddi players of the KendriyaVidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha are possessing same physical fitness in Speed, Endurance, Coordination, Flexibility, and physiological fitness in Systolic Blood Pressure, Diastolic Blood Pressure, Heart Rate and Vital Capacity. Whereas there was a significant difference in the Explosive Strength among the Kabaddi players of KendriyaVidyalaya Deogarh and Bal Bharti Public School Deogarh of Odisha.

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Thomas Hardy's Far From The Madding Crowd : A Fatalistic Perspective

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Thomas Hardy is one of the literary luminaries of the later Victorian period who mirrored the spirit of his age in his writings. He raised the novel form and placed it on a high pedestal during the Victorian era. His novels are tragedies conveying a realization of the unity of the individual with universal life. Hardy is one of those great writers who introduced revolutionary changes in the art of the English novel. In many respect he parted company with the traditional novelists and widened the scope of the English novel. Hardy wrote about twenty novels**. Douglas Brown** mentions eight novels to represent his strength, **"The novels I take to represent his strength are Far From the Madding Crowd, The Return Of The Native, The Woodlanders, The Mayor of Casterbridge and Tess of the D'Ubervilles. To these five Under the Greenwood Tree makes a fitting prelude and Jude the Obscure an impressive epilogue. One more among his novels deserve special respect, the modest but effective The Trumpet Major."(Brown, p.30)**

Hardy's tragic view of life is one of the attributes on which Hardy's greatness as a writer is based. His outlook on the visible world is essentially gray. His novels present a spectacle of suffering. His characters are bound to suffer dejection, failure and frustration in their lives. Hardy's theme is mankind's predicament in the universe. His vision was greatly coloured by the scientific discoveries of Victorian era. In Darwin's theory of evolution Hardy found the evidence of pain and cruelty in the struggle for survival. Under the influence of the ideas of Darwin and Huxley, Hardy developed his conviction that man is not as free as he appears to be. Hardy's faith in the concept of Divine Justice also received a setback. Hardy believed that man is born to suffer and the possibilities of human happiness are very limited. He held the opinion that expected rarely happens while the unexpected and unforeseen happens always to thwart the possibility of human happiness. In Hardy's fictive world there is a primitive, unquestionable force that controls, influences or ruins the doings of man.

Hardy's theme is mankind's predicament in the universe. In his novels any possibility of human happiness is thwarted by the cruel and indifferent fate. Man proposes God disposes stands true in all his works. He could not believe in benevolent Providence. Hardy's work presents suffering and man's impotence in the face of a ruthless destiny. Everywhere in his novels human beings appear to be crushed by this power which is indifferent, callous and hostile to man. The entire canvas of his novels is pervaded by the shadows of darkness, pain agony and suffering. In the concluding part of **The Mayor of Casterbridge**, Hardy observes, **"Happiness is but the occasional episode in the general drama of pain."**

Hardy's tragic view of life was influenced by circumstances of his own upbringing and his constitutional makeup. He had very sensitive mind. A painful sight of sorrow could upset him. He concluded from his experiences that life was rooted in pain and misery. Hardy's melancholic temper was confirmed and increased by contemporary age. Victorian age was an age of disintegration and transition. The century was marked by change in society, politics; in religion and in art. The social and economic structure was breaking up. The Industrial Revolution was in the process of destroying the old agricultural England. According to **Douglas Brown,** *predicament of the agricultural community in the south of England during the last part of the nineteenth century and the precarious hold of the agricultural way of life."(Brown, p.30)* In his age people of countryside were the victims of social system and the clemencies of weather. The severity of circumstances made him conscious of man's helplessness in the face of circumstances. In Hardy's times the age witnessed violent changes. England faced the problem of population explosion. The characters whether good or bad were not allowed to lament their actions as their destinies were beyond their control. **David Cecil** remarks in <u>Hardy; the Novelist, "</u>- *the blind forces of Hap-relentlessly*

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pursue those who deserve better, as well as those whose ends we might regard as proof of Nemesis or Poetic Justice."(Cecil, p.29)

In **Far From The Madding Crowd** all the male characters suffer unhappiness on account of fate. But the difference lies in the fact that the selfless characters like Oak, sacrifice their happiness to ensure that of other people whereas selfish characters like Troy, suffer on account of no fulfillment of their own selfish passion. They all have to suffer inexplicable unexpected blows of chance. Love becomes an agent of fate and urges the characters to move forward to a ruinous end. Gabriel Oak in **Far From the Madding Crowd** was given a chance to lead a happy life in the peaceful pastoral setting of Norcombe Hill. But fate led him to get interested in a young lady Bathsheba Everdene, who was quite different in temperament. His ardent love for the vain and proud Bathsheba becomes the main cause of his suffering. The young lady becomes the cause of unhappiness and suffering to Oak as she is proud and not related to the 'real' world to which Gabriel Oak belongs. The course of events in his life would have been different if he was not rejected by proud Bathsheba.

After the departure of Bathsheba, Oak tries to resettle his life but his happiness is once again ruined by the cruel intervention destiny. His hopes of becoming an independent farmer are shattered by a completely unforeseen occurrence. The younger one of his two dogs drives two hundred of his sheep over a cliff killing all the sheep. Destiny lays its trap for Oak and his entire wealth is ruined at a single stroke. All his hard work is undone on account of a heartless joke played by destiny upon him.

It is destiny again that brings Bathsheba and Oak together but in reverse positions. It is a stroke of chance that Oak reaches Bathsheba's farm and saves the wheat ricks and becomes her shepherd. Oak accepts the dictates of fate and despite disappointments, continues to bear patiently Bold wood's and Troy's advances to Bathsheba.

Fate certainly smiles on Oak, but after the long and patient waiting and service to Bathsheba, He is rewarded in the end as Bathsheba realizes that Oak is the best choice for her.

Although Troy is regarded as a clear-cut villain yet Hardy wished to show that he is also a victim of fate, and dishonesty and insincerity is not his entire character. He is accused of not marrying Fanny and ruining her life. Troy would have married Fanny if she had reached the All Saint's Church in time. But as ill luck would have it; Fanny went to another church called All Soul's. This was a pure accident as destiny took Fanny to the wrong church. It is almost unbelievable that Troy purposely meant for Fanny to go to the wrong church. After waiting considerably for Fanny in the church, he felt badly embarrassed and humiliated It may seem unreasonably of Troy to cancel the marriage simply because Fanny had kept him waiting, but in the light of Hardy's description of Troy's tendency to procrastinate, *"With [Troy] the past was yesterday; the future, tomorrow; never the day after"(Hardy,p.172)* it seems quite probable. Chance leads to the accidental meeting of Troy with beautiful Bathsheba. Bathsheba's skirt gets entangled with Troy's spur one night while she is returning to her house after taking a round of the farm. If Troy had not met Bathsheba, there was a chance of Troy marrying Fanny Robin. If only this marriage had materialized, the lives of all major characters would have been saved from several complications and disasters.

Another charge against Troy was that he married Bathsheba for money. For this action also Fate can be held more responsible than Troy himself. Troy was a brilliant man with noble blood, but without its advantages. He was aware of the fact that he was in a state much lower than he deserved. Given this information it is much harder to blame Troy for marrying Bathsheba for her money. For him it is a practical choice, and much more practical than the possible alternative of his marriage to Fanny. Troy's condition does not make his action less dishonorable, but it makes them understandable, and the reader is forced again to reconsider the validity of Troy's fate. Troy might have continued to live happily with Bathsheba if he had not accidentally met Fanny in a pathetic state. After meeting Fanny, Troy realized that he must help Fanny. But as his nature was to procrastinate he delayed his meeting with Fanny and as a tragic consequence of it, Fanny died without receiving any help.

Another blow of chance resulted in the delay that took place in the arrival of Fanny's coffin to Weather bury. As a result of this unforeseen delay Fanny's coffin was placed in Bathsheba's house and Troy

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happened to see the dead Fanny and her child. This led to Troy's sentimental behavior towards the dead Fanny and his separation from Bathsheba.

Fate was totally against Troy after the death of Fanny Robin. We learn that **"fate had dealt grimly with him for the last four and twenty hours"(Hardy, p.299)** His last attempt to repair his injury to Fanny was thwarted by a natural force- rain. The flowers that Troy so carefully planted on Fanny's grave were washed away and destroyed by the rain. The return of Troy after his reported drowning is another unforeseen occurrence. It is a strange coincidence that Troy return just at the time when Boldwood has obtained a promise from Bathsheba to marry him. Troy's return to claim. Bathsheba becomes the cause of his death.

Bold wood, in **Far from The Madding Crowd** is another character who suffers enormously due to circumstances beyond his control. His life is ruined because of Bathsheba's vanity. Fate seems to have been following Boldwood since Bathsheba's arrival in Weatherbury. He was middle-aged farmer somewhat wooden and reserved. He had the reputation of being a hopeless man where women were concerned. It was working of fate that Bathsheba's vanity was hurt by Boldwood's indifference towards her. Without contemplating the consequences, she sent him a bold valentine message which read "Marry Me". The valentine had an unexpected effect on Boldwood and contrary to his usual nature he developed feelings for Bathsheba. Once convinced of his love, he refused to give up his pursuit and became obsessed for Bathsheba. He pleaded his love to Bathsheba in such a passionate manner that she promised to consider his proposal of marriage and might in course of time have agreed to marry him if she had not accidentally met Troy. Malicious Fate sent Troy to rob Boldwood's chance of marrying Bathsheba. Bold wood, unlike Gabriel refused to resign to his fate and lost all interest in life after Bathsheba's marriage. He was completely broken by his sense of loss and allowed his farm to deteriorate. After the reported drowning of Troy, Boldwood's hopes of marrying Bathsheba were revived. This time Bathsheba promised to marry him after seven years because she desired to pay the penalty for her foolish joke, which caused him much anguish. But his aspirations were again thwarted by the irony of fate as Troy turned up and claimed Bathsheba. The sudden turn of events infuriated Boldwood and he fired at Troy and killed him, thus ending his own life as well. A man so dignified as Boldwood certainly deserved a better end but fate made doom unavoidable for him. Thus, in **Far from The Madding Crowd** all the male characters find themselves in the mess of incidents and events which run contrary to their motives and annul the prospects of their happiness. They all suffer immensely for absolutely no fault of their own. They act merely as the playthings of destiny. Throughout the novel Hardy has used chance and coincidence to suggest that human will is predestined to fail. The life of all characters is directed by fate that destroys all alike without discrimination between virtuous and vicious.

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Comparison Of Socioeconomic Status Among Male Team Game Players Of Lucknow University

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Abstract

The purpose of the present study was to assess the socioeconomic status among different University level male players of team game of University of Lucknow, Lucknow. For the present study 36 (basketball=12, handball=12,and volleyball=12) male players were randomly selected as the subjects for the study. The age of the subjects ranged between 17 - 25 years. The variables selected for the study were Socioeconomic Status (SES); basketball; handball and volleyball players respectively. Socioeconomic Status was assessed by using standardized questionnaireSocioeconomic Status Scale developed by Shankar Reddy Dudala (2012). Descriptive, one-way analysis of variance (ANOVA) test was used to analyze the data. Whereas the data was analyzed with the help of SPSS (16.0 version) software and the level of significance was set at 0.05 level. The result of the study shows that there was a significant difference between basketball and handball players. Where a sinsignificant difference found between basketball and volleyball; volleyball and handball players respectively.

Keywords: - Socioeconomic Status, Basketball, Handball,and Volleyball.

Introduction

Socioeconomic status depends on a combination of variables, such as an occupation, education, income, wealth, and place of residence. It has been recognized that socio-economic factors play a vital role in an individual's performance in sports. The Socio-economic status make-up of an individual plays an important role in their achievements in every field of life (**Kumar, and Krishna, 2013**)

Socioeconomic status is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education,and occupation. When analyzing a family's Socioeconomic status, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed (**Rathore, and Mishra, 2016**)

Statement of the problem

The statement of the problem was stated as to investigate the assessment of socioeconomic status among different male University level Team Game Players of University of Lucknow, Lucknow.

Hypothesis of the study

It was hypothesized that the higher socioeconomic status of University level Team Game Playerswould have apositive effect on their performance.

Objectives of the study

To find out the assessment of socioeconomic status among different male University level Team Game Players of University of Lucknow, Lucknow.

Methodology

- **Selection of Subjects**

  For the present study 36 (basketball=12, handball=12,andvolleyball=12) male university-level team game players of University of Lucknow, Lucknowwererandomly selected as the subjects for the study and the age ranged between 17 - 25 years.

- **Selection of Variables**

  The variables selected for the study was Socioeconomic Status; basketball; handball; and volleyball players respectively. Socioeconomic Status was assessed by using standardized questionnaireSocioeconomic Status Scale developed by**Shankar Reddy Dudala (2012).**

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- **Criterion Measures**

Variables	Questionnaire	Measuring Unit
Socioeconomic Status	Kuppuswamy's Socioeconomic Status Scale by Shankar Reddy Dudala	In counts

- **Selection of Questionnaire**

Kuppuswamy's socioeconomic scale questionnaire **(Shankar Reddy Dudala, 2012)** was used to collect data for Socioeconomic Status of an individual.

Administration of Questionnaire

All the subjects were distributed Kuppuswamy's socioeconomic scale questionnaire (Shankar Reddy Dudala, 2012) and asked to answer without undue delay. In the Kuppuswamy's socioeconomic scale questionnaire (Shankar Reddy Dudala, 2012) there were three questions such as Education, Occupation and Monthly Family Income.

Kuppuswamy's Socioeconomic Status Scale

(A) **Education Score**			(B) **Occupation Score**		
1	Profession or Honours	7	1	Profession	10
2	Graduate or Post Graduate	6	2	Semi-Profession	6
3	Intermediate or Post High School Diploma	5	3	Clerical, Shop-Owner, Farmer	5
4	High School Certificate	4	4	Skilled Worker	4
5	Middle School Certificate	3	5	Semi-Skilled Worker	3
6	Primary School Certificate	2	6	Unskilled Worker	2
7	Illiterate	1	7	Unemployed	1

(C) Monthly Family Income in Rs.			Norms	
			Total Score	**Socioeconomic Class**
1	32050	12	26-29	Upper (I)
2	16020-32049	10	16-25	Upper Middle (II)
3	12020-16019	6	11-15	Middle/Lower Middle (III)
4	8010-12019	4	5-10	Lower/Upper Lower (IV)
5	4810-8009	3	<5	Lower (V)
6	1601-4809	2		
7	1600	1		

Statistical Technique

To find out the significant difference among male university-level team game players of theUniversity of Lucknow, Lucknow in comparison to socioeconomic status.The data were analyzed by applying descriptive statistics, one-way analysis of variance (ANOVA) with the help of SPSS (16.0 version) software and the level of significance was set at 0.05.

Result and Finding of The Study

The scores were obtained by using socioeconomic status scale. All the individual scores were used to compare the socioeconomic status among different male university-level team game players of University of Lucknow, Lucknow.

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Table - 1

Descriptive statistics of different male university-level team game players with compare to socioeconomic status

Variable	Games	N	Mean	Std. Deviation	Std. Error	Min.	Max.
Socioeconomic Status	Basketball	12	16.7500	3.25087	.93845	12.00	22.00
	Handball	12	12.8333	1.58592	.45782	10.00	15.00
	Volleyball	12	14.7500	5.01135	1.44665	8.00	28.00
	Total	36	14.7778	3.82556	.63759	8.00	28.00

Table - 2

Analysis of Variance (ANOVA) of the means of differentmale university-levelteam game players with compare to socioeconomic status

Mean			ANOVA Table					
Basketball	Handball	Volleyball	Sum of Variance	SS	df	MS	F	Sig.
16.7500	12.8333	14.7500	B	92.056	2	46.028	3.615*	.038
			W	420.167	33	12.732		

*significant level at 0.05, B = between group variance, W = within group variance.

$F_{0.05}$ (2, 33) = 3.27

Table – 2 shows that the analysis of variance (ANOVA) with socioeconomic status among different male university-level team game players i.e. basketball, handball,andvolleyball found statistically significant. Therefore, it was observed that the obtained F-ratio 3.615was found statistically significant in comparison with table value 3.27.

Fig. - 1

Graphical representation of the means of differentmale university-levelteam game players with compare to socioeconomic status
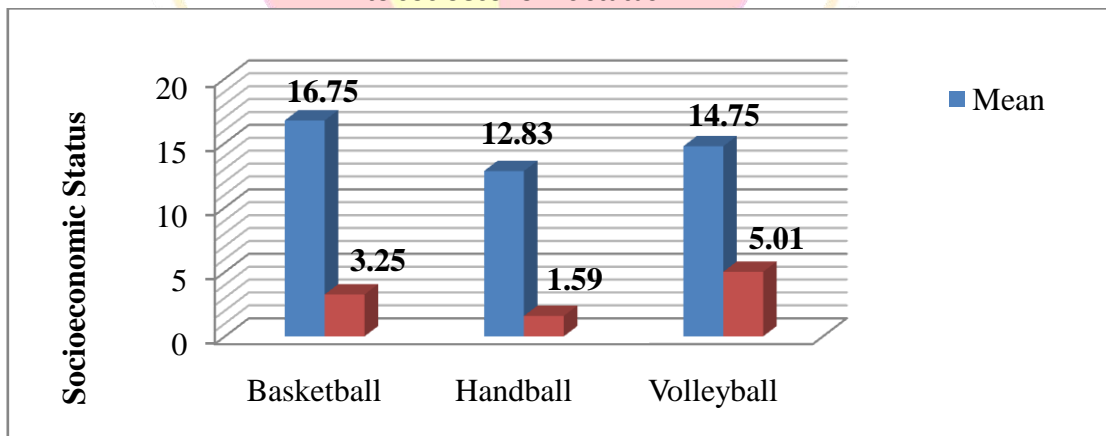
Table – 3

Post hoc comparison of the means of different male university-levelteam game players with compare to socioeconomic statususing LSD test

(I) Game	(J) Game	Mean Difference (I-J)	Std. Error	Sig.
Basketball	Handball	3.91667*	1.45673	.011
	Volleyball	2.00000	1.45673	.179
Handball	Basketball	-3.91667*	1.45673	.011
	Volleyball	-1.91667	1.45673	.197
Volleyball	Basketball	-2.00000	1.45673	.179
	Handball	1.91667	1.45673	.197

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Table 3 shows that the significant difference exists between the means of different male university-level team game players in compare with socioeconomic status. Post-hoc test (LSD) was applied to find out the degree and direction of the difference between paired means among different male university-level team game players.

Fig. - 2
Graphical representation of the means of differentmale university-levelteam game players with compare to socioeconomic status

Basketball	Handball	Volleyball
16.7500	12.8333	14.7500

" " represents significant difference between the means

Fig. 2 shows that the mean of basketball (16.7500) players significantly higher in comparison to the handball (12.8333)players and there were insignificantly comparison between the handball (12.8333)and volleyball(14.7500) players; volleyball(14.7500)and basketball (16.7500)players respectively.

Thus, it concludes that the socioeconomic status of the basketball and volleyballmale university-level team game players is higher in comparison to the players of handball players.

Discussion Of The Study

The finding of the study was supported by several types of research by **Gundala, R., & Chava, K. V. (2010)** conducted a study on the effect of lifestyle, education and socioeconomic status on periodontal health and concluded that there was a strong association of lifestyle, education level, and socioeconomic status. Another study supported by **Rathore, V. S., & Mishra, M. K. (2016)** has conducted a study on an association between socioeconomic status and lifestyle and concluded that there was significant relationship found between the socioeconomic status and lifestyle.

Conclusion of The Study
On the basis of finding the following conclusions have been made –
- The significant difference was found between basketball and handball players in comparison to socioeconomic status.
- The insignificant difference was found between basketball and volleyball players in comparison to socioeconomic status.
- The insignificant difference was found between volleyball and handball players in comparison to socioeconomic status.

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Nature and Forms of Protest in Contemporary Indian English Poetry

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Abstract

Contemporary Indian English Poetry reflects the crude and harsh visage of society with intense deftness. Protest poetry has become a distinct genre in the arena of contemporary poetry. The contemporary protest is multifarious as it aims at different problems of Indian society. Nature of contemporary protest is both direct and indirect. A poet sometimes directly attacks some social, political and cultural problems, but sometimes he fights with something within himself; when he uses defence mechanisms to deceive himself.

Keywords: Protest, Contemporary, Problems, Attack, Nature, and Form

Introduction

The contemporary protest is multifarious as it aims at different problems of Indian society. Nature of contemporary protest is both direct and indirect. A poet sometimes directly attacks some social, political and cultural problems, but sometimes he fights with something within himself; when he uses defence mechanisms to deceive himself.

Nature of Protest
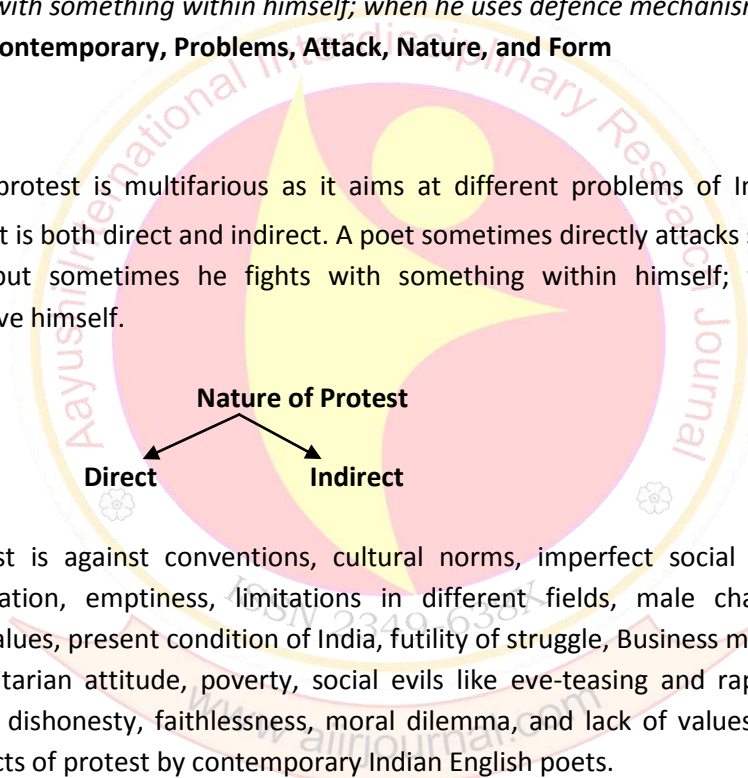
Direct ← → Indirect

Direct protest is against conventions, cultural norms, imperfect social order, sex, modernism, urbanization, deprivation, emptiness, limitations in different fields, male chauvinism, social norms, restrictions, lack of values, present condition of India, futility of struggle, Business mindedness, superstitions, corruption, war, utilitarian attitude, poverty, social evils like eve-teasing and rape, deceiving babas and gurus, lewdness and dishonesty, faithlessness, moral dilemma, and lack of values in younger generation. These are some objects of protest by contemporary Indian English poets.

The psychological protest is indirect in nature, it is against silence, tolerance, self, illusions, self - doubt, psychological complexions, fear,and conscience.

Forms of Protest

DIRECT PROTEST comes out in different forms because it shows the real & crude picture of contemporary Indian society. Nothing is perfect in the world, so is the case with outside world that is corrupt, deceiving, cruel, superficial and faithless. Most of the contemporary poets feel sick of it, at the zenith of their disapproval they use such form of poetry i.e. protest poetry. There are different types of protest such as social, political, cultural, material, and against sex, but there are also some subtypes of all these types. A protest is not always negative, sometimes it proves to be very much creative, gives a new way to the society, and becomes the pathfinder.

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Forms of Direct Protest

A.   Protest against Tradition

Protest against conventions   Protest against Superstitions

Protest against tradition   Protest against deceiving Babas & gurus

Protest against Hypocrisy

B.   Protest against Cultural Norms

C.   Political Protest

Protest against Politicians   Protest against Corruption in Politics

D.   Social Protest

Protest against social norms   Protest against the imperfect social order.

Protest against corruption.   Protest against War

Protest against Lewdness & dishonesty

E.   Protest against Sex.

Protest against sex & Prostitution   Protest against male chauvinism

F.   Protest against Modernism.

Protest against modern Civilization   Protest against dehumanizing effect of modern life.

Protest against Urbanization   Protest against Materialism

Protest against Business mindedness

G.   Protest against Deprivation of opportunities.

H.   Protest against Superficial Love.

I.   Protest against lack of values in younger generation

J.   Protest against faithlessness

K.   Protest against present condition of India.

L.   Protest against problems of Poverty

M.   Protest against Futility of struggle

N.   Protest against the failure

O.   Protest against Moral Dilemma.

Social Criticism or protest against imperfect social order got voiced in works of many contemporary poets such as Jayanta Mahapatra. **Corruption** is another subject that has again and again been protested by contemporary poets. Nissim Ezekiel in ' The Railway Clerk 'writes:

My wife is always asking for more money.

Money, money where to get money?

War is something which has never been liked by anybody. It is one of the most destructive things in the world. It snatches away the lives, peace, relief,and love. Nissim Ezekiel seems confused, for people do not follow preachings of Mahatma Gandhi. **Winter Poems,** the fourth and last volumes by Keki Nasserwanji Daruwalla, displays the employment of protest here and there, especially in "the professor condoles" and "Einstein explains to god the end of the world ". **Politics** is one of the most corrupt regions of our society. A very large amount of people always try to avoid it, they even don't like to discuss it. But for A. K. Ramanujan, politics is a matter of fun: therefore, he writes:

The dumb and the colour-blind rise rapidly in polities

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Nissim Ezekiel in his poem presents a protest against the **hypocrisy** of the orthodox Muslim family. It exposes the tyranny of the suffocating outdated social customs that suppress the intellectual growth of the Muslim woman even in the great cosmopolitan city.

The present condition of India is also miserable. There are various poems that protest against the present condition of India. The outer & inner personality of India has entirely changed, it is not the dream country of Nehru, Bhagat Singh, and Gandhi. **Vinay Dharwadkar (b-1954)** aptly remarks;

... The old have nowhere to go now

Needless to say, that protest poetry plays an explicit role in the field of contemporary Indian English poetry. No assessment or study could have been completed without mentioning this extremely important aspect of poetry. Protest of the unpleasant situation is human nature so the protest poetry is also very natural and spontaneous. Such natural poetry should not be ignored that is why such research works throw light on such topics and issues.

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Nutritional Status of Women

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Abstract

Women's health in India can be examined in terms of multiple indicators, which vary by geography, socioeconomic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analyzed. The United Nations ranks India as a middle-income country. Findings from the World Economic Forum indicate that India is one of the worst countries in the world in terms of gender inequality. Every third women of reproductive age in India are undernourished, with a body mass index (BMI) of less than 18.5 kg/m2. It is well known that an undernourished mother inevitably gives birth to an undernourished baby, perpetuating an intergenerational cycle of under nutrition.

According to Government of India National Family Health Survey (NFHS II, 1998-1999) the maternal mortality in rural areas is approximately 132 percent the number of maternal mortality in urban areas. Researches and the reports have dictated that in the recent years the per capita food consumption rates in the country have drastically increased but even the women are not able to get sufficient nutrition. Human body requires carbohydrates, proteins, vitamins, minerals, and fatty acids in an appropriate ratio to ensure proper and smooth functioning of all the human systems. If this requirement is not met, the person suffers from variety of diseases and ill health.

Keywords: Nutrition, BMI, NFHS

Nutritional Status of Women

Health is an important factor that contributes to human wellbeing and economic growth. Women's health in India can be examined in terms of multiple indicators, which vary by geography, socioeconomic standing and culture. To adequately improve the health of women in India multiple dimensions of wellbeing must be analyzed. The United Nations ranks India as a middle-income country. Findings from the World Economic Forum indicate that India is one of the worst countries in the world in terms of gender inequality. Currently, women in India face a multitude of health problems, which ultimately affect the aggregate economy's output. Addressing the gender, class or ethnic disparities that exist in healthcare and improving the health outcomes can contribute to economic gain through the creation of quality human capital and increased levels of savings and investment.

The low status of and subsequent discrimination against women in India can be attributed to many cultural norms. Societal forces of patriarchy, hierarchy and multigenerational families contribute to Indian gender roles. Men use greater privileges and superior rights to create an unequal society that leaves women with little to no power. This societal structure is exemplified with women's low participation within India's national parliament and the labour force.

Malnutrition is defined as a health condition caused by lack of proper nutrition and well-balanced diet. Human body requires carbohydrates, proteins, vitamins, minerals, and fatty acids in an appropriate ratio to ensure proper and smooth functioning of all the human systems. If this requirement is not met, the person suffers from variety of diseases and ill health.

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The work pattern and the extra amount of household work they perform this pressure on them demands for more food but sadly their basic need is not met. Adolescent girls grow at a faster rate and they need good amount of proteins, vitamins, and calcium to ensure healthy growth and development. Improper food makes them weak and can become the cause of various diseases like anemia, weak immunity, hypothyroidism, goitre, blindness, and even death.

The problem of malnutrition and lack of food intake is more reported with girls and women of the society. Girls belonging to the lower middle class or those below the poverty line suffer the most when it comes to fulfil the demand of sufficient nutrition. Whatever such families have in terms of income and nutrition is given to the male siblings without any consideration to the health of the girls. It is a known fact that women are more prone to nutritional deficiency. Malnourished women also put an impact on the national economy as lack of nutrition generally reduces the ability of women to work, and strength of women to endure sufferings. In all ways it is generally affecting the productivity of women. It affects both physical and emotional health of women that eventually leads to economic losses both for the family and the country.

Pregnant women also needs of nutrition as they have to bring up themselves in a healthy manner along with providing good nutrition to a new life developing in their womb. In such cases low food intake and lack of nutrition rebounds on the society by causing major health issues to the offspring be it a girl or a boy.

Every third women of reproductive age in India are undernourished, with a body mass index (BMI) of less than 18.5 kg/m2. It is well known that an undernourished mother inevitably gives birth to an undernourished baby, perpetuating an intergenerational cycle of under nutrition.

According to Government of India National Family Health Survey (NFHS II, 1998-1999) the maternal mortality in rural areas is approximately 132 percent the number of maternal mortality in urban areas. Researches and the reports have dictated that in the recent years the per capita food consumption rates in the country have drastically increased but even the women are not able to get sufficient nutrition.

The status of women health in India can be improved by following Interventions or methods:

1. Improving the quantity and nutrient level of food consumed in the household.

Ensuring:

- Access to generalized household food ration through public distribution system (PDS).
- Access to f supplementary foods under the integrated child development services scheme and
- Access to knowledge to improve the local diet, production and household behaviours through nutrition and health education.

2. Preventing micronutrient deficiencies and anemia.

Providing:

- Iron Folic Acid Supplementation deforming.
- Pre and peri-conceptual folic acid supplementation.
- Universal access to iodized salt.
- Malaria prevention and treatment in malaria-endemic areas.
- Access to knowledge and support to stop use of tobacco products during pregnancy.
- Maternal calcium supplementation and
- Maternal vitamin A supplementation.

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3. Increasing women's access to basic nutrition and health services.

Providing:

- Early registration of pregnancy and
- Quality of antenatal check up, with emphasis on pregnancy weight gain monitoring Screening and special care of at-risk mothers.

4. Improving access to water and sanitation education and facilities:

Providing:

- Sanitation and hygiene education, including menstrual hygiene.

5. Empowering women to prevent pregnancies too early, too often and too close together:

Providing:

- Ensuring marriage at/after legal age of 18 through awareness and ensuring a girl completes secondary education.
- Prevent maternal depletion by delaying first pregnancy and repeated pregnancies through family planning, reproductive health information, incentives and services.
- Maternity entitlement.
- Promoting community support system for women, skill development and economic empowerment.
- Ensuring marriage at/after legal age of 18 through awareness and ensuring a girl completes secondary education and cash transfer.
- Methods to prevent maternal depletion through family planning, reproductive health information, cash transfers, and services and
- Community support system for women to support decision making, confidence building, skill development and economic empowerment.

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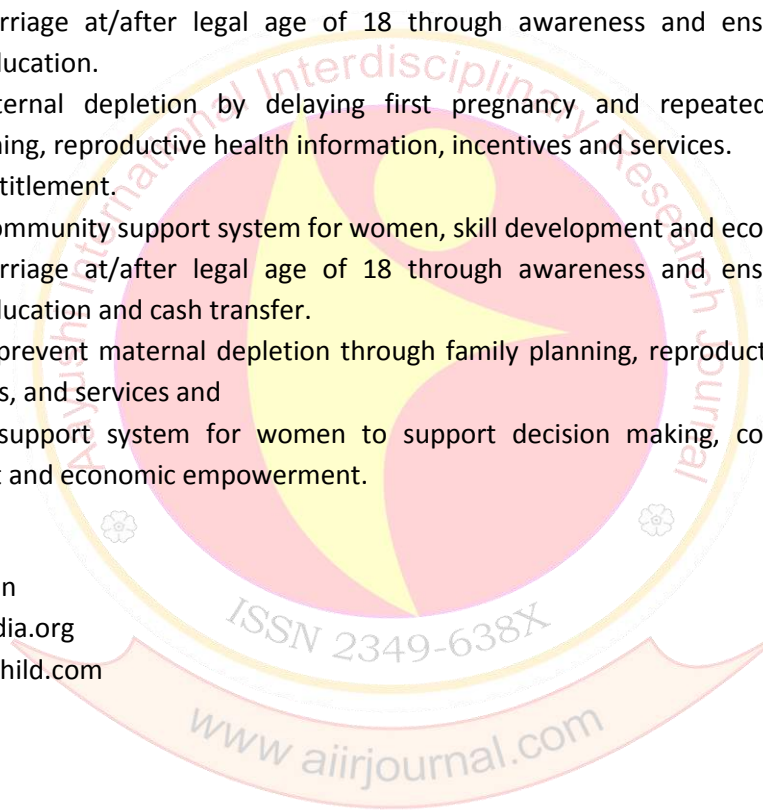
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A Comparative Study of speed ability among Football and Hockey players of Madhya Pradesh

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Abstract

The present study was to compare the speed ability among Footballand Hockey male Players of Madhya Pradesh M.P. For the present study 38 players of each sport were selected and theirage was between 16-19 years. There were 38 Football maleplayers and 19 Hockey male Players was of selected, who have daily practice in the state were taken for the study. The 50 meter run test was used to assess the speed among Football and Hockey Players. The results of the study show that the Football players were having very good speed compare to the Hockey Players. It is recommended that Football players and Hockey players must be given good speed training to enhance the performance.

Keywords: Football, hockey players and speedability, etc.

Introduction

Most sports, even endurance sports, have speed or agility as a component. Except in sports such as track or swimming where there is minimal or no change in direction, speed and agility are both important aspects of sport performance. The most successful American football lineman, for example, is the one who can react most quickly to the snap of the ball and get off the line toward the opposing player the quickest. Similarly, the best soccer or ice hockey players can change direction and take off with the ball or puck the fastest. Assessing speed and agility in a controlled environment with a test that is similar to the actual demands of the sport of interest is therefore highly useful in helping to design training in order to improve sport performance.

Physical fitness of a player depends on the nature of his game and also external conditions. Various physical fitness elements such as speed, endurance, agility and strength mature with the continuity of training load and game's nature. Speed tests contain more items than power tests although they have the same approximate time limit. Speed tests tend to be used in selection at the administrative and clerical level.

The world in terms of spectator sports. It is fast, quick and aggressive. They are considered as strenuous games because the games demands a high degree of fitness as well as intelligence and alertness of mind, speed, agility, jumping ability which are the basic qualities for the players. To achieve the best possible performance, the training has to be formulated according to the principles of per iodization (Bompa 1999)

Methodology

The samples for the present study consists of 38 Basketball and 38 Hockey male Players between the age group 16-19 years who have daily practice in sports were taken for the study.50 meter run is used to collect the data for speed.

Test Selection

One of the most important steps in using performance tests occurs before the subject even reports to the testing area. Test selection is vital because it affects the validity of the results. The first consideration

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is that the test represent the physiological demands of the sport. Thus, the fitness professional must have an understanding of the basic energy systems and other physiological traits that would affect sport performance, such as body size. Because many sports require a variety of abilities (e.g., speed, agility, power, anaerobic capacity), a battery of tests is often used to address each of the abilities separately.

Factors Influencing test Performance

For test results to be reliable, many things must be taken into consideration in addition to properly planning for test administration (i.e., training examiners). Factors such as environmental conditions may affect test performance and should be noted, particularly when tests are administered outside where weather (temperature, humidity, precipitation) is variable. Other, more controllable factors include subjects' hydration and nutritional status. Instructions can be given to subjects regarding water consumption and pretest meals, which can be replicated for repeat test sessions. Dehydration is known to adversely affect performance, and subjects should consume a pretest meal that is well tolerated. Finally, subjects should be well rested following training sessions (at least 48 hours), and should be given adequate rest periods (5 to 20 minutes) between tests when a battery of tests is being performed.

Administration of test

The test involves running a single maximum sprint over 50 meters by the time recorded. A thorough warm up should be given, including some practice starts and acceleration. Start from a stationary standard position (hands cannot touch the ground) with one foot in front of the other. The front foot must be behind the starting line. Once the subject is ready and motionless, the starter gives the instructions 'Set' then 'go'. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs, and the participant should be encouraged not to slow down before crossing the finish line.Scoring was scored time per second.There were two trials given to each subjects and the best time is recorded.

Analysis and interpretation of the data

The following statistical procedures were used to analyze the obtained data. To find out whether there was any significant difference between Football and Hockey male Players, the 't' ratio was used. The level of significant was set at 0.05 .

Table 1: Showing the speed between Basketball and Hockey boys Players of Basti District

Test Item	Group	No	Mean	S.D.	Mean difference	T value	Df	Sig (2-tailed)
50 meter Run	Football	38	6.25	.378	.35	2.77*	38	.009
	Hockey	38	6.49	.41				

Significant at 0.05 levels, t (0.5) 38 = 2.021

Table 1 indicates that the mean value of the speed of Football players are 6.25and Hockey players are 6.49. There is a difference of 0.24 seconds. The result shows that Football players are having good speed compare to the Hockey players. S.D. of Basketball and hockey players is 0.378 and 0.41respectively, whereas the obtained t - value is 2.77. The Obtained value is greater than tabulated value, so there is a significant difference between the speed of Football and hockey players significant at 0.05 levels.

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Discussion and Conclusion

On the basis of the result of the study, it can be concluded that there was a significant difference between the Football and Hockey of Male Players in relation to speed ability. Football players have speedier in comparison to Hockey players due to the nature of the game, training schedule, ground length and flat running according to game demand.

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Relationship of Agility and Speed with Body Composition Of University Students

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Abstract

The aim of this study was to investigate the relationships of height, weight and BMI with agility and speed of male college students of Mahatma Gandhi KashiVidyapith,U.Pr. **Methodology: -** Total 45 male students were selected as subjects fromMahatma Gandhi KashiVidyapith,U.P, Age of the subjects ranged between 19- 25 years. Selected Variables for the study were Height, Weight, BMI, Agility and Speed. Standardized test or tools like stediometer, weighing machine, 4x10mt. Shuttle run test, 50 yard dash test etc. were used to collect the data for selected variables. To find out relationship between selected variables, descriptive statistics and the Pearson's Product Moment Correlation was used.**Findings: -** There exists a significant relationship between Weight and Agility (r=.570, p<0.05), weight and speed (r=.538, p<0.05), BMI and Agility (r=.543, p<0.05) and BMI and Speed (r=.552, p<0.05).There were no significant correlation found between Height and Agility (r=.174, p>0.05) and Height and Speed (r=.085, p>0.05).

Key Words: Height, Weight, Body Mass Index, Agility and Speed.

Introduction

Today, we see that in order to improve the performance of their athletes, exercise educators and teachers evaluate them in terms of healthcare, physical and movement as well as skills fitness according to a timetable. Given the nature and variety of athletic skills, stamina and player movement, as well as having some anthropometric characteristics and appropriate physical capacity, it is considered as one of the success factors in the sports scene. In addition, factors such as the size and performance indicators of motor skills in the tendency of people to a specific sport play an important role.

All the components of physical fitness and motor fitness can be realized by different body actions. In this manner the physique of a person especially Height and Body Weight plays very important role in his motor fitness status. The puberty phase of human life is found to be most productive one for developing base for different motor abilities. It is believed that motor fitness is trainable factor but the influence of one's physique and body composition seem to play a great role in its determination as achievement of high level performance is only possible in an individual with adequate genetic predisposition and under optimal environment condition. India is vast country with unique cultural, social, geographical, ethnic and climatic differences. The motor fitness of Indian male varies according to regional variations of the country. The B.M.I. also varies from one region to another which ultimately affects growth and development. Sodhi, Padhmanathan and Prakash (2007) have reported that the regional variation of morphological characteristics of Indian children occur due to socio-economic, climatic and genetic variations.

Methodology

A total of 45male students were selected from the Mahatma Gandhi Kashi Vidyapith, U.P, and their age of the subjects was ranging between 19-25 years. Keeping the feasibility criterion measure to the researcher selected the following variables for the present study:

- BMI was calculated as weight in kilograms divided by the square of height in meters.
- Speed was measured by 50mt. dash, recorded in seconds.

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- Agility was measured by 4x10mt. Shuttle Run Test, recorded in seconds.

Statistical Analysis

For determining the relationships of selected variables, descriptive statistics and the Pearson's Product Moment Correlation were used and the level of significance was set at 0.05 level of confidence.

Result And Discussion Of The Study

Table 1

Descriptive statistics of selected variables of male students

Variables	N	Mean	Std. Deviation
Height	45	166.922	5.769
Weight	45	60.146	7.728
BMI	45	21.576	2.437
Agility	45	10.849	.788
Speed	45	7.136	.729

Table 1 depicts that the mean and SD of height (166.922 ± 5.769), weight (60.146± 7.728), BMI (21.576 ± 2.437), Agility (10.849 ± .788) and Speed (7.136 ± .729).

Table 2

Relationship among selected variables of male students

Variables 1	Variables 2	Coefficient of correlation (r)	Sig.
Height	Agility	.174	.254
	Speed	.085	.579
Weight	Agility	.570*	.000
	Speed	.538*	.000
BMI	Agility	.543*	.000
	Speed	.552*	.000

* Correlation is significant at the 0.05 level (2-tailed).

According to Table 2it can be seen that there are significant correlation between Weight and Agility (r=.570, p<0.05), weight and speed (r=.538, p<0.05), BMI and Agility (r=.543, p<0.05) and BMI and Speed (r=.552, p<0.05).Another hand there are no significant correlation between Height and Agility (r=.174, p>0.05) and Height and Speed (r=.085, p>0.05).

Discussion of the Findings

This study investigated the relationship between heights, weight and body mass index of teenagers with their individual skills.

Based on the results obtained and the reliability of the results of this study, it is concluded that BMI factor has a significant negative correlation with recorded running speed. In fact, the running speed record is damaged with a high body mass index. Speed factor is of important physical fitness factors in most sports. BMI is also a standard indicator for identifying overweight, underweight, ideal weight and obesity and is directly related to one's weight. Most research in this area indicates that higher body mass index has a weak

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sport performance (Taghinejad, 2013). The results indicate that there is an inverse significant correlation between BMI and agility record.

Agility is also very important factors for physical fitness and sport. One reason for agility enhancement can be attributed to the weight to be shifted easily in exercises. Because BMI is directly related with weight, and the results according to specified standards lose weight, overweight, normal weight and obesity can be estimated, and as previously mentioned; too much weight will cause the athlete to carry the extra load during process, causing poor performance and ultimately reduce the agility of a person.

Conclusions

On the basis of the result of the study, it can be concluded that there were significant relationship found between Weight and Agility (r=.570, p<0.05), weight and speed (r=.538, p<0.05), BMI and Agility (r=.543, p<0.05) and BMI and Speed (r=.552, p<0.05).There were no significant correlation found between Height and Agility (r=.174, p>0.05) and Height and Speed (r=.085, p>0.05).

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Incredible Aspects of Indian Caste System

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Abstract

Classical studies on pre-modern Indian social structure have suggested apparentdifferences between the Indian caste system and social stratification as one can discern in other parts of the world. However, one needs to question such dogmatic assertions that such vast differences really existed. An endeavor is made in this research paper to reflect on the nature of caste hierarchy in pre-modern India. The caste system forms the significant basis of pre-modern Indian social structure. Early writers conceived the caste system of pre-modern India as something unique to India. An attempt is made to question this application of incredible theory in the case of India.

Keywords: Caste system, Social stratification, Hierarchy, Mobilization of caste.

Introduction:

An endeavour is made in this research paper to reflect on the nature of caste hierarchy in pre-modern India. The caste system forms the significant basis of pre-modern Indian social structure. Early writers conceived the caste system of pre-modern India as something unique to India. An attempt is made to question this application of incredible theory in the case of India.

We discern from classical Indian sociological discourse that there existed significant differences between the nature of social stratification in pre-modern India and other regions of the world. This is generally referred to as the incredible aspect pertaining to Indian caste system. However, the hierarchies found in the Indian caste system suggest that social stratification, as found in pre-modern India, was not totally dissimilar from the social stratification found in other parts of the world. An attempt is made to provide the theoretical and logical explanation regarding the emergence of caste hierarchies in pre-modern India. The study utilizes the contributions of earlier theorists in attempting to critically analyze their views based on logical analysis and deduction.

A Survey of Caste System in Indian History

Beginning from the very ancient period, social scientists have attempted to contemplate on the origin of caste in early India. Colonial social historians were thefirst to realize the importance of assessment of the social institutions of pre-modern India. They embarked upon on colossal project to cull useful information regarding typical social institutions of India (Rao, 2005).

However, even before this attempt, we find that many foreign travellers had visited India during the pre-modern period and had also attempted to wonder about social institutions in India. They visited India as individual tourists and as scholars interested in divergent cultural systems found in India. These foreign tourists had left their impressions regarding society, customs and traditions of India in their writings. The Greeks were the first such foreign travellers who visited India perhaps before or after the 'invasion' of Alexander of India (Kosambi, 1956). During the Mauryan period, it was the Greek ambassador, Megasthenes, who left his account of India in his book '*Indica*'. In particular, he referred to social stratification in ancient India and about the existence of seven classes including brahmanas and peasants in early India (Thapar, 1985). However, while Megasthenes does not mention the existence of different *varnas* and *jatis*, he does

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indicate his awareness of the existence of different social classes in early India by highlighting the mode of life of brahmanas and peasants. His underlying assumption is that there existed watertight social class compartments in ancient India. Other early Greek authors imitated this assumption in their texts concerning the social institutions of early India later.After Megasthenes, several foreign travelers visited India and they have left their own account of India.These foreigners visited India with the motive of understanding Indian culture and religion. In particular, Chinese travelers came with the objective of accumulating knowledge regarding Buddhism. Their writings, in comparison with Megasthenes, suggest that significant changes had occurred in the social structure from the early period to pre-modern period in the social history of India indicating certain dynamism. This dynamism, an inherent quality of Indian social institutions, led to its survival for several centuries in spite of the invasion of foreign political and intellectual forces (Rao, 2005).

Caste System in Pre-Modern and Modern India

With the arrival of the British colonialism in India, an attempt was made to systematically study the nature of social structures in India. These earlier attempts were framed via 'exoticism' and were the foundations of modern 'orientalism'. This attempt to study this exotic world led to the establishment of voluntary organizations such as the Asiatic society with its branches in Calcutta and Bombay. Those who studied Indian culture and society (Indologists) considerably enriched the knowledge embase regarding social institutions of pre-modern India (Keay, 1989).

However, demands of colonial mastery and social control of India perhaps pressurized these Indologists to suggest that the Indian caste system was entirely different from social stratification systems found in other parts of the world. Consequently, there were attempts made to suggest that India possessed social, economic and political institutions that were mostly static and unchanging. This view led to the propagation of the theories such as Oriental Despotism and Asiatic Mode of Production. Significantly, the latter theory, which was propounded by Karl Marx himself, assumes that there existed different mode of productions for Asia including India. It explicitly indicates that India did not possess the experience of the same stages of social and economic development as that found in Europe. These different stages of production were: slave mode of production, feudal mode of production, and capitalist mode of production. Contrary to this, in India there existed only one mode of production, which has been dubbed as Asiatic mode of Production. An important part of this thesis was to suggest that despotic rulers ruled Indians and that there was not much of economic and social advancement in this region (Thorner, 1990).This uniqueness thesis was also applied in the case of caste system of pre-modernIndia. It was thought that the caste system was something unchanging, static, and not dynamic. This conclusion was based on faulty evidence and erroneous logical argument. In fact, it was found that Karl Marx himself depended on the sourcessupplied by the statistics available with the British parliament. As such, Karl Marxerred in his judgment of pre-modern social realities as they relate to early India (Thapar, 1992 ; Champakalakshmi, 2002). This argument of Karl Marx has since beendumped by his successors and they have successfully resisted any attempts made to suggest that India did not possess dynamic social institutions. Recent contributions in Indian classical sociology, rejecting such earlier simplistic notions, have proved the complex nature of caste hierarchies in of pre-modern India (Das, 1987; Jaiswal, 2000; Rao, 2005) .

In the post-independence period, there have been several additions to concepts relating to caste formation. One important concept is that of 'dominant caste'presented by Dumont (Dumont, 1970). Another significant addition to sociological study of Indian caste system is the concept of 'saskritization' which argues how the previously, non-sanskritic social groups came under the influence of the "greaterculture"

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(Srinivasan, 1989). Sociological studies undertaken have provided for the theoretical and conceptual basis to the study of social hierarchies in the pre-modernperiod. Regarding the emergence of social stratification with reference to the emergence ofconcepts such as *varna*and *jati*, socio-historical studies suggest that the evolution of *varna* and *jati* was a slow and steady process (Thapar, 1992). In fact, during the earliest times, there is evidence of the interchange between castes, which meant that society was not as rigid as found during the post-Mauryan period (Jaiswal, 2000).

Characteristics of the Caste System in India

It has been suggested that the Indian caste system consisted of certain typical features, which distinguished them from other societies. According to Ghurye, the caste system of India consisted of following features: (1) segmental division of society, (2) hierarchy, (3) restrictions on feeding and social intercourse, (4) civil and religious privileges, (5) lack of unrestricted choice of occupation, and (6) restrictions on marriage (Ghurye, 1991).

However, during the course of several years of pre-modern history, there were manyexceptions to the above indicating that not all these features or rules of the castesystem were strictly applied. For instance, there were marriages between peoplebelonging to different *varnas* and *jatis*, and changes in the profession of both individuals and groups of people.

Social stratification and Hierachies.

We may define caste hierarchies as differentiation of divergent social groups, and this differentiation might not be due to deliberate attempt of one particular caste group. It is within this context that Sharma (1980) refutes the suggestion that brahmanas deliberately propounded the theory of *varna* and *jati* to consciously further their social interests. In simple terms, caste hierarchies have different forms of social stratification. Some amount of social stratification is found even in tribal societies. Even in ancient Greece, there existed social differentiation between the masters and slaves. The Greek travellers were in fact surprised by the fact that there did not exist much of antagonism between different social classes of India particularly the masters and slaves. Thus, social hierarchies and stratification is found in all societies of the world, despite being caste-less societies (Rao, 2005).

Incredibility of Indian Caste System

Having said that Indian caste system consisted of caste hierarchies and that at the same time, one can discern similarities between social stratification between India and other parts of the world, we should also consider the factors that gave rise to the impression of incredibility of Indian caste system:

1. Indian theological works like *Manusmriti* and *Yajnavalkyasmriti* provided the'ideal' form of society, which was seen as dominated by different castehierarchies. This idealistic notion of society does not necessarily provide realistic representations,

2. Social taboos, customs and traditions are other factors that gave theimpression of uniqueness of Indian caste system. However, similar customs and traditions may be found in many non-European societies of Asia and Africa,

3. An exaggerated view of otherworldly matters that made Indian social institutions entirely metaphysical and devoid of material desires. This indicated that Indians gave too much importance to spiritual demands rather than satisfying their material needs,

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4. Critique of ancient Indian literature with modern sociological methodology. Some of the above factors resulted in the presentation of the argument that the Indian caste system was unique. It is true that there are significant differences between the Indian caste system and social stratification systems found in other parts of the world.

However, one should also see the similarities between the two kinds of social organizations and that hierarchic social stratification of the population into classes is practically universal. Uniqueness of Indian social systems is also found in the debate regarding Indian feudalism. Some Indian historians have suggested that there existed similarities between western and Indian social and economic institutions (Sharma, 1980), while others argue that in India there was an absence of feudalism (Kulke, 1997; Mukhia, 2000). Nevertheless, feudalistic institutions were found in pre-modern India with certain modifications. Obviously, there were significant differences between Indian feudalism and western feudalism. However, to state that there was complete absence of these kinds of social institutions is a misnomer (Thakur, 1989).

Difference between Caste and Class

In studies of pre-modern Indian society, the term 'caste' has often replaced by the term 'class' as found in other societies of the world. Sometimes both the terms are used to imply similar connotations. However, there are certain differences between the two terms. 'Class' has more economic connotations rather than social meanings, and 'caste' has more social meanings rather than economic connotations. Nevertheless, caste may have economic origins.

However, there may be two different classes in a single caste. Caste is very much deeply rooted in Indian social and historical tradition. Even among modernized or religious converts, one can see the existence of castes. For instance, among the Christians of Goa there are significant caste differences. Even among the Muslims one can discern the prevalence of caste system (Ahmad, 1973). Also, at times, different castes belong to different social classes. The elite castes like brahmanas and kayasthas may be considered as belonging to upper class, while the backwards castes may be considered as belonging to lower classes. Thus, it is possible to use both caste and class to mean the same thing although there are obvious differences between the two.

Mobilization of Caste

In the pre-modern period, we also discern the upward and downward mobility ofdifferent castes. This is similar to the class system of developed world. In India, aperson with economic ability was given a better social status. On certain occasions, itwas even possible for a person to change his/her caste. Thus, a non-brahmana could become a brahmana and a brahmana could become ksatriya depending on his/her social and political power.

Comparision of Inidan and Modern World Society

Within classical Indian sociology, scholars are often tempted to compare the pre-modern Indian caste system and its features with the modern social institutions of other parts of the world (Rao, 2005). However, when such comparisons are made, we need to be mindful of the need to compare between two societies of the same context. That is, one should compare modern Indian society with modern societies of the world. We cannot commit the mistake of comparing ancient Indian social institutions with modern world

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society. Even when comparisons are made between the Indian caste system and social stratification of other societies, one cannot deny the fact the prevalence ofsimilarities between the two.

Conclusion

Many scholars have suggested that the pre-modern Indian caste system wasunique when compared with the modern societies of the west. However, onecan find logical evidence to suggest the presence of significant similarities between pre-modern caste system of India and the west. Social and economic differentiation was the basic factor leading to such social stratification. It iserroneous to compare the pre-modern Indian caste system with modern social structure. The current Indian caste system is also undergoing tremendous metamorphosis and has not escaped the revolution of modernization. It is inevitable that in the future there would be subtle and apparent mutations in the Indian caste system.

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Communication and Innovative Methods of Communication

Miss Rashmi Tewari

M.Com (Pure Commerece) B.Ed

Introduction

Communication is a very old concept. The birth of human beings let to the birth of communication. Thus we can say that communication is as old as man himself. Our lives are impossible without communication. Communication is general phenomenon. It occurs in nature wherever life exist. Not only human beings but other organisms communicate. Thus communication plays a very important role in the present scenario of our world, even today**.**

Communication
MEANING

The word communication has been derived from Latin word communis which means common. In communication a though or idea is a common topic to be talked about. Living beings communicate with other and express themselves either through words or gestures.

Communication can be compared to the striker of the carom board game. As sometimes the striker is hit by the first player and then by the second, and sometimes the striker is distorted, Thus, we can say communication is just like a striker sometimes bring understanding and sometimes can be misunderstood too.

According to **Louis A.Allen,**

"Communication is the sum total of all the things that a person does when he wants to create an understanding in the mind of another. It involves a systematic and continues process of telling, listening and understanding"

According to **Cyril L.Hudsen,**

"Communication in its simplest form in conveying of information from one person to another"

According to **Fred G.Meyer,**

"The act of making one's ideas and opinions known to others"

According to **Charles Redfield,**

"Communication is the broad field of human interchange of facts and opinions and not the technologies of innovations."

Thus, from the above definitions, we can summarize that communication is a two way, systematic process where there is an exchange of facts, ideas or thought to bring effective understanding.

Objectives : The main objectives of communication are;

- to convey thoughts or idea
- to create the understanding about the idea
- to give information
- for proper planning and coordination
- to give advice , orders or suggestions
- improving social relations
- smooth flow of work in any sphere of life
- to be part of the society
- to have effective flow of thought process in the mind of human beings
- Quick decision making.

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Process

To cover the objectives of communication, it is necessary to follow the process of communication. Effective flow of the process of communication will lead to effective communication and feedback.

The sophisticated model of communication acts as loop between the sender and receiver, which is as follows;
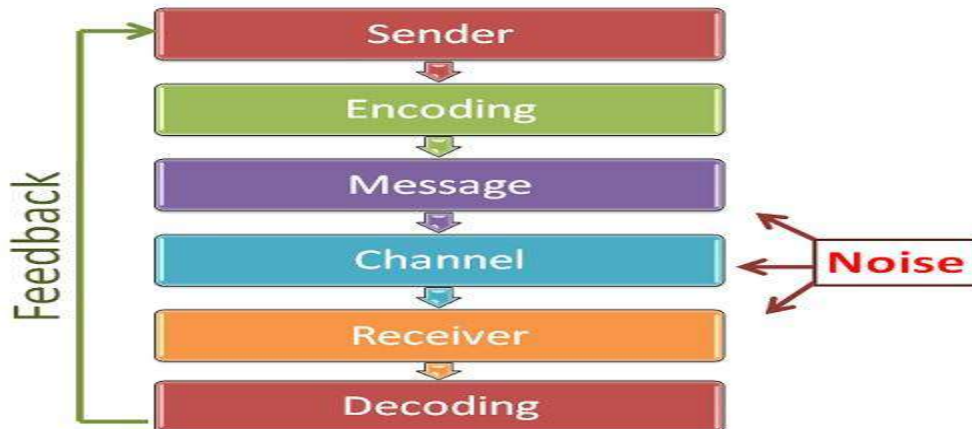
Any mode of communication would require or has to go through each and every step through the process of communication. As firstly the sender has to send the message then the sender encodes it by putting words to the message through any channel of communication (oral, written etc.), then the receiver perceives the message and decodes the perceived message through information translation and finally gives feedback, as the message is understood.

Innovation In Communication

The process of communication is going on since the birth of man. With the change in the society, the methods of communication have also been change.

Innovation is the key for a society's performance and progress. The information about and communication of new ideas, technologies, products and services play a crucial role. Now days, the notion of innovation in communication is virtually experienced in every share of life. Innovation in communication has helped in the successful development, implementation and enforcement of technologies, products and services.

Innovation in communication has led to the discovery of fashionable and trendy inventions like Skype, Whats App, Facebook, hike, messenger etc. The innovation in communication is seen since last few years through this application. Innovation in communication tends to fulfill specific requirements of being understood as a dynamic capability because innovation in communication can re-configure, re-shape, re-fresh, create and extend the valuable resource base of an enterprise and thereby seize new opportunities to gain competitive advantages in the long run.

The innovation is communication has been a blessing for human relationships. The innovation methods of communication have amplified the values of society, because they are useful for everyday life and offer more benefits than detriments for it. This can be argued by demonstrating three aspects of modern methods of communication:

- Advance educational opportunities.
- Encouragement to medical science.
- Mobile phone allows instant connection worldwide.

Thus these innovations in communication resulted as a revolution in the modern society.

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Communication is not something which we consciously think about in most situations; rather it is the exchange of information is basic component and a foundation of our lives.

Living creatures communicate with one another via some form of tool or other means. In the pre-historic era, humankind communicated information using images, character, sounds and later music from the sender to the receiver.

In the course of time and history many possibilities derived from technical evolutionary & innovative ideas that have been developed for communication, cooperation and exchange of information over many centuries. Ultimately it is the human drive to be successful and efficient in communicating, processing and transmitting information that drives this process.

What changed the communication industry..?

In the past few decades, a technical change took place due to the changing condition & requirement of information processing with the need to communicate and collaborate in our global economy. In addition to globalization, an important benefit for business was also created by countless technical development.

The following diagram illustrates the development of telecommunication since the mid-18th century and the innovation's that were invented with software technology.

Securing communication presents us with a challenge of enormous importance and complexity. If we still are to enjoy the enormous benefits of electronic communication, we need technical evaluations and legal safeguards that protect information security and privacy. I reckon the future of communication is all about realizing and researching the current vulnerabilities of our communication infrastructure, and collective effort to strengthen it. With an open and robust infrastructure at its core, the web may continue to foster not only our communication, but openness freedom and access to knowledge.

Conclusion

In other words traditional communication and software based communication and collaborations technologies are coming closer together, merging and building a strong convergence for the future.

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Comparative Study of Physical Education Programs in High Schools of Yavatmal City

Mr. Tasleem Arif Sheikh

Ph.D. Research Scholar,

Mr. Sheeraz Ahmad Wani

Ph.D. Research Scholar,

Shri Satya Sai University of Technology and Medical Science, Sehore Bhopal University (MP)

Abstract:

The main purpose of the study was to see the programme of physical education that is being implementing in the high schools located in the Yavatmal city of Maharashtra State. For the present study, the researcher selected subjects from 10 (ten) high schools of Yavamtal city. For the finding of the study researcher selected 50 (fifty) male and female students (consisting 5 students from each school) 10 (ten) Headmasters/Headmistress and 10 physical teachers from 10 (ten) high schools of Yavatmal city with the help of simple random sampling method. The age of the subjects varied from14 to 16 years. It is a survey type of study, for collection of relevant information researcher prepared self made questionnaires for the students physical Teacher separately. Further wherever required interview method was also administered.

Keywords: Physical Education, Programs and High Schools.

Introduction:

There are many individuals employed in schools and colleges to teach physical education. They are well trained and prepared for this purpose. The training and preparation of physical education are provided by many certificate programmes in physical education. These programmers are designed to prepare individuals to teach physical education in schools and colleges. Experiences in academic programs are devoted to developing individual's understanding of knowledge construction, learning, pedagogy and responsible professional practice in the contest of education. The programmers should be arranged sequentially to help teacher candidates acquire and gradually refine the planning, instructional and interpersonal skills required to be physical Education teachers.

Therefore, new physical education emphasizes education through the physical as philosophical basis for sports, fitness and Physical education. A philosophy in which activity is believed to contribute to physical, mental social and intellectual strengths paying way for all round wholesome and harmonious development of an individuals.

Any programme that is to be implemented and its grant success is broadly depends on the attitude of the personnel involved in it. To implement the programme of physical education, the P.E.T. is generally responsible. Hence how he reacts and have the opinion must be known. Therefore having a glance over their attitude leads the in right direction. Therefore it becomes essential to see what type of teachers' attitude is, which factors may changes the teachers attitude either in positive or in negative style.

Educationist and educational planners in India have started realizing that only securing enough teachers will not do, as what is equally important is securing the right type of teachers. Unless such teachers are found the secondary schools cannot deliver the goods that are expected of them. Fundamentally the success of secondary education does not depend either on the definition of aims, statements of objectives or discussion of subject values but on the academic and professional preparation of teacher, for the professional preparation of teachers the study of attitudes held by them is very important. How a teacher performs his duty, as a teacher is dependent to a great extent on his attitude, values and beliefs. A positive favorable attitude makes the work not only easier but also more satisfying and professionally rewarding. A

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negative unfavorable attitude makes the teaching harder more tedious and unpleasant. In addition a teacher's attitudes not only affect his behavior in the classroom but also influence the behavior of his students. Moreover effective and productive learning on the part of pupils can be achieved by employing teachers with desirable attitudes or by shaping their attitudes in the desired direction.

Methodology

Source of data: For the present study, the researcher selected subjects from 10 (ten) high schools of Yavamtal city.

Selection of Subjects

For the finding of the study researcher selected 50 (fifty) male and female students (consisting 5 students from each school) 10 (ten) Headmasters/Headmistress and 10 physical teachers from 10 (ten) high schools of Yavatmal city with the help of simple random sampling method. The age of the subjects varied from14 to 16 years.

Tools for collecting the data:

It is a survey type of study, for collection of relevant information researcher prepared self made questionnaires for the students physical Teacher separately. Further wherever required interview method was also administered.

Collection of data

The data was collected through the administered of questionnaires and interview method from the students physical Teachers of high schools in Yavamtal city. The researcher was verified each and every questionnaire filled in by the subjects. After verification of questionnaires the researcher employed chi-square ($\chi 2$) statistical technique for the analysis of data.

Analysis and Interpretation of Data

To estimate implementation of physical education programme in high school of Yavatmal city the researcher collected the data through administered the self-made questionnaires.

All the data collected regarding implementation of physical education programme. For the present study researcher collected data from 20 physical Teachers and 50 (fifty) students were examined by employed Chi-square (x2) statistical technique.

Table-1 Showing the Chi-square among the opinion of P.E.T.s about statement numbers 1and 2

Statement	Yes %	No %	N	X^2 Value
Physical education plays development of student's personality	8 (80.0%)	2 (20.0%)	10	3.6
Developed action plan for effective implementation of teaching games & sports	8 (80.0%)	2 (20.0%)	10	3.6

Table-2 Showing the Chi-square among the opinion of P.E.T.s about statement numbers 3 and 4

Statement	Yes %	No %	N	X^2 Value
Action plan for academic calendar	7 (70.0%)	3 (30.0%)	10	1.5
Plans to organize co-curricular activities in school	7 (70.0%)	3 (30.0%)	10	1.5

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Conclusion:

It was concluded from the table-11 found that in case of statement 1st the opinion of physical teacher about student's personality through physical education shows insignificant, as the 80% and 20% respectively in Yes and No categories. It was indicated that physical education has no important role for student's personality.

In case of 2nd statement the opinion of physical teacher about master plan of academic calendar shows insignificant, as the 80% and 20% respectively in Yes and No categories. It was indicated that school authority doesn't developed plan for implementation of teaching games and sports.

It was concluded from the table-12 found that in case of statement 3rd the opinion of physical teachers about effective implementation of sports programme in school shows insignificant, as the 70% and 30% respectively in Yes and No categories. It was indicated that the school authority doesn't prepare action plan for academy Calendar.

In case of 4th statement the opinion of physical teacher about co-curricular activities in school shows insignificant, as the 70% and 30 % respectively in Yes and No categories. It was indicated that school authority conducted less co-curricular activities in school.

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Comparative Study of Job Satisfaction of Professional College and Academic College Teachers

Mr. Waseem Raja Malik

M.Phil, Reseach Scholar

Abstract:

The present study is state as in Job Satisfaction Of Professional College And Academic College Teachers of Jammu University, for this study, the researcher was selected from Grantable professional and academic college affiliated with Jammu University. For the study only the grantable male teachers were working since last five years both are Professional as well as academic teachers. The total numbers of teachers were 35 Professional and 35 Academic college teachers were selected by using simple random sampling method. The data was collected by using Standard Questionnaire and analysed and interpretation was done on the basis of special standard teaching Viz. Mean, Standard Deviation, and 't' Test.

For the Present study the Subjects were selected from Grantable professional and academic college affiliated with Jammu University. In order to fulfill the study 70 subjects were selected in which 35 teachers from professional and 35 teachers from academic college. The subjects were selected by simple random sampling method. For the present study, the standard Questionnaire Job Satisfaction Scale for Teacher's (J.S.T.) developed by S. K. Saxena was administrating to the selected subjects. The data pertaining to the study was collected by administering the standard Questionnaire. The Questionnaire was personally distributed in various colleges of Jammu University. This investigation has encouraging co-operation in this respect and the return was very high.

Introduction:

In general, a profession is made up of a group of people who provide a unique social service to humankind. For providing this service, the members have secured specialized skills obtained in a body of knowledge of an academic discipline the services are rendered according to the standards for moral behavior and ethical practices. Same thing can be called as business if ethics are not followed. A teacher teaching properly in the class-room, completing the course of study, solving the difficulties of the students, helping them in appearing the various examinations is called as he is professional man. While a teacher will not paying attention in the working of the school but inviting the students for highly charged private classes may be called as a businessman. Hence the purpose, the moto, the ethics is important for the same work to be called as business or profession, though in both the case earning is a common factor.

Job Satisfaction:

Job satisfaction is a widely accepted Psychological aspect of functioning in any profession. Job Satisfaction is a common form that an employee has developed cretin positive and negative attitudes about his work. A research for a job especially in the modern world. Known largely for its materialism and even different compulsions and complexities is a demand. Primarily to earn a living. It is the job which provides largely to be a source of happiness and settlement without thinking what It bring in a higher plane. Social life is conditional by jobs. Comparison and contracts play a significant role in deciding attitude. Which are sometimes sacrificial at the after of the forces. Or constraint all desire to find and create a niche, hardly some succeed and to most. Life become acceptable along with that if brings. Why do people work? This is to satisfy the needs. A human being is constantly urged to do forward and find new avenues to enlarge his status and devoted his position and this helps him in proving to be a useful rather formational component of the society.

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Methodology:

Source of Data: For the Present study the Subjects were selected from Grantable professional and academic college affiliated with Jammu University

Selection of Subject: The subjects were selected for the present study in the following manner. (a) 35 from professional college teachers. (b) 35 from academic college teachers.

Sampling Method: The subjects were selected by simple random sampling method.

Equipments used for collection of data:

For the present study, the standard Questionnaire Job Satisfaction Scale for Teacher's (J.S.T.) developed by S. K. Saxena was administrating to the selected subjects.

Collection of Data: The data pertaining to the study was collected by administering the standard Questionnaire.

Analysis of Data:

The statistical analysis of the data gathered for the comparison of Job satisfaction of professional and academic collage teachers of Jammu University. The Mean and standard deviation of both the groups were found. These items were converted into composite score.

Research scholars again calculated the mean and standard deviation from the composite scores of the groups. Thus the research Scholars found the mean difference of Job satisfaction of professional and academic collage teachers of Jammu University and researcher further proceeded for statistical analysis, i.e. standard error, mean difference and calculated 't' were obtained. The same procedure was adopted for item wise statistical analysis i. e.

Table 1

Comparison of Job Satisfaction between Professional and Academic College Teachers of Grantable College of Jammu University

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Professional Teachers	20.542	3.632	1.314	68	-1.734	1.92
Academic Teachers	21.857	2.625				

Graph 1

Showing Mean of Job Satisfaction between Professional and Academic College Teachers of Jammu University

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Conclusion:

Within the limitations of the study and from the statistical analysis the following conclusion is drawn. There was no significant difference of job satisfaction in professional and academic college teachers.

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Effectiveness of Physical Education Academic Program on Psychological Characteristics among Varsity Students

Mr. Gulam Mohmad Dar

Ph.D. Research Scholar, S. G. B Amravati, University. (MS)

Abstract

The main purpose of the study was to access psychological characteristics among varsity students self concept and stress. For this researcher had selected 20subjects from S.G.B. Amravati University. The age of the subjects was ranging from 18-28 years .The psychological variables selected in this study were Self concept, stress. i.e. for self concept Self concept questionnaires of Rosenberg, for stress questionnaire of Sheldon. The statistical technique t-ratio was used to analyze the data and the level of significance was fixed at 0.05.

Key words: Varsity, self concept, stress, exhalation, inhalation

Introduction

Daily physical education class may provide the opportunity for students to meet Healthy People to guide for physical activity. Many schools districts, however, are reducing physical education Requirements and some are eliminating programs The percentage of schools requiring physical education in each grade decreases from approximately 50% in grade Physical education classes are being replaced with other classes in an effort to increase the students' academic achievement as measured by standardized tests. Despite this trend, no clear evidence indicates that academic achievement will improve if physical education classes are cut. But it is not fact it is only misunderstanding and misconconcept among general line administrators. (Ahamed Y, et, al 2007)

Now a day we see Physical education classes provide an opportunity for students to be physically active during the school day. School-based physical education has many benefits, including increasing physical activity and improving physical fitness and muscular endurance. Increasing physical activity through physical education is also a proposed public health strategy to reduce childhood obesity.Although there has been no evidence to date to show that maintaining or increasing time in physical education class negatively affects academic achievement in other subjects, there is concern that physical education classes could take time away from those subjects. More information is needed to address this concern and support public health objectives to maintain or expand physical education programs.(Cameron M, et, al, 2000)

We examined the influence of physical education in US elementary schools on direct measures of academic achievement in mathematics and reading from kindergarten through fifth grade. Our study was unique in at least ways: first, the measurement of academic achievement was a standardized test administered at time points. Second, we examined the association between physical education and academic achievement with a prospective cohort design. Finally, we examined participation in physical education as it existed in a representative sample of US students entering kindergarten in fall 1998 who were followed through spring 2004. (Davis CL, et, al, 2007)

Methodology

For the purpose of this study 20 subjects were selected as subjects. The subjects for this study were selected from S.G.B. Amravati University. The age of the subjects were ranging from 18-28 years. All subjects were from same university therefore, it was easy for researcher to assemble them. Psychological variables selected in this study were Self concept, stress, to assess the selected variables. i.e. for self concept Self

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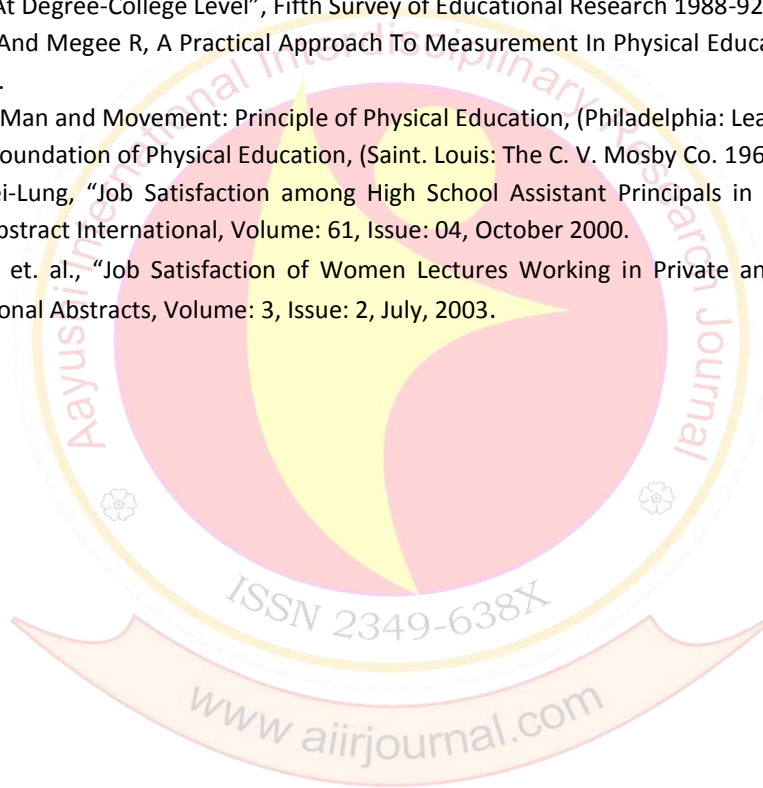**Social Sciences & Humanities In Indian Perspectives**

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concept questionnaires of Rosenberg, for stress questionnaire of Sheldon. The statistical technique t-ratio was used to analyze the data and the level of significance was fixed at 0.05.

Observation and Discussion

The data collected on 20 subjects were computed by using t-ratio statistical technique .The result of these data has been depicted in the following table.

Table-1
Comparison of the selected Psychological variables are Characteristics
Among Varsity Students

Variables	Test	Mean	S.D.	t-ratio
Self Concept	Pre-test	14.13	2.87	1.45
	Post - test	12.51	1.13	
Stress	Pre-test	12.16	2.26	0.5
	Post - test	12.65	2.18	

Graph-1
Graphically Representation of Mean show of Psychological Characteristics
Among Varsity Students
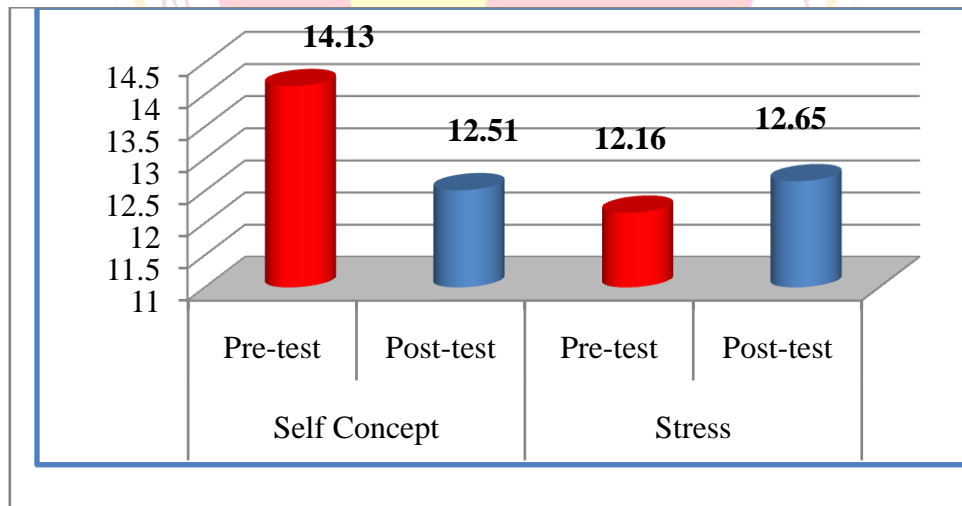
Conclusion:

The researcher compared Psychological Characteristics among Varsity Students, within the limitations of the present study and on the basis of findings it is concluded that there is insignificant difference in Psychological Variables between the self concept, and stress of Psychological Characteristics among varsity Students. The researcher compared the particular Psychological variables during the particular Events; it is found that there is insignificant difference in between self concept, and stress. Hence the researcher's pre assumed hypothesis is partially accepted.

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Comparative Study of Arm Strength and Leg Strength of Volleyball and Handball Players

Mr. Mohammad Ashraf Khan,

Ph.D Research Scholar, S.G.B.A.U. Amravati, (MS), India

Abstract:

The study aimed to Compare arm strength and leg strength of inter collegiate volleyball and handball players of Kashmir university. A total of forty (40) subjects, out of which twenty (20) as volleyball and twenty (20) as handball players of inter college level of Kashmir University and all of them were randomly selected for the study through a special sampling technique called as Simple random Sampling. The age of the subjects ranged between 18-27 years. To analyze the arm strength and leg strength of both these groups i.e. volleyball and handball players the following tests were used. Pull ups for measuring arm strength, standing broad jump for measuring leg strength. The analysis of data was done by using statistical technique 't'- test for finding the significance difference of arm strength and leg strength of volleyball and handball players and the level of significance was set at 0.05 levels ($p<0.05$). The findings means and standard deviation of selected physical variables of college level players of volleyball viz. arm strength is (7.8 ± 1.91) and leg strength is (2.12 ± 0.14) and the findings means and standard deviation of selected physical variables of college level players of handball viz. arm strength is (8.75 ± 2.41) and leg strength is (2.17 ± 0.21) and cardio respiratory endurance is (94.35 ± 8.85). Hence both the volleyball and handball players were equal in arm and leg strength.

Key Words: Arm Strength, Leg Strength, Volleyball and Handball Players

Introduction:

Evolution of human life started with the movement. Human being have been very active and creative by nature and physical activity has been part of their life all along since evolution for primitive man, search for food and shelter was the first activity this first activity was necessitated by this instinct for survival. Physical activity was also the first mode of communication; it was a means of expression. As human being evolved culturally, emotionally and socially, physical activity also evolved. As the society becomes more and more complex leading towards the modern age, physical activity came to be recognized as an organized and supervised form of education and was termed as physical education. Sports have assumed a world –wide importance in a shrinking world which is coming nearer and nearer day by day it is playing an important role in bringing people together at national, regional and international level. It does not distinguish between religions, cast, creed or race's It embraces every sport and region of the world. Today, there is a growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercise.

Intense study: It is true of the skill. The highly sophisticated skills are more than mere physical or muscular skill learnt by repetition and "training". In the making of a professional person there are in general, three kinds of knowledge, which contributes to his competence. They are: General, Specialized and Professional in terms of Knowledge.

General Knowledge: It is the part of the education for all professions. It is a general education, which usually includes courses in the sciences, the social sciences mathematics, and humanities.

Specialized Knowledge: It forms the background for the practice of a profession. A person with this knowledge will be able to apply it to the specific needs of his profession. He will use it in applied form. A person with the knowledge of psychology will not use it as pure psychological theory but in applied form in teaching.

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Professional Knowledge: It is more specific and specialized in the sense that it is studied and learnt only by those individuals preparing for a given profession. When a person acquires professional knowledge, he is learning 'he is learning how to do it'.

Volleyball:

The game of Volleyball was invited in 1895 by William Morgan, who worked for the Y.M.C.A. in Holyoake, Massachusetts. He was concerned with providing exercise for large groups of businessmen and his earliest form of the game was destined to provide mild exercise for the people of this kind.

Handball:

The game of Handball as played today originated in Ireland, probably during the tenth century. The game became very popular and was referred to as "fives" representing the five fingers used in hitting the ball. The game played in the early days was slightly different from the game played today. The courts were larger, the ball was harder and travelled faster and the players were allowed to kick the ball as well as hit it with the hands. The people of the Emerald Isle instituted 1800s and the name that became legend was John Cavanaugh of York. The written accounts of his skill leave doubt that he was truly the champion of the day. Following the death of John Cavanaugh in 1819 there was no mention of a truly outstanding player until around 1850 when the name of William Baggs is credited with developing the technique of applying spin or "English" to the ball so that it would hop as it rebounded. This style of play added a new dimension to the game and created new interest in Handball.

Procedure and Methodology:

Forty subjects were selected for the collection of data which includes 20 subjects from volleyball and 20 from handball players of inter collegiate level. The subjects were selected by simple random sampling method. The age of the subjects ranged between 18-27 years.

Equipments Used For Collection of Data:

The various equipments that were used for the collection of data were a metal or wooden bar for measuring arm strength. Floor, mat and measuring tape for measuring leg strength.

Sampling Method:

The subjects were selected by the simple random sampling method.

Analysis And Interpretation Of Data

The data should be collected from the subjects by the researcher under the guidance of experts and guide and analysis and interpretation was be carried out on the basis of special statistical techniques viz. mean, standard deviation and 't' test.

Level of Significance:

The level of significance was be set at 0.05, for the present study in order to test the hypothesis given by the researcher on the basis of his experience and observation.

Table-1

Comparison of Arm length between Volleyball and Handball Players

Game	Mean	S.D.	M.D.	S.E.	't' ratio
Volleyball Players	7.8	1.91	0.95	0.69	1.38
Handball Players	8.75	2.41			

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Graph-1
Graphically Representation of Mean Value of Arm Length between
Volleyball and Handball players
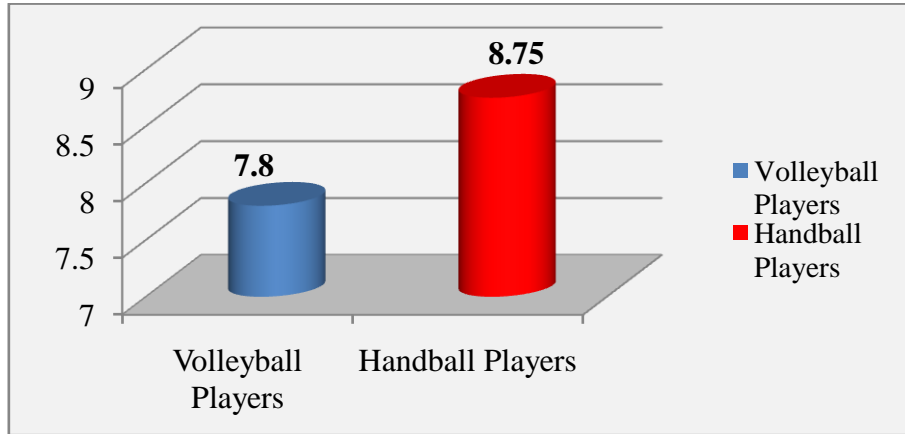
Table-2
Comparison of leg length between Volleyball and Handball Players

Game	Mean	S.D.	M.D.	S.E.	't' ratio
Volleyball Players	2.12	0.14			
Handball Players	2.17	0.21	0.05	0.056	0.89

Graph-2
Graphically Representation of Mean Value of Leg Length between
Volleyball and Handball players
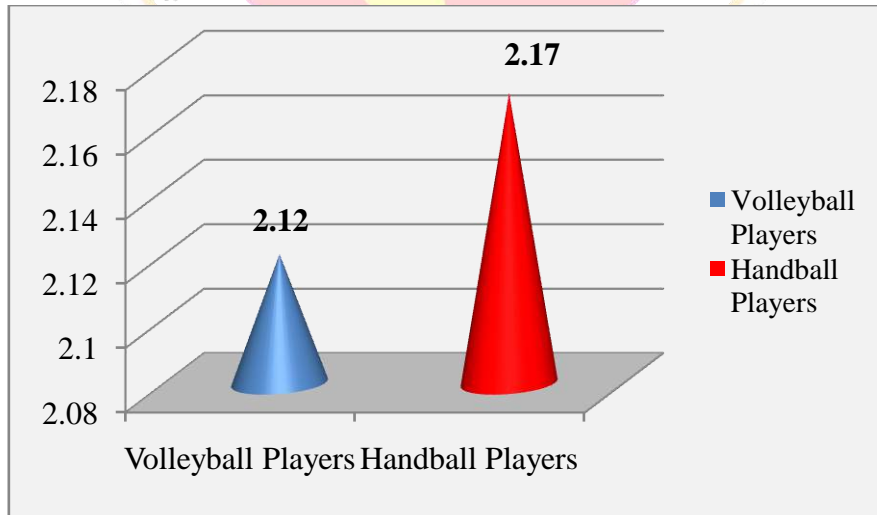
Conclusion:

Within the limitation of the present study and on the basis of the findings, the following conclusions were drawn;

(i) On comparing the Arm Strength of Volleyball and Handball Players. It was observed that even though the average Mean of Volleyball Players was less than that of Handball Players, there was no significant difference among the Players.

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The analysis concluded that both the Volleyball Handball Players were equal in Arm Strength.

(ii) After comparing the Leg Strength of Volleyball and Handball Players. It was observed that even though the average Mean of Volleyball Players was less than that of Handball Players, there was no significant difference among the Players. The analysis concluded that both the Volleyball Handball Players were equal in Leg Strength.

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Effect Of Plyometric Training On Arm And Leg Strength Of Volleyball Players

Mr. Gayas Ul Din Wani

Ph.D. Research Scholar

Abstract:

The main purpose of this is to know the effect of plyometric training on Arm strength in Volleyball players and also to know the effect of plyometric training on Leg strength in Volleyball players. The research scholar selected 30 subjects by using simple random sampling method. The age of the subjects ranging from 18-25 years. To collect the data it was essential to select an appropriate test battery to administer the particular test. Here for this study the research scholar selected Control Group of Arm Strength (Pull Ups) and Vertical Jump (Leg Strength) to find out the effect of Polymeric Training on Arm and Leg Strength of Volleyball players.

Keywords: Polymeric training, Arm and Leg Strength of Volleyball Players

Introduction:

Games and sports hold as a prominent place in modern life, millions of people participate in sporting activities. Watch and read about them and spend money and time on sports related activities and equipments. The impact of sports in modern society has made it clear that sports are a very legitimate field of academic study.

As sports has developed into a distinct scientific discipline in itself and each nation is vying with each other to produce top class player to win laurels in international competitions, considerable research is devoted to identify factors that will be predictive of achieving high level of skill in a given sports with proper coaching.

Plyometrics (also known as "Plyos") is a type of exercise training designed to produce fast, powerful movements and improve the functions of the nervous system generally for the purpose of improving performance in sports. Plyometric exercises may also refer to as explosive exercises.

Plyometrics are training techniques used by athletes in all types of sports to increase strength and explosiveness. Plyometrics consists of a rapid stretching of a muscle (eccentric action) immediately followed by a concentric or shorting of the same muscle and connective tissue.

Volleyball game was invented by Williams Morgan in 1896, who was Director of Recreation of Holyoke YMCA in Massachusetts. During the two world wars, American Serviceman spread the game around the world; it soon became established in Europe and Asia. Gradually the game developed past the stage of being just a recreation into a competitive sport played at international level.

The biggest breakthrough came in 1964 when volleyball became Olympic team sport for men and women.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

The fundamental skills of volleyball game are service, receiving, passing, smashing and blocking. These fundamental skills are very essential for improvement of volleyball game. This game provides a wide opportunity for the development of flexibility, speed, agility, power, reaction time, balance, muscular strength, muscular endurance and co-ordination of all parts of body.

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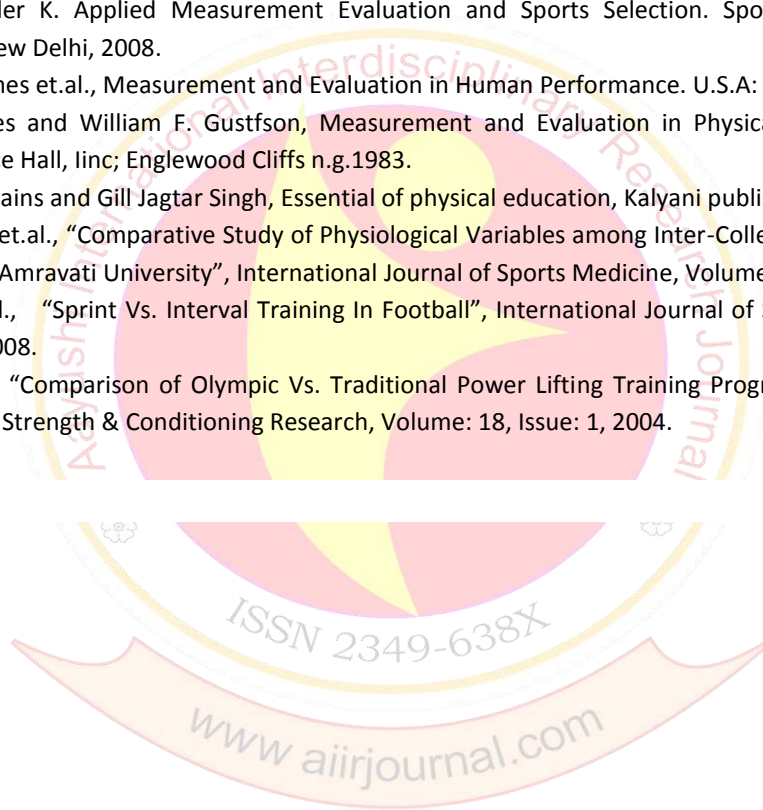### Social Sciences & Humanities In Indian Perspectives

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Volleyball is played by millions of people around the world. In many countries it has been ranked as a top level competitive sport.

It was towards the end of the nineteenth century, to be exact in 1895, that the game was conceived and structuralized by William Morgan, the Director of Physical Education at the YMCA, Holyoke in Massachusetts, U.S.A. Morgan was for years, in search of a recreational activity that could be physically invigorating and psychologically refreshing. In the first version of the game, a rubber bladder (used in basketball) was used for hitting it back and forth across the net.

Methodology

Source of Data:

The source of data was College Volleyball Players of Yavatmal City.

Selection of the Subjects:

The research scholar selected 30 subjects by using simple random sampling method. The age of the subjects ranging from 18-25 years.

Selection of the Test: To collect the data it was essential to select an appropriate test battery to administer the particular test. Here for this study the research scholar selected Arm Strength and Body weight to find out the effect of Plyometric Training on Arm and Leg Strength of Volleyball players.

Analysis And Interpretation Of Data

The researcher conducted an effect of Polyometric Training on Arm Strength and Leg Strength of Volleyball players. For the purpose of this study the researcher collected data on 30 Volleyball players from Yavatmal city.

Level of Significance:

To find out the significance difference, level of significance was set at 0.05 level of confidence.

Findings of the statistical analysis have been shown in the following tables.

Table-1
Comparison of Control Group of Arm Strength (Pull Ups) between of Pre and Post test of Volleyball Players

Test	Mean	S.D.	M.D.	S.E.	t-ratio
Pre-test	281.495	49.874	9.959	16.173	0.616[@]
Post-test	291.454	52.381			

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Graph-1

Graphical Representation of Control Group Mean Difference of Arm Strength (Pull Ups) between Pre and Post-tests of Volleyball Players
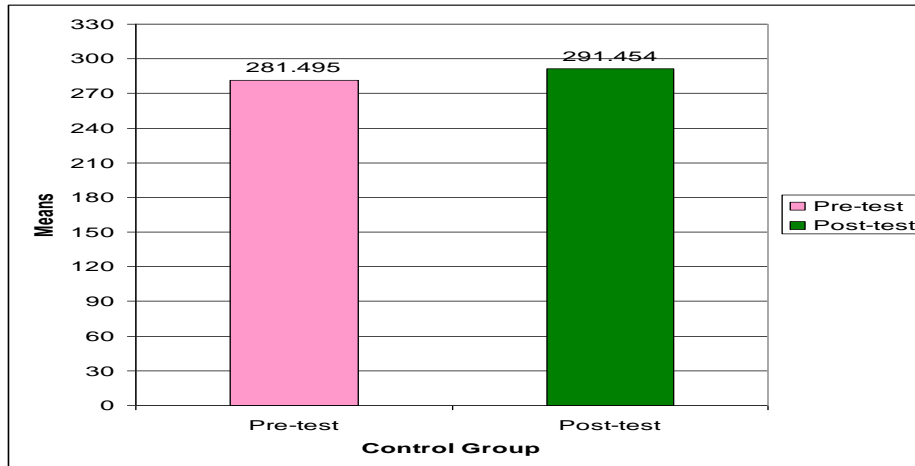
Table-2

Comparison of Control Group of Vertical Jump (Leg Strength) between Pre and Post test of Volleyball Players

Test	Mean	S.D.	M.D.	S.E.	t-ratio
Pre-test	59.533	3.182	0.334	1.010	0.330@
Post-test	59.867	3.204			

Graph-2

Graphical Representation of Control Group Mean Difference of Vertical Jump (Leg Strength) between Pre and Post test of Volleyball Players

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Conclusion:

Within the limitation of the present study and on the basis of the findings, the following conclusions were drawn;

Insignificant difference found between pre test and post test of Control group in Arm Strength and Leg Strength.

It was observed that even though the average Mean of pre test Volleyball Players was less than that of Post test Volleyball Players, there was no significant difference among the Players.

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Epidemiological Profile of Non- Communicable Disease (NCD) Patients

Dr. Manisha Singh

Abstract

NCD's are serious threat to health in both developed & developing countries. The main objective was to study the epidemiological profile of non communicable disease patients. The study was conducted in Sir Sunderlal hospital, Banaras Hindu University, Varanasi. Total period of study was carried out from August, 2005 to October, 2009. Sample size is calculated by using formula $n=4pq/e^2$. The required sample size was 250. Purposive sampling method was used in this study. The primary tool used in the study was predesigned & pre tested questionnaire and the technique adopted in the study was questionnaire cum interview method. SPSS was adopted for data analysis.

Study shows the epidemiological profile of the NCD patients. It also shows that lack of physical activity and lifestyle is a major determinant factor for occurring of Non- Communicable Diseases (NCD's).

Keywords: Non Communicable disease, WHO, Epidemiological Profile

Introduction

Non-communicable diseases are a serious threat to health in both developing & developed countries. By 2020, it is predicated that these diseases will be causing seven out of every 10 death in developing countries in developing countries (A. Boutayeb et al, 2005)

Health is a precious gift of God. Faulty dietary and lifestyle practices promotes onset of several non-communicable diseases. Diet related NCD's are Diabetes, Coronary heart disease, Hypertension, gastrointestinal disorders etc. Nutrition is the most important single factor for maintenance of health. Physical inactivity is another factor that contributes to increase risk of non-communicable diseases.

According to WHO 2005, "The Key Lifestyle risk for non-communicable disease have been identified: tobacco use, physical inactivity and over consumption of nutrient poor food that contain too much fat, salt and sugar."

Materials & Methods

The study was conducted in Sir Sunderlal Hospital, Banaras Hindu University, Varanasi. The study was carried out from August, 2005 to October, 2009. Patients who attended the Endocrinology and Cardiology department between the age group of 40 to 60 years were considered as study samples. Samples size is calculated by using the formula $n=4pq/e^2$.

The required sample size was 250 of these, 102 were diabetics, 49 were coronary heart disease patients 49 were diabetic hypertensive, 37 were hypertensive and 13 were only coronary heart disease and hypertensive patients. Purposive sampling method was used in the study. The primary tool used in the study was predesigned & pretested questionnaire and the technique adopted in the study was questionnaire cum interview method. SPSS was applied for the data analysis.

Table 1- Distribution of respondents according to Age

Age Groups	No. of Respondents	Percentage
40-45	81	32.4
46-50	67	26.8
57-55	62	24.8
56-60	40	16.0
Total	250	100.0

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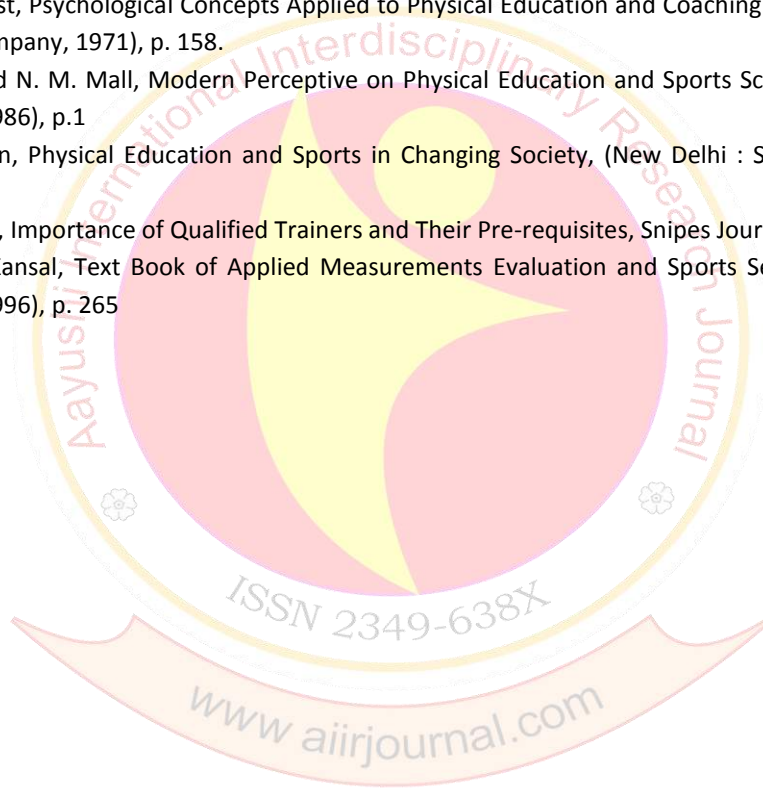Table 1 shows that majority (32.4%) of respondents were between age group 40-45 years.

Table 2- Distribution of respondents according to Sex

Age Groups	No. of Respondents	Percentage
Male	175	70.0
Female	75	30.0
Total	250	100.0

Table 2 shown that about majority (70%) of respondents were male.

Table 3- Distribution of respondents according to Education

Education	No. of Respondents	Percentage
Illiterate	62	24.8
Primary	48	19.2
High School	33	13.2
Intermediate	29	11.6
Graduate	37	14.8
Post-Graduate	18	7.2
Ph.D.	16	6.4
Professional Degree	7	2.8
Total	250	100.0

Table-3 shows that one fourth (24.8%) were illiterate.

Table 4- Distribution of respondents according to Occupation

Occupation	No. of Respondents	Percentage
Service	45	18.0
Business	73	29.0
Others	132	52.8
Total	250	100.0

Table – 4 shows that majority (52.8%) were in group of other type of work i.e. housewife & retired persons.

Table 5- Distribution of respondents according to Religion

Religion	No. of Respondents	Percentage
Hindu	230	92.0
Muslim	20	8.0
Total	250	100.0

Table- 5 shows that majority of respondents (92.0%) were Hindus.

Table 6- Distribution of respondents according to Caste.

Caste	No. of Respondents	Percentage
General	196	78.4
OBC	23	9.2
SC/ST	31	12.4
Total	250	100.0

Table-6 shows that majority (78.4%) of respondent's belonged to general caste.

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Table 7- Distribution of respondents according to Marital Status.

Marital Status	No. of Respondents	Percentage
Unmarried	19	7.6
Married	219	87.6
Widow	12	4.8
Total	250	100.0

Table-7 shows that majority (87.6%) of respondents were married.

Table 8- Distribution of respondents according to Eating Habit.

Eating Habit	No. of Respondents	Percentage
Vegetarian	187	74.8
Non-Vegetarian	63	25.2
Total	250	100.0

Table-8 represents that majority (74.8%) were vegetarian.

Table 9- Distribution of respondents according to Types of Family.

Types Of Family	No. of Respondents	Percentage
Nuclear	167	66.8
Joint	83	33.2
Total	250	100.0

Table-9 shows that two third of respondents (66.8%) were from nuclear families.

Table 10- Distribution of respondents according to Family History.

Family History	No. of Respondents	Percentage
Yes	143	57.2
No	107	42.8
Total	250	100.0

Table-6 shows that half (57.2%) had positive family history.

Table 11- Distribution of respondents according to Socioeconomic Status.

Socioeconomic Status	No. of Respondents	Percentage
Lower	6	2.4
Middle	214	85.6
Higher	30	12.0
Total	250	100.0

Table-11 shows that majority (85.6%) of respondents were in middle socioeconomic group.

Table 12- Distribution of respondents according to Activity Profile.

Activity Profile	No. of Respondents	Percentage
Sedentary	145	58.0
Moderate	105	42.0
Total	250	100.0

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Table-12 shows that majority of respondents (58.0%) were engaged in sedentary kind of activities.

Discussion

All the patients were categorized into four age groups. Majority (32.4%) of respondents were between the group 40-45. J. Kaur et. al (2005) reported in his study that the age of all the respondents having CVD was 40-60 years. About three fourth (70.0%) of the respondents were male remaining 30.0% were female. One fourth (24.8%) were illiterate and 19.2% were educated upto primary and 2.8% & 6.4% had professional degree & Ph.D. respectively.

M. Mohanty et. Al. (1994) reported in his study that majority of diabetic respondents were educated. Occupation wise analysis shows that Housewife and retired persons accounted for more than half (52.8%) of respondents followed by business class (29.2%) only 18.0% were in service. M. Mohanty et. al (1994) reported in his study that majority of respondents were employed. Unemployment was found in the study because of low literacy level. Religion wise distribution revealed that majority (32.0%) were Hindu & rest 8.0% are Muslim. Religion was further classified and it was observed that majority of respondents (78.4%) belonged to General Caste followed by SC/ST (12.4%) and remaining (9.2%) from OBC. Marital wise categorization reveals that three fourth (86.6%) subjects were married while 7.6% and 4.8% subjects were unmarried and widowed respectively.

In present study, a total of 74.8% respondents were strictly vegetarian whereas 25.2% cases consumed non-vegetarian food. About two third of the respondents attended the clinic were from nuclear families. Study showed that more than half (57.2%) had positive family history.

Accordingly M. Mohanty et al (1994) positive family history of diabetics were observed in his study. Also Mengesha et al (1990) observed positive family history in his study. Socioeconomic status wise distribution of respondents indicates that majority of respondents (85.6%) were from middle socioeconomic group.

J.P. Smith (2010) reported in his study that respondents belonged to lower socioeconomic status. Physical activities or lifestyle had been associated with NCD patients. In the study, none of the respondents was found as heavy worker. Majority (58.0%) were engaged in sedentary kind of activities. Sunderajan et. al. (1982), Burchfiel et. al (1994) and Happanen et. al. (1987) had reported a positive association between physical activities and diabetes respectively.

Conclusion & Recommendation

Majority of respondents (32.4%) were between the age group (40-45) years. Three fourth (70.0%) of the respondents were male, one fourth (24.8%) were illiterate and others were educated having minimum or some degree. More than half of the respondents (52.8%) were in group of other type of work i.e. housewife and retired persons. Majority of subjects (92.0%) were Hindu. Also majority (78.4%) were belonged to general caste. More than three fourth (86.6%) were married. Majority of the subject (74.8%) were vegetarian. Two-third respondents were from nuclear families. More than half (57.2%) had positive family history. Majority of the patients (85.6%) were attended the respective clinic of middle Socioeconomic groups. Also majority (58.0%) were engaged in sedentary kind of activities.

Non- communicable diseases can be controlled successfully. This requires combined effort from medical and paramedical counterparts as well as greater level of awareness in the inflicted masses. Some recommendations are following-

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1-   Obesity reduction programs should be run.

2-   Keep a check on weight loss or gain.

3-   Regular physical activities and exercises to be performed for half an hour a day such as jogging, running, aerobics, yogasans etc.

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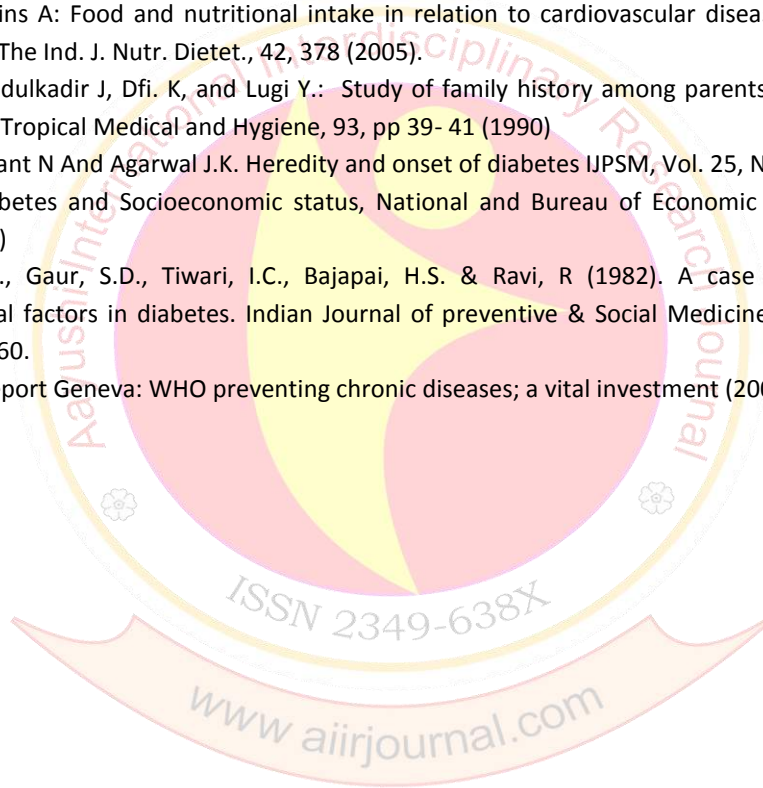
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Healthy Society: Key Role of Sports

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Abstract

A healthy society is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, political belief, economic or social condition. Sports refer to the physical activities generally involving skill of competitive nature. The great virtue of sports teaches everybody to acquire the will to win. If anyone knows how to acquire any will, he will succeed in every aspect of life. Game of life which everybody is playing from dawn to dusk with sporting spirit is strengthening harmony of society. Spirit of endurance and fellowship, willingness to scarify – these various qualities which are of great value only can help us to rebuild an ideal society. Society as a whole depends on benefit of its members, who maintain the law and order of the same society.

Participation in sports ensures not only good health but also fresh mind, freeness, freedom. Sports are a good combination of recreation and exercise. They improve your physical and psychological health; physical because sports involve exercise and psychological because playing is something you enjoy, it's something that relaxes your mind. Those who play sports have a more positive body image than those who do not. Playing sports reduces several health risks. Those who engage in sports activities are less prone to depression, anxiety and other psychological disorders. Regular exercise that is achieved through sports leads to an improvement in the overall health thus improving the quality of life. So go hit the ground today. Play!

Key words: Healthy Society, Sports,Health, Exercise, Life

Introduction

A healthy society is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The century's heart-beat depends on its speed. By virtue of sports, it acquires speediness and potentiality. Energetic members only can save those qualities by promoting sports. Peace and tranquility is keenly sought in every sphere today. Fabric of relation is strengthened by its energetic members. Only sports can do this. Even paralyzed society may also get rapidness through sports. The importance of sports should be realized and it should be introduced in every corner of the country in scientific ways.

The importance of sports and games is being increasingly recognized in India, from both the educational and social points of view. More and more funds are being allocated for encouraging sports in schools, colleges and universities; in fact, sports have become an essential part of the curricula.

Time was when only a few students, who were fond of games like hockey, football, cricket or tennis, were allowed special facilities. But now regular programmers are drawn up in all educational institutions to persuade as many students as possible, regardless of special aptitudes, to participate in games, and not merely watch matches occasionally to cheer up their favourite teams or attend the prize distribution functions at the end of a sports season.

Educationists and others have come to the conclusion that it is in the interest of society as a whole that adequate facilities should be provided, depending, of course, upon the availability of funds, for games and sports for the country's youth, both boys and girls.

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Value and importance of sports

The great virtue of sports teaches everybody to acquire the will to win. If anyone knows how to acquire any will, he will succeed in every aspect of life. Life is full of struggle that has been started since the creation of the world. However, a constant and prominent fight must help the fighter to overcome every difficulty against any obstacle. The willing power of a sportsman must be increased by winning of game. Comparatively, a weak willed man resigns himself after one defeat. A weak willed man in considered as member of cowards. But, a true sports man who is defeated must strengthen his nerve. He always remembers that failure is the pillar of success. So, great efforts with strong determination help him to win any game. The true sportsman is conscious about his team spirit that strengthens the willing power of team. Unity in action and genuine effort offer them victory. Moreover, unity in action inspires unity of purpose. The fabric of understanding amongst them fellows proceed to them in goal – that very great lesson has been learnt from sports.

Game of life which everybody is playing from dawn to dusk with sporting spirit is strengthening harmony of society. Without sports a good society can never be constructed by its members. Spirit of endurance and fellowship, willingness to scarify – these various qualities which are of great value only can help us to rebuild an ideal society. Society as a whole depends on benefit of its members, who maintain the law and order of the same society. But sometimes anti-social elements hamper the normal life. If sports are penetrated into the deep-root of society then people will build their characters on that qualitative basis, not doing any shameful act. Anti-social culture will be stopped because there shall be no time for practice of it. However to build up a strong-sound and enthusiastic country sport is too essential to implement in every level of our society. Educationists may criticize about such implementation because such implementation may hamper the educational environment of country. But it is seen that more developed country has its status in its sports, field, international level competition always signifies the theme.

Participation in sports ensures not only good health but also fresh mind, freeness, freedom. A lazy book worms cannot succeed in life; of course he can succeed in educational field. Regular participation in sports provides energies. Now it is the matter of observance that free hand exercise and Yoga have taken place into the daily life of human. Physical fitness no doubt is important to every person whether he is a student or worker or intellectual.

Versatile Benefits of Playing Sports:-

Have you thought of the different benefits of playing sports? Have you realized the importance of making sports a part of your daily routine? Playing sports is something most of us love, isn't it? Undoubtedly, sports are a fun activity but they offer several health benefits too. Playing some sport regularly goes a long way in maintaining your physical and mental well-being. Sports help enhance your personality. They are a good source of both exercise and entertainment. Several factors need to be taken into account in this connection.

First, physical fitness is of the utmost importance for everyone, young and old. Participation in games and sports invariably ensures good health, fitness and, generally, freedom from ailments of various types.Also, unless the human body is kept in smooth trim and in an overall fit condition, even the brain will refuse to co-operate after some time. Actually, physical fitness is essential for proficiency in studies and for winning distinctions in examinations. Ailing bodies do not make for sharp brains. Exercise in some form or another is necessary, and sports provide an easy method to ensure such fitness.

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Secondly, regular participation in sports provides a healthy channel for diversion of energies. Wherever students and other youth participate in sports regularly, misdirection of youthful vigour is much less and the tendency to indulge in indiscipline and mischief is curbed.

Young people have surplus energy, and if this is fruitfully utilised, the foundations are laic for a healthy society, where people are fully aware of the need for discipline, co-operative effort, team spirit, the cult of sportsmanship, of joint devotion to the achievement of a common goal in collaboration with others. They also learn to cultivate the vital quality of learning how to work together, to become not only good winners, but also good losers.

Thirdly, the statement that "the battle of Waterloo was won on the playfields of Eton", implying that playing games and the spirit of sportsmanship help to inculcate lasting values, which make for good soldiers, good fighters and good discipline, apart from promoting 100 per cent physical fitness.

Advantages of Sports in a Nutshell:-

- Physical Benefits.
- Increased strength and stamina.
- Better body shape and increased agility.
- They help burn calories and shed those extra pounds.
- They give the body a good exercise.
- Psychological Benefits.
- They encourage you to give your best every time.
- They help build your planning and analytical skills and increase concentration.
- Sports boost confidence.
- They build leadership and team skills.
- Achieve social integration.
- Lead to infrastructural developments.
- Create employment opportunities.
- Boost the tourism industry

Sports serve as an excellent physical exercise. Those who play sports have a more positive body image than those who do not. Sports often involve physical activities like running, jumping, stretching and moving about which turn out to be a good body workout. Playing sports is energy put to good use. Engaging in sports since an early age strengthens your bones and muscles and tones your body. It helps you increase your stamina and endurance. Sports that involve jumping and stretching help increase height; for example basketball. Games that involve running, kicking or throwing a ball help strengthen the arms and legs; for example soccer and cricket. Swimming provides a full body workout. Thus sports provide the body with complete exercise and engaging in sports directly translates into overall fitness.

Research shows that sports improve Math skills in children. Sports that involve aiming and hitting skills, for example, tennis, badminton, baseball and cricket help them increase focus. They help develop leadership qualities and foster team spirit in kids. They involve competition; they involve winning and losing. This exposes children to both aspects of life, successes and failures. Sports build a competitive spirit in children and teach them to be participative irrespective of whether the result is victory or defeat. Playing sports teaches them to accept both successes and failures with a positive spirit. Sports teach you to think with a cool head. The most important benefit of sports is the sportsman spirit they inculcate. Sports help you become more sporting, more positive and stronger. Playing sports is very beneficial for the development of social skills. Sports teach you to interact with people, communicate with them and collaborate as a team. Sports foster collective thinking and harness your planning and delegation skills too. Sports build confidence. Winning a game gives you a sense of accomplishment, which boosts your confidence further. Playing sports involves directed thinking. It requires you to strategize. You need to devise ways to score goals, runs or earn

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points, as the case may be. You need to devise strategies to win; you need to decide whether to take an offensive stand or a defensive one. You need to judge your opponent's strategy and modify yours accordingly. This definitely involves clever thinking, which sports encourage. Studies show that kids who play sports regularly fare well in academics and do well in school.

Playing sports reduces several health risks. As sports serve as an excellent form of exercise, it won't come as a surprise that they offer health benefits like lowering blood pressure, maintaining blood sugar and cholesterol levels and reducing other health risks. Yes, if you are playing a sport regularly, you are at a lesser risk of developing diabetes or heart diseases. Playing sports reduces the risk of hypertension and several other stress-related disorders. Research shows that people who play sports regularly can deal with stresses and strains in a better way. Those who engage in sports activities are less prone to depression, anxiety and other psychological disorders. Regular exercise that is achieved through sports leads to an improvement in the overall health thus improving the quality of life.

It is to be pointed out that in India the wave of sports has strengthened the young mentality. However, sociologists concede the importance of sports which may be gained in many ways, but everybody has to take part. Playgrounds can strong the plinth of society. International friendship-tie will surely be tight by the promotion of sports, as the mandate of various international competitions always utter.

The very structure of society shall be strong. The result has been the creation of a healthy, well-developed, disciplined and efficient society in which people know the right proportions in life, put everything in the right perspective, and seldom conduct themselves in an unsporting, ungentlemanly and unbecoming manner. Playing the game on the playground naturally instructs people to play the game of life in the right spirit, which is what matters most, not victory or defeat.

According to sociologists, "society gains in many ways when the government encourages sports and games everywhere, provides playgrounds, the necessary equipment and other facilities, and rewards outstanding sportsmen, so as to encourage others also to play games. The crime graph dips, which means that the incidence of general crimes decreases because the right spirit and the right approach to things is developed on the playground.

Sport, it has been said, is not only a manifestation of animal energy of surplus strength to develop more strength; it is, in addition, a safe and wholesome outlet for the aggressive spirit in human beings.

The Concise Oxford Dictionary defines play thus: "to move about in lively or unrestrained or capricious manner, frisk, and flutter." This definition, however, also conveys a wrong concept and a misleading interpretation. In genuine sports there is no question of a "capricious manner"; the aim is to play the game in a fair manner, according to the prescribed rules of which every player is supposed to be fully aware.

Those who violate the rules, play foul or exceed the permissible limits, or indulge in tactics that are unfair, are promptly pulled up by the referee or the umpire. Anyone who refuses to mend his ways or to repeatedly violate the rules is ordered to quit the field and is replaced by another player. This helps to inculcate the habit of respecting the judge and of observing the rules.

Conclusion

Playing sports is very beneficial for the development of social skills. Sports teach you to interact with people, communicate with them and collaborate as a team. Sports foster collective thinking and harness your planning and delegation skills too. Sports build confidence. Sports are a good combination of recreation and exercise. They improve your physical and psychological health; physical because sports involve exercise

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and psychological because playing is something you enjoy, it's something that relaxes your mind. Something so advantageous is worth investing time in. So go hit the ground today. Play…& Play!

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Twelve Poses of Sun Salutation Key to Healthy Society

Dr. Baiju Abraham

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Abstract

Sun salutation is a very versatile yoga pose. For centuries, people from all civilizations have offered prayers to the sun, the ultimate source of life and energy. One such practice is the Sun Salutation. The benefits of doing Sun salutation everyday go much beyond just weight loss. Sun salutation is a very versatile yoga pose that helps you to welcome the new day by paying homage to the sun. One of the main benefits of doing Sun salutation daily is an increase in energy levels. Ideally, Sun salutation should be done outdoors while basking in the early morning sunlight. This allows you to absorb the sunlight and your melatonin levels rise. This is basically a hormone that helps to get rid of sleepiness. It has some spiritual significance too.

Keywords : Sun Salutation, Flexibility, Concentration, Intuition.

Sun Salutation

Sun Salutation is an ancient technique of paying respects to the Sun and constitutes 12 different postures. It is a form of expressing gratitude to this source of all life on the planet.

Based on Science

"All our emotions get stored in the solar plexus. It is also the point of where one's gut feelings arise. The size of the solar plexus is said to be like that of a small gooseberry. However, for those who do yoga and meditation, it becomes three to four times larger than the normal size. The more expanded your solar plexus, the greater is your mental stability and your intuition".

- **Sri Sri Ravi Shankar**

Yes, it does. In fact, it is important to understand the science behind this ancient technique. This will help you approach this powerful yoga practice with the right outlook. Ancient sages of India have said different energies govern different parts of the body. For instance, the solar plexus located behind the navel is connected to the Sun. Regular practice of Sun Salutation enhances the solar plexus. This, in turn, increases your creativity, intuitive abilities, decision-making, leadership skills and confidence. This is why the practice of Sun Salutation is highly recommended.

When to do …

One can do Sun Salutation at any time of the day. However, it is best to do it at sunrise. This is when sun rays help revitalize the body and refresh the mind. There are benefits at other times of the day too. If you do it in the afternoon, it energizes your body instantly and at dusk, it helps you unwind.

Sun Salutation for Children

With cut-throat competition everywhere, there has been a sudden increase in children struggling with stress and anxiety. Sun Salutation helps calm the mind and improves concentration and endurance. It reduces the feeling of anxiety and restlessness, especially during exams. Regular practice of Sun Salutation also gives strength and vitality to the body. It is a great workout for their growing muscles. It improves spine's flexibility and limbs of young aspiring athletes. Even five year Old's can practice Sun Salutation daily.

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Sun Salutation for Women

Sun Salutation can do what months of dieting cannot. Hence, it is a blessing for health-conscious women. This is an easy and natural way to stay in shape. Some of the Sun Salutation poses help lose extra fat around the belly. They do this by stimulating sluggish glands, like the thyroid gland, inducing it to increase hormonal secretions. Regular practice of Sun Salutation can also help regulate irregular menstrual cycles and assist in childbirth. Finally, it helps your face glow, prevents wrinkles and makes you appear ageless.

Sun Salutationenhances Intuition

Regular practice of Sun Salutations and meditation helps the almond-sized solar plexus becomes palm-sized one. This expansion of the solar plexus helps develops your intuitive ability, making you more focused. On the other hand, contraction can lead to depression and other negative tendencies.

So, we highly recommend that you do these poses regularly. It boosts your mind, body, and spirit. Furthermore, you can try out these tips to fully enjoy the benefits of Sun Salutation.*Yoga practice helps develop the body and mind bringing a lot of health benefits. Yet, it is not a substitute for medicine. It is important to learn and practice yoga postures under the supervision of a trained* Yoga *teacher. In the case of any medical condition, practice yoga postures after consulting a doctor.*

Practice at any Pace

These 3-speed variations can help you get optimum benefits of Sun Salutation:

1. *Slow pace:* It helps to make your body flexible
2. *Medium pace:* It helps to tone your muscles
3. **Fast pace:** It acts as an excellent cardiovascular workout and helps in weight loss

Benefits of Sun salutation

Stretching

You have to do stretching before every exercise or else you can get nasty muscle pulls. Sun salutation serves as an excellent stretching exercise before the more intense poses of yoga.

Lose Weight

Apart from exercising every single muscle in your body, the Sun salutation also helps to improve the functioning of the thyroid gland. If your thyroid gland is sluggish, you tend to pile on weight.

Posture n Balance

Sun salutation helps to correct posture related problems and improves the internal balance of your body. But doing the sun salutation every day you can get rid of your bad posture-related aches and pains.

Improves Digestion

One of the main gripes of modern life a chronic indigestion problem. Doing the Sun salutation every day helps you to improve the power of your digestive system. It helps you to release trapped gases in your stomach and helps secretes more digestive enzymes.

Helps You Get Strong Bones

The Sun salutation has a spiritual significance and that is why it should be done facing the early morning sun. This helps you absorb Vitamin D so that calcium can be deposited on your bones.

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Releases Stress

Stress has the capacity to cramp up every single muscle in your body. While doing Sun salutation you have to practice deep breathing and this will help you release a lot of stress. It also calms your mind and helps you cope with anxiety on a daily basis.

Improves Bowel Movements

The forward bends that you have to do help to prevent constipation and piles related problems. It makes your bowel movements regular.

Cures Insomnia

Sleep problems are the most prevalent among young adults these days. Doing the Sun salutation helps you relax so that you can sleep better at night.

Improves Blood Circulation

While doing the Sun Salutation you are using every single part of your body. This ensures that you improve your blood circulation helping you to be more energetic throughout the day.

Regulates Menstrual Cycles

Many young women these days suffer from irregular menstruation. Doing Sun salutation on a daily basis helps to regulate the menstrual cycles and also eases childbirth. It certainly improves your chances of having a natural birth and balances the female hormones.

Radiant Skin

As a by-product of good blood circulation and healthy bowel movements, you also get great skin by doing the Sun Salutation regularly. Glowing skin and natural defense to wrinkles can be had by practicing this yoga pose.

For Healthy Hair

Surya Namaskar improves blood circulation to the scalp, thus preventing hair loss.The increased blood circulation nourishes the head and there is a healthy growth.Different poses help prevent graying of hair.

Spiritual Significance

Yoga is a workout for the soul as well as the body. Surya Namaskar helps balance the three main constitutions of the body; Vata, Pitta,andKapha. This gives an internal spiritual balance that rides you through all kinds of stress and improves your immunity.

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Remediation of Waste Water by Using Nanomaterials

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Abstract:

Ensuring reliable access to clean pollution becomes more and affordable water is one of the greatest global challenges of 21st century. As the world population increases (depletion of water resources) water pollution becomes more complex & difficult to remove. Climate change resulting in prolonged droughts and floods have rendered drinking water a competitive resource in many parts of the world. The development of cost-effective and stable materials and methods for providing the fresh water in adequate amounts is the need of the earth life, also water industry. Traditional water/wastewater treatment technologies remain ineffective for providing adequate safe water due to increasing demand (quality &quantity both) of water along with stringent health guidelines and emerging contaminants. By recent reports nanomaterial have gained special attention for environmental restoration of water/waste-water & removal of several typical pollutants (inorganic solutes, heavy metals, metal ions, water soluble complex organic compounds, natural organic matter, nitrate, pesticides, dyes and other pollutants). Nano-particles (NPs) possess many appealing properties that can be harnessed for environmental remediation. Their Nano-scale size (1-100nm) offers them with appropriate dispensability and tunable reactivity (same with their shape). They can be dispersed appropriately. Under the right formulation and in the presence of stabilizing agents, NPs can travel just like water in soil, and when in the liquid phase, they quickly scan large volumes brownianly. Likely, their reactivity can be tuned to be enough to attack organic and inorganic molecules, but not enough to attack life forms. NPs can be designed to take advantage of their special physicochemical properties such as the presence of a higher surface area per unit of volume, which makes them very highly reactive (as compare to non-Nano forms of same materials) towards targeted molecules. Due to their unique properties toward recalcitrant contaminants and applicational flexibility, it's easy handling, low cost/maintenance and high efficiency, many nanomaterial's are under active research and development. This literature about current research on different nanomaterial's (nanostructured catalytic membranes, Nano sorbents, Nano catalysts nanowires/tubes, and bioactive nanoparticles) and their application in water treatment, purification and disinfection is reviewed in the present article.

Keywords: water/waste water remediation, nanomaterial

Introduction

Water is the most essential substance for all life on earth and a precious resource for human civilization. Reliable access to clean and affordable water is considered one of the most basic humanitarian goals, and remains a major global challenge for the 21st century. Our current water supply faces enormous challenges, both old and new. Worldwide, some 278 million people still lack access to improved drinking water sources (WHO 2012). It is urgent to implement to basic water treatment in the affected area (mainly developing country) where water and unconventional water sources (e.g. strong water, contaminated fresh water, brackish water, waste water and sea water) a new norm especially in historically water stressed regions. Furthermore, current water and waste water treatment technologies and infrastructure are reaching their limit for providing adequate water quality to meet human and environmental needs. Recent advances in nanotechnology offer leapfrogging opportunities to develop next generation water supply systems. Our current water treatment, distribution and discharge particles, which heavily rely on conveyance and

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centralized systems, are no longer sustainable. The highly efficient, modular, and multifunctional processes enabled by nanotechnology are envisaged to provide high performance, affordable water and waste water treatment solutions that less rely on large infrastructures nanotechnology- enabled water and waste water treatment promises to not only overcome major challenge faced by existing treatment technologies, but also to provide new treatment capabilities that could allow economic utilization of unconventional water sources to expand the water supply. Here, we provide an overview of recent advances in nanotechnologies for water and waste water treatment. The major applications of nanomaterials are critically reviewed base on their functions in unit operation processes. Nanomaterials are typically defined as materials smaller than 100 nm in at least one dimension. At this scale, materials often possess noble size-dependent properties different from their large counter parts, many of which have been explode for applications in water and waste water treatment. Some of these applications utilize the smoothly scalable size-dependent properties of nanomaterials which relate to the high specific surface area, such as fast dissolution, high reactivity and strong sorption. Others take advantage of their discontinuous properties such as super-paramagnetism, localized surface Plasmon resonance, and quantum confinement effect. These applications are discussed below on nonmaterial's function in unit operations processes.

Nano Processes For Water Pollutants

In terms of wastewater treatment, nanotechnology is applicable in detection and removal of various pollutants. Heavy metal pollution poses as a serious threat to environment because it is toxic to living organisms, including humans, and not biodegradable. Various methods such as Photo catalysis, Nanofiltration, Adsorption, and Electrochemical oxidation involve the use of TiO_2, ZnO, ceramic membranes, nanowire membranes, polymer membranes, carbon nanotubes, submicron nanopowder, metal (oxides), magnetic nanoparticles, nanostructure boron doped diamond are used to resolve or greatly diminish problems involving water quality in natural environment. Nanoparticles when used as adsorbents, nanosized

zerovalent ions or nanofiltration membranes cause pollutant removal/ separation from water whereas nanoparticles used as catalysts for chemical or photochemical oxidation effect the destruction of contaminants present.

Scientists classified nanoscale materials that are being evaluated as functional materials for water purification into four classes namely, dendrimers, metalcontaining nanoparticles, zeolites and carbonaceous nanomaterials.

A. Nanosorbents:

Nanosorbents have very high and specific sorption capacity having wide application in water purification, remediation and treatment process. Commercialized nanosorbents are very few mainly from the U.S. and Asia but research is on going on in large numbers targeting various specific contaminants in water [6]. Magnetic nanosorbents also helps in treating waste water and is proved very interesting especially for organic contaminants removal. Since most of the contaminants are not of magnetic nature filtration aids are needed to absorb which is generally followed by magnetic separation. The nanosorbents used for magnetic separation are prepared by coating magnetic nanoparticles with specific ligands presenting specific affinity. Different methods like magnetic forces, cleaning agents, ion exchangers and many more are used to remove nanosorbents from the site of treatment to avoid unnecessary toxicity. Regenerated nanosorbents are always cost effective and promoted more for commercialization. Few advancements and applications of nanosorbents are given below(Nanosorbent Specialization/Treatment) :

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1. Carbon-based nanoasorbents; Water containing nickel ions (Ni2+). (high specific surface area, excellent chemical resistance, mechanical strength, and good adsorption capacity)
2. CaptymerTM Contaminants (perchlorate, nitrate, bromide and uranium) branched macromolecules forming globular micro particles
3. Regenerable polymeric nanosorbent;Many organic and inorganic contaminants in wastewater
4. Nanoclays;Hydrocarbons dyes and phosphorus
5. Carbo-Iron; The activated carbon for sorption while the elementary iron is reactive and can reduce different contaminants
6. Nano networks Complex; three-dimensional networks caused by the ion beam providing better efficiency

B. Nanocatalysts:

Nanocatalysts are also widely used in water treatment as it increases the catalytic activity at the surface due its special characteristics of having higher surface area with shape dependent properties .It enhances the reactivity and degradation of contaminants. The commonly used catalytic nanoparticles are semiconductor materials, zero-valence metal and bimetallic nanoparticles for degradation of environmental contaminants such as PCBs (polychlorinated biphenyls), azo dyes, halogenated aliphatic, organochlorine pesticides, halogenated herbicides, and nitro aromatics[6]. The catalytic activity has been proved on laboratory scale for various contaminants. Since hydrogen is used in making active catalyst in large scale by redox reactions, there is need in reducing its consumption and maintain hydrogen economy by directly making catalysts in metallic form [6] . Silver (Ag) nanocatalyst, AgCCA catalyst, N-doped TiO2 and ZrO2 nanoparticles catalysts have been made which is highly efficient for degradation of microbial contaminants in water and are reusable as well. TiO2-AGS composite is very efficient for Cr (VI) remediation in waste water due to the modification done in TiO2 nanoparticles leading to absorption band shift from UV light activity to natural light degradation. Specific interactions between hydrogen and the Pd based nanoparticles were proved. Waste waters with specific contaminants like traces of halogenated organic compounds (HOCs) can be selectively biodegraded using advanced nanocatalytic activities [8]. The contaminants (HOCs) are first converted into organic compounds using nano-sized Pd catalysts which are followed by its biodegradation in treatment plant. The nanocatalyst can be recycled back and reused due its property of having ferromagnetism which helps it to be easily separated.

The reductants for the reaction can be Hydrogen or Formic acid depending on the level of contamination (Hildebrand et al., 2008)13.It has also been found that the nanocatalyst of silver and amidoximefibres which is made by coordination interactions can be reactivated many times using simple tetrahydrofuran treatment and thus can be used efficiently for degradation of organic dyes.

Palladium incorporated ZnO nanoparticles were found to be having very highphotocatalytic activity for removal of E.coli from water which was studied through several analytical studies done using different concentrations of Pd in ZnO nanoparticles.

C. Nanostructured catalytic membranes (NCMS):

Nanostructured catalytic membranes are widely used for water contamination treatment. It offers several advantages like high uniformity of catalytic sites, capability of optimization, limiting contact time of catalyst, allowing sequential reactions and ease in industrial scale up. Nanofiltration membranes are already widely applied to remove dissolved salts and micro-pollutants, soften water and treat wastewater[6]. The

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membranes act as a physical barrier, capturing particles and micro-organisms bigger than their pores, and selectively rejecting substances. Nanotechnology is expected to further improve membrane technology and also drive down the prohibitively high costs of desalination getting fresh water from salty water. Several functions which include decomposition of organic pollutants, inactivation of microorganisms, anti-bio fouling action, and physical separation of water contaminants are performed by nanostructured TiO_2 films and membranes under UV and visible-light irradiation. The N-doped "nut-like" ZnO nanostructured material forming multifunctional membrane is very efficient in removing water contaminants by enhancing photo degradation activity under visible light irradiation. It also showed antibacterial activity and helped in producing clean water with constant high flux benefiting the water purification field. Various studies have been done regarding immobilization of metallic nanoparticles in membrane (such as cellulose acetate, polyvinylidene fluoride(PVDF), polysulfone, chitosan, etc.) for effective degradation and dechlorination of toxic contaminants which offers several advantages like high reactivity, organic partitioning, prevention of nanoparticles, lack of agglomeration and reduction of surface passivation[5]. Nanocomposites films have been prepared from polyetherimide and palladium acetate and specific interactions between hydrogen and the Pd based nanoparticles have been studied proving the efficiency in water treatment. The metal nanoparticles were generated within the matrix by annealing the precursor film under different conditions using both in situ and ex situ method. This provides opportunities to design materials having tunable properties. With the advancement in nanotechnology several novel nanostructured catalytic membranes has been with increased permeability, selectivity, and resistance to fouling. The techniques include bottom-up approaches and hybrid processes for enabling its multi functionality [6].

D. Catalytic Wet Air Oxidation(CWAO) using Nanoparticles:

A great challenge in nanotechnology is to design highly selective catalysts comprising of an active site with the correct ensemble of metal atoms and other active components. The main advantage of nanocatalysts prepared in organic functional polymers is the easy tailoring via variation of the polymer nature. Such catalysts are characterized by high activityselectivity-stability. Here we report the synthesis of Pt, Pd, Ru, nanoparticles impregnated in hyper cross linked polystyrene matrix as efficient catalysts for CWAO of phenol. CWAO treatment of phenol compounds realized on the base of hyper cross linked polystyrene impregnated with platinum nanoparticles leads to high phenol conversion. Catalytic wet air oxidation of Oxalic Acid using Platinum catalysts in Bubble Column Reactor provides an efficient method of combustion at very low temperature as compared to thermal incineration [9].

E. Nanofibers:

Nanofiber technology in combination with biological removal of toxic xenobiotics is the advanced method in industrial wastewater treatment process. Microbial biofilm formation can be greatly supported using nanofiber structures, and the whole system provides stable and accelerated biodegradation [5].Nanofiberscarriers are examined on various parameters like cleaning efficiency of toxic compounds, stability of carrier and nanofiber layer, rate of carrier ingrowths by relevant microorganisms, disintegration of nanofibers and sorption properties. Each biomass carrier must meet the basic parameters (microorganism colonization ability, chemical and physical stability, surface morphology, maximum specific surface). The exceptional properties of nanofiber carriers are primarily the large specific surface, high porosity and small pore size. ElectrospunPolyacrylonitrilenanofiber mats are being used for heavy metal ion removal because of tremendous potential as a heterogeneous adsorbent for metal ions [4].

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Depending on the type of polymer, nanofibers are durable, easily moldable and chemical resistant. The principal advantage of nanofiber materials is their comparability with the dimensions of micro-organisms, the surface morphology and biocompatibility, which allows for faster colonization of the nanofiber surface by the microorganisms [4] . An important advantage of the technology is the possibility of a bacterial biofilm buildup not only on the surface of the carrier but also closer to its center (inside the carrier), where the bacteria are much more protected against the toxic effects of the surrounding environment and shear forces during hydraulic mixing. In addition, penetration of substrate and oxygen to the microorganisms is also possible. High specific surface of the nanofiber layer allows to the bacteria great adhesiveness and as a result it simplifies the immobilization of microorganisms, especially in the initial stages of colonization of the surface carriers and also even during difficult emergency conditions (reducing the required regeneration time). After a longer period of colonization the microbial biomass grows naturally on the places without the nanofibers thus making the process of wastewater treatment more efficient. Fe-Grown Carbon nanofibers are being used for removal of Arsenic (V) in wastewater.

F. Membrane Filtration Technology Nanofiltration:

It is a liquid separation membrane technology positioned between reverse osmosis (RO) and ultra-filtration. While RO can remove the smallest of solute molecules, in the range of 0.0001 micron in diameter and smaller, nanofiltration(NF) removes molecules in the 0.001 micron range. It refers to a membrane process that rejects solutes approximately 1 nanometer (10 angstroms) in size with molecular weights above 200[5]. Because they feature pore sizes larger than RO membranes, NF membranes remove organic compounds and selected salts at lower pressures than RO systems. It is also capable of removing bacteria and viruses as well as organic-related color without generating undesirable chlorinated hydrocarbons and tri-halomethanes. Nanofiltration is used to remove pesticides and other organic contaminants from surface and ground waters to help insure the safety of public drinking water supplies. Sometimes referred to as "membrane softening," NF is an attractive alternative to lime softening or zeolite softening technologies and since NF operates on lower pressure than RO, energy costs are lower than for a comparable RO treatment system. As such, nanofiltration is suited especially to treatment of well water or water from surface supplies such as rivers or lakes [5].

Retention and Reuse of Nanomaterials:

The retention and reuse of nanomaterials is a key aspect of nanotechnology enabled device design due to both cost and public health concerns. It can be usually achieved by applying a separation device or immobilizing nanomaterials in the treatment system. A promising separation process is membrane filtration which allows continuous operation with small footprint and chemical use. Ceramic membranes are more advantageous than polymeric membranes in photocatalytic or catalytic ozonation applications as they are more resistant to UV and chemical oxidants. The suspended particles in the receiving water are detrimental to reactor membrane hybrid systems as they can be retained by the membrane and significantly reduce the reaction efficiency [9]. Thus raw water pretreatment is usually required to reduce the turbidity. Nanomaterials also can be immobilized on various platforms such as resins and membranes to avoid further separation. However, current immobilization techniques usually result in significant loss of treatment efficiency. Research is needed to develop simple, low cost methods to immobilize nanomaterials without significantly impacting its performance. For magnetic nanoparticles/nanocomposites, low field magnetic separation is a possible energy efficient option [9] . Little is known about the release of nanomaterials from

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nanotechnology enabled devices. However, the potential release is expected to be largely dependent on the immobilization technique and the separation process employed. If no downstream separation is applied, nanomaterials coated on treatment system surfaces are more likely to be released in a relatively fast and complete manner, while nanomaterials embedded in a solid matrix will have minimum release until they are disposed off. For nanomaterials that release metal ions, their dissolution needs to be carefully controlled (e.g., by coating or optimizing size and shape). The detection of nanomaterial release is a major technical hurdle for risk assessment and remains challenging. Few techniques can detect nanomaterials in complex aqueous matrices and they are usually sophisticated, expensive and with many limitations [9].

Benefits of Using Nanotechnology:

(i) *Increased effectiveness* – Contaminants could be more effectively removed, even at low concentrations, due to the increased specificity of nanotechnology and the development of "smart" filters tailored for specific uses.

(ii) *Removal of new contaminants* – Contaminants that were previously impossible to remove could now be removed. This will be achieved through novel reactions at the nanoscale due to the increased number of surface atoms.

(iii) *Simplification* – Nanotechnology could radically reduce the number of steps, materials and energy needed to purify water, making it easier to implement widely in rural communities.(iv) *Reduced cost* – Substantial initial investment would be needed to incorporate or switch to nanotechnology–based water treatments.However,once adopted, these techniques could considerably lower water treatment costs over the long term.

(v) *Sensing and detection* – Nanotechnology is being used to develop small and portable sensors with enhanced capabilities for detecting biological and chemical contaminants at very low concentration levels in the environment, including in water.

(vi) *Increasing potable water supplies* – The development of low–cost portable filters, purifiers and other techniques could positively impact rural communities and informal settlements located close to industrial areas, where the accessible water is heavily contaminated.

(vii) *Desalination of sea water* – By removing the salt from seawater, another large sustainable source of potable water could be provided significantly more cheaply than existing techniques.

(viii) *Safety of industrial effluent* – New,more efficient and cost-effective techniques could be applied to protect the environment alongside industrial practices. For example, nanotechnology may be used by the mining industry to prevent the contamination of groundwater from inactive mines by cleaning of acid mine drainage sources.

Thr Risks of Nanotechnogy:

Besides its use in water treatment, nanotechnology may have unintended effects on human health and the environment. With more than 1100 nanotechnical products already available to consumers worldwide, nanoparticles may eventually interact with humans and the environment at different stages of the products life cycles. There are concerns that the same properties (size, shape, reactivity, conductivity) that make nanoparticles so useful to mankind can also make them potentially harmful to the environment and toxic to humans, especially if they enter and build up in drinking water supplies and the food chain. The concerns result from poor understanding of the fate and behavior of nanoparticles in humans and the environment, which are affected by biotic and abiotic factors. How this will affect their toxicity in the long

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term is unclear. For example, silver nanoparticles used in socks to reduce foot odour are being released during washing with possible negative consequences. The silver nanoparticles may then destroy beneficial bacteria which are important for breaking down organic matter in wastewater treatment plants. Also, recent studies have shown a similar response by the human body to some forms of carbon nanotubes as to asbestos particles, if inhaled in sufficient quantities. Extreme care needs to be taken with the use of nanotechnology in water treatment. Investigations to seek ways of removing nanoparticles from treated wastewater before discharge into the environment should be undertaken. Nanotechnology risk assessment research for establishing the potential impacts of nanoparticles on human health and the environment is crucial to aid in balancing the technology's benefits and potential unintended consequences.

No systematic investigations regarding the stability of nanomaterials in natural and engineered environmental systems have been carried out till date to the best of our knowledge. On a positive note, due to their extremely high potential in combination with the high specificity, nanoparticles can be developed into ideal candidates for water treatment and may contribute to solving future challenges in the area of water treatment technologies. Thus nanotechnology holds a lot of promise in the remediation of groundwater and for this there is further scope in research and development.

Scientific authorities acknowledge this as a massive challenge, since monitoring the huge volume of diverse nanoparticles being produced and used and their consequent impact is very difficult totrack.A research platform should be currently established to investigate the environmental, safety and health related aspects of nanotechnology. The initiative comprises four pillars, namely human capital development, focused research, infrastructure development, and an inventory of nanoparticles in production. Other initiatives include the establishment of an Ethics Committee constituted by government, made up of stakeholder representatives to ensure the technology adheres to ethical principles.

It is important that nanotechnology is developed in a safe, responsible, acceptable, and sustainable manner. For this to happen, the entire life cycle of nanoparticles needs to be carefully considered from production to disposal, to allow an informed assessment of the potential human health and environmental impacts. This will mitigate the challenges faced by other technologies such as asbestos, DDT, and GMOs. Risk assessment of nanotechnology is currently starting at several universities and science councils and is expected to become an integral part of the nanotechnology research.

Conclusions:

Some key issues to be considered with regard to water and nanotechnology include:

Technology transfer – Developed water treatment technologies need to be transferred to specific target communities and must be relevant to the community needs, technical capability, and available infrastructure. The receiving communities have to take ownership both in skill and perceived benefit of the technology to be able to sustain it once there is no longer technical support.

Public understanding of nanotechnology – As with any emerging technology, public awareness and understanding of the technology and related issues are an integral component of responsible application. It is essential that factually based, credible information is communicated and that the public and other key audiences are engaged in relevant topics to ensure community preparedness for this technology.

"Buy–in" of the water sector – Since significant capital investment will be required to make the switch to nanotechnology-based water treatment, the involvement of the water sector, at all levels, is crucial.

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Nanotechnology risk assessment – Long term acceptance of nanotechnology–based products and industrial applications by society is strongly dependent on the way risk concerns (real and perceived) will be investigated, communicated to the public, and managed

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Juvenile Delinquency: A Psycho-legal Perspective

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Abstract

Juvenile delinquency is an illegal act that is performed by a child under age 18.The number of juvenile delinquents has been increasing which is emerging as a serious problem for the whole country. This paper is an attempt to understand the concept of juvenile delinquency, role of causal factors in the evolution of juvenile delinquents and exploration of effective treatments for treating them effectively. Here, the researcher also attempted to find out the answer of several research questions in this context. It was concluded that juvenile may have unstable sense of self, lack of self- regulation and weak decision making ability. They sometimes performed impulsive and immature behaviour. Therefore, the Juvenile Justice Board attempts to assess the juvenile's psychological and mental state and well-being of juveniles. Development of pre-frontal lobe was also found a debatable issue in this context. Various effective treatments were also discussed in this research paper.

Keywords: Juvenile Delinquency, Juvenile Justice Act, Preventive measures, Psychological treatment.

Children are the future of our society but due to some factors they may get involved in heinous crimes at the early stage of life. In India, an illegal actthat is performed by a child under age 18 is known as juvenile delinquency. 'The word "Juvenile" originates in a Latin word "Juvenis' that means young. A "Juvenile" or child means a person who has not completed eighteen years of age.'

Juvenile delinquency can be classified into various types. Hirsch classified juvenile delinquency in six categories on the basis of varieties of offences committed: 'Incorrigibility, Truancy (staying away from school), Larceny (ranging from petty thefts to armed robbery), Destruction of property (both public and private), Violence against individual or community and sexual offences ranging from homosexuality to rape. Eaton and Pole, classified delinquents into five groups according to the offence: Minor violations, Major violations including property violations, addiction, and bodily harm including homicide and rape. Trojanawicz classified them as accidental,ill-socialized, aggressive, occasional, professional and gang-organized.'(p.68)Psychologists have classified juvenile delinquents into five groups based on the traits and their personality: mentally defective, psychotic, neurotic, situational and cultural.

There are various factors such as (biological, social, economic, personal, situational, cultural factors) that may facilitate juvenile delinquency. Biological factors such as (brain damage, psychosis etc.), social factors such as: helicopter parenting, parental rejection, parental control, family or interpersonal conflicts, immoral and broken home, economic factors like: poverty, unemployment, hunger, personal factors as: pathological peer relationship, hostility, aggression, excessive anger, excessive stress, lack of self-control or being impulsive, anti-social traits, situational factors as impact of media sources, excessive use of mobile phones, internet and cultural factors can increase juvenile delinquency.

Nowadays, the number of juvenile delinquents has been increasing which is emerging as a serious problem for the whole country. This paper is an attempt to understand the concept of juvenile delinquency, role of causal factors in the evolution of juvenile delinquents and exploration of effective treatments for treating them effectively. Here, the researcher also attempted to find out the answer of several research questions in this context.

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Research Questions:

- Juvenile Justice Act, 2015 says that if a juvenile, between the age group of 16-18, commits a crime then the juvenile justice board will enquire whether that crime was committed with an adult mind or not and whether the juvenile has understanding of what he has done. Is this a correct method to treat the juveniles of this age group?
- Some psychologists said that the prefrontal lobe of our brain is not developed till the age of 20 or 21, shall it be justified to try a juvenile below the age of 18 under trial?
- What can be done from psychological and legal perspective in this regard?

As it is well known that 'the Juvenile Justice Bill was first introduced in the LokSabha on 22nd August, 1986, and the Central Children Act was replaced by this Juvenile Justice Act.' (p.65) 'The Juvenile Justice (Care and Protection of Children) Act, 2000, brought in compliance of Child Rights Convention 1989, repealed the earlier Juvenile Justice Act of 1986 after India ratified Child Rights Convention 1989 in year 1992. This Act has been further amended in the year 2006 and 2010 and 2011.'(p.65)

In 2012, after Nirbhaya Gang Rape Case, some ratifications were performed in the pre-existing juvenile justice act and the upper age limit of juvenile offenders was decreased to 16 instead of 18 years which was actually the result of protest of some NGO's. They were demanding justice for her and stringent punishment for a juvenile who was set free from the reformatory home after three years. Then, Juvenile Justice Act, 2014 came into existence where it was mentioned that if a child of under age18 performed a heinous crime then he will be treated as an adult and if he committed minor crime then he will be treated as a juvenile. After that Juvenile Justice Act, 2016 came with some ratification that Juvenile Justice Board will decide that whether the crime was committed as an a child or as an adult which is a matter of concern.

A recent case of a school of Lucknow where an adolescent girl of 7th standard tried to kill her junior just because she wanted to declare a holiday and a case of Haryana, where an adolescent boy shot his principal just because she refused to check his assignment. The present condition of adolescents is getting worse and eye-opening and it should be treated with great sensitivity.

Adolescence age is a sensitive period of life span because at that time various psychological, cognitive and biological changes took place. They have unstable sense of self, lack of self- regulation and weak decision making ability. They sometimes performed impulsive and immature behaviour. Therefore, the Juvenile Justice Board attempts to assess the juvenile's psychological and mental state and well-being and make legal enquiries through which it decides whether a crime is committed with a child's mind or with an adult's mind.

According to the Ministry of Women and Child Development- A two-stage assessment/ trial maintains a balance that is not only sensitive to the rights of the child but also protective of his legitimate interests. Thus, this method appears correct in this regard but other methods should also be applied for treating the juveniles in India. If juvenile has committed a heinous crime and it has been proved that it was performed from an adult's mind then there is nothing wrong to punish him as an adult. On the contrary if it is not, then the case of juvenile should be sent to the juvenile court.

This concept applies both to criminal acts of deviance as well as to non-criminal acts that member of a group view as unethical, immoral, peculiar, sick, or otherwise outside the bounds of respectability. According to another definition, delinquency is a condition arising in the matrix of socio-personal disorganization in the sequence of experience and influences that shape behavior problems. It is the product

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of dynamic social process, involving numerous variables and the failure of personal and social controls. It is a symptom of deep socioeconomic and social ailments.

Pre frontal lobe governed the behavior related to decision making through which one can understand what is right and wrong. Adolescents tend to be impulsive and prone to mood swings because the limbic system — which processes emotions — is still developing. If it is true then criminal acts should be performed by each child because they also don't possess a fully developed brain at this age.

Assessment of mental capacity is impossible and somehow it can be performed by experienced psychologists. As far as my view is concerned, as a child psychologist, the researcher found that if the prefrontal lobe of brain is not developed till the age of 20 or 21, yet it would be justified to try a juvenile below the age of 18 under trial because mostly the heinous crimes may be committed by juveniles from an adult mind.

Diagnosis of Juvenile Delinquency:

Application of physical test, psychological test, case history, and interview also can be helpful in the diagnosis of juvenile delinquency.

Effective Treatment of Juvenile Delinquency:

Juvenile courts, Probation, Boot-camps, Reformatory schools, Very often Narco-synthesis and Electro-shock therapy can be helpful. Psychological treatment such as: Change in environment, Suggestion, Rational persuasion, Re- education, Play therapy and Role-play therapy helps in developing emotional and empathic understanding among juveniles.Occupational therapy enables them to earn money for their survival.Group therapy offers an opportunity to interact with other juveniles and also in understanding viewpoint of one another which can be fruitful in the reduction of juvenile delinquency. Behaviour therapy can be profitable not only in the development of productive and positive behaviour but also in the reduction of negative, aggressive and destructive behaviour.

Psychological counseling of juveniles and their parents can be effective in treating them that may bring positive changes in their thoughts and cognition and enable them to observe every condition in an objective manner as well. Client-centered therapyand psycho-analysisare some other techniques that may be advantageous for them.If we want to grow mango tree, we show the seed of mango in soil. Similarly, if we will nurture the sense of morality, self-restriction and discipline in children of our nation, then they will never do these types of criminal acts.

- From psychological perspective, most of the juveniles, who committed crimes in India, belong to the low socio-economic status. Hence, it is needed to appoint counsellors in each and every government school for teaching them life skills through which they can explore their own potential and use their energy in a right track and counsellors can also provide proper guidance for their future because they have immense strengths but they don't know how can they utilize it in a right direction.

- The Psychologists can also play vital role in the healthy development of child. If a child is found with a destructive mind, uncontrollable rage and anger, high impulsivity, psychologist can offer them interesting activities and find out their positive assets and they can motivate them to work on their positive aspects of personality by giving them reward for desirable behaviour. Behaviour modification techniques also can be beneficial.

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- Videos and movies can also create awareness about the catastrophic results of criminal activities among children because they learn through observational learning.
- In legal perspective, despite all the present provisions the crimes committed by juveniles are not getting reduced hence new laws should be passed because these provisions are not sufficient, they also needed a review.
- Healthy and positive roles of family, school, child guidance services can play a vital role to curb the juvenile delinquency.

Conclusion:

Thus, it was found that juvenile delinquency has been increased in India over a period of time. There are various factors that may contribute in the evolvement of juvenile delinquency and some laws were also passed in this regard such as Juvenile Justice Act and legal ramification also came into existence like 2016 where it was mentioned that juvenile justice board will enquire whether that crime was committed with an adult mind or not. Here, the researcher found that juvenile may have unstable sense of self, lack of self-regulation and weak decision making ability. They sometimes performed impulsive and immature behaviour. Therefore, the Juvenile Justice Board attempts to assess the juvenile's psychological and mental state and well-being of juveniles.Pre-frontal lobe controls decision making ability. If it is the fact that the pre-frontal lobe is not developed till the age 20 to 21 years then heinous criminal crimes should be performed by all the children. It can be said that the assessment of mental capacity is impossible and somehow it can be performed by experienced psychologists but it is fair to treat them as an adult in condition of committing heinous crimes and should be given more stringent punishment as well.

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A Comparative Study of Physical and Nutritional Assessment Among Sports Achievers and Non Achievers

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Abstract

The aim of the study was comparison of physical and Nutritional Assessment among Sports Achievers and Non Achievers. A total number of 100 male subjects 50 Achievers &50 Non Achievers) of Lucknow District were selected with age ranging from 35 to 55years to act as a subject for the study. Keeping in mind about specific purpose of the study, the variables: Physical and Nutritional Assessment of sports Achievers and Non Achievers has been selected. By Life Style Assessment Inventory"by Anspangh David S.Michal, H.Hamrichand Frank D. Rosato will be adapted to collect the data for life style assessment. In this study To find out the level of the Physical and Nutritional Assessment, Descriptive Statistics and to compare the physical and Nutritional Assessment between sports Achievers and Non Achievers, T-test was used for achieving the objectives of the study, on the basis of the results of the study it is concluded that the physical Assessment has the significant effect on Achievers and Non Achievers sports person and the calculated value was found greater than the required tabulated value at 0.05 level of significant.

Keyword- physical and Nutritional Assessment

1. INTRODUCTION

Nutrition is an important component of any physical fitness program. The main dietary goal for active individuals is to obtain adequate nutrition to optimize health and fitness or sports performance. This is not only important to help to improve performance but also to promote healthy dietary practices in the long term [1]

Young athletes have more nutritional needs because of physical activity and physical development. Optimal athletic performance results from a combination of factors including training, body composition, and nutrition. [2] Burke, L.M. Practical issues in nutrition for athletes.3] Nutrition plays an important role for attaining high level of achievement in sports and athletics. Physical fitness and training are very much depended on nutritional status of sports personnel. Diet significantly influences the performance of athletes. [3]Nutritional Assessment Physical fitness and training are very much dependent on nutritional status of sports personnel[4].The foundation of an effective nutrition care plan for active individuals should integrate assessments of psychosocial, biochemical, nutritional and physical status factors[5]. The nutritional assessment was carried out in the study for the selected sports person

❖ Sports achiever's

For the purpose of this study Sports Achiever's are those who have participated in the senior national level sports competition and have won medals and working in an government organization for at least Ten years.

❖ Non-achiever's

Non Achiever's are those who have participated at least University level, but could not be selected to participation Senior State level competition and are working in an government organization for last ten years.

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2. **Objectives**: Objective of the study was to compare Indian Sports achievers and non achievers on their selected Life-style responses.

3. **Procedure**

In this chapter Selection of subjects, Selection of variable, selection of the tools/questionnaires, administration of questionnaires, criterion measures, collection of data, Lifestyle Assessment Score and statistical technique to be employed for analyzing the data have been described.

Selection of Subjects

100 male Sports person (50 of each category) were selected randomly. The age of subjects will range from 35 to 55 years. Subjects were from different organisation i.e. 20 subjects from Northern Railway,15 subjects from NE Railway and 15subjects from RDSO.

Selection of Variables

The following variable was selected for the purpose of the study to assess the physical and Nutritional aspects of the subjects.

         a. Physical assessment (PA)

         b. Nutritional assessment (NA)

Selection of the Tools/Questionnaire

For the purpose of characterizing Drug and Nutritional Assessment of Elite players,"**Life Style Assessment Inventory"** by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato will be adapted to collect the data for Drug and Nutritional assessment. The tools/ questionnaires will be used in this study for the collection of the data will be selected because they are found be most reliable and have been widely used in the profession of physical education and sports throughout the world.

Administration of Questionnaires

The subjects will be consulted personally and their sincere cooperation will be solicited. The research scholar will himself visit the different venues and will collect data on the Physical and Nutritional assessment of each sportsperson. The Inventory contained total 80 items, out of these only 20 items will be selected, these question/statements evenly divided in two life style contents namely Physical assessment, and Nutritional assessment, The subject responding using five points ordinal scale, hence the maximum response score from the total inventory will 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for Drug and Nutritional assessment score are given below:

86-100	Excellent
70-85	Good
50-69	Average
30-49	Below Average
Less than 30	Needs improvement

Criterion Measures

To measure personal appraisal about the life style assessment of the subjects belonging to sports person (Achievers and Non achievers), "Lifestyle Assessment Inventory" will be used. The Questionnaire will be divided into eight parts out of these only two parts will be considered for the study i.e,Physical assessment (PA),& Nutritional assessment (NA),

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Collection of Data

The data were collected from the 100 subjects 50 from each (Sports Achievers and Non Achievers) of Lucknow District. The data were collected as per direction of life style assessment inventory.

Statistical Technique

To find out the level of the Physical and Nutritional Assessment, in Sports Achievers and Non Achievers , Descriptive Statistics was used. To compare the Physical and Nutritional Assessment, in Sports Achievers and Non Achievers , T-test was used. The level of significance was set at 0.5.DATA were analyzed by using S.P.S.S (Statistical package of Social Sciences).

Table-1: Descriptive Statistics of Physical and Nutritional assessment of Sports Achievers and Non Achievers.

Group Statistics					
	group	N	Mean	Std. Deviation	Std. Error Mean
Physicalassessment	sports achievers	50	75.4200	15.75979	2.22877
	non-achievers	50	57.0600	18.60811	2.63158
Nutritional assessment	sports achievers	50	67.6600	14.46263	2.04533
	non-achievers	50	62.7200	14.18686	2.00632

Table-2: t-Test of physical assessment of Sports Achievers and Non Achievers cricket players.

Group	Mean	Standerd Deviation	t-value	Sig.
Sports Achievers	75.4200	15.75979	5.324	0.000
Non Achievers	57.0600	18.60811		

Graphical Representation of Mean of Achievers and Non Achievers on Drug and Nutritional Assessment.
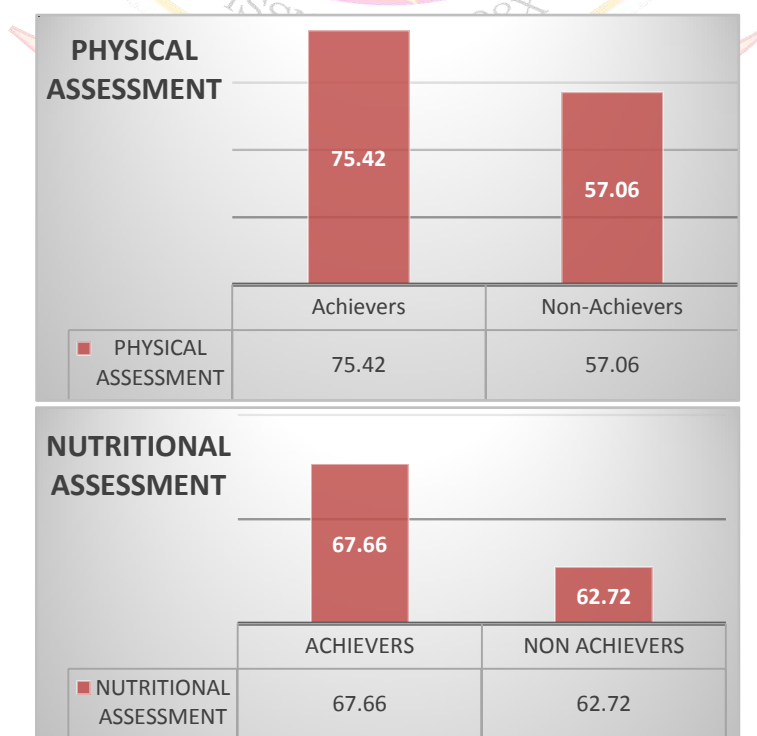
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Discussion of finding

In the light of obtained data it can be seen that there was a significant effect of Physical Assessment is seen on the Achievers whereas Achievers possessed greater Physical Assessment in comparison to Non Achievers Whereas the Nutritional Assessment is found insignificant effect. The finding may be attributed to the fact that an individual's typical way of life: his attitude and their expression in a self consistent manner as developing from childhood. A way of life or style of living that reflects the attitudes and values of a person or group. Thatswhy the Achievers lifestyle is more consist in Physical & Nutritional aspect because of their way of living in perfect manner.

Conclusion

On the basis of the results of the study the conclusion may be made that the physical Assessment has the significant effect on Sports Achievers and on Nutritional Assessment insignificant effect is seen. The reason may be poor nutritional knowledge which is reflected in their nutrient intake. Nutrition education has definitely created awareness among the selected sports person which would in long run help improve their nutritional status.

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Information And Communication Technologies In Physical Education

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Abstract

The field of sports is not left behind while making the use of various latest technological tools. The role of information, communication and technology (ICT) has been widely used by researchers in the recent past throughout the world. Therefore, the use of ICT, along with other changes, seems to be immense in modern era. However, in India despite the huge potential offered by ICT, their actual use seems to be confined to only elite institutions and sports persons. Here in this article we try to bring out a clarity about various ICT tools and the potential they offer in terms of improving efficiency and performance of Indian sports at international level.

Key words: Information, Technology, Communication, Tools

Introduction:

"Lack of activity destroys the good condition ofevery human and preserveit."

Teaching is becoming one of the most challenging professions in India where knowledge is expanding rapidly and much of it is available to students as well as teachers anytime anywhere. In recent years there has been a groundswell of interest in how computers and the Internet can best be harnessed to improve the efficiency and effectiveness of physical education at all levels and in both formals and non-formal setting. But ICTs are more than just these technologies; older technologies such as the telephone, radio and television, although now given less attention, have a longer and richer history as instructional tools. The use of computers and the is still in its infancy in developing countries, if these are used at all, due to limited infrastructure and the attendant high costs of access.

The emergence and use of technology in this century is a significant development affecting the teaching and learning of physical education and sport. Education is faced with a new dimension dominated by e-learning. For Physical educators, this trend is also reflected by the necessity to improve their teaching and methodology. The modern alternative is the use of technology meant to increase accessibility to information and teaching process effectiveness. The use of technology for teaching and learning has be summarized, in the following aspects: the needs for technology, computer-motion analysis, internet, video analysis/conferencing, chatting and challenges. It is concluded that technology use enormously improve teaching and learning of physical education and sport.

Technology such as projection systems, smart boards and wireless transmission (WiFi and Bluetooth) allow for the display and transfer of information far beyond the traditional chalkboard. Teachers can enhance physical education instruction by using those tools, provided that set-up and/or implementation don't reduce student activity time.

Motion-analysis software and digital video make student performance evaluation easier, thereby enhancing teacher, peer and individual assessment. Many pieces of technology, such as heart rate monitors, pedometers and active games, have the ability to track performance, allowing students to document and monitor their progress. Students also should be well versed in using the devices, to prevent an increase in management time and a reduction in student activity levels.

Implementing technology appropriately into physical education can enhance teaching and learning and contribute to providing a quality physical education program. Technology can aid in content

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presentation and can help students becoming physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity

Practical use of technology in the teaching and learning of physical education opines that the use of technology in the learning process of physical education may not be a goal of its own but it is a tool with which to reach objectives.

ICT in Physical Education:
ICT to improve student learning:

ICT should be utilized selectively within the learning context and should focus upon improving students understanding and enthusiasm. The prime goal must reside with effective teaching and learning with ICT contributing to such a dynamic process.

It is important to remember that ICT is not a tool for learning but a medium for delivering pre determined content. Lesion must be avoided where students simply search for and retrieve information with no prior learning outcomes beingset by the teacher.

ICT allows teacher to reconsider teaching and learning and frees the teaching from the constraints of the classroom and traditional teaching strategies. ICT is appealing to students and must surely be the preferred learning mode, given that the computer is often viewed as the child's machine. If learning materials are designed around technologies, the student should be motivated by such opportunities.
The integration of ICT should promote and enhance learning by:

- Accessibility – bringing the world to the classroom.
- Involvement with technologies distinct from conventional methods.
- Accommodating the various paces of learning.
- Encouraging students to access and evaluate information from various sources.

Teaching strategies can be varied when integrating ICT and consideration should be given to:

- Group work
- The operation of a cascade model whereby competent student are able to assist others in theuse of ICT.
- The limitations posed by a single screen when teaching the whole class.

Other issues to be considered when attempting to integrate ICT in learning include:

- The confidence levels of students in using ICT.
- Classroom management.
- The importance of focusing on the learning process not the tool.
- Diversity of the student group must be accounted for in planning.

Technologies in physical Education:

ICT incorporates a vast array of hardware and software. The following technologies should be considered for use within physical education for planning, administrative and teaching purpose.

Internet: A global network providing the capability to communicate, share ideas and access information and resources from around the globe.

Intranet: similar to the internet, but information from within a school or organization.

Local area networks: The development of local area networks (LANs) allows computer users to communicate with each other without leaving their location or without the need of a telephone conversation.

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world wide web: The World Wide Web(www) is that part of the internet supporting graphics, audio, video, and hypertext links (the ability to connect from one computer site to another), as well as standard text.

CD- ROM: Information is presented in the form of graphics and text with sound and moving video.

Multimedia: Computers have integrated learning with multimedia presentation.

Computer – assisted instruction: Computer-assisted instruction (CIA) provides students with an alternative to classroom settings and frees the instructor from rote processes that are better handled by the computer.

Wristwatch/ heart rate monitors: Usually a strap fits around the chest and contains a radio to transmit the heartbeat to the monitor in the wristwatch.

Digital camera: The pictures taken are stored in computer memory rather than on film as in an ordinary camera. They can be displayed directly into the computer monitor or imported into a graphics/art package for editing.

Generic software: The most common forms are word processors and spreadsheets.

Video capture: A video camera which can be connected to the computer. Video sequences or still images can be stored on disk and edited.

Data handling: Information can be stored in a database.

Desktop publishing: A combination of text, graphics and layout to produce a document.

Presentation software: For example, Microsoft PowerPoint – software displaying information in slide form.

Computer and satellites: Classrooms around the world can now be connected using technologies that include computers, interactive television, satellites, and the internet.

Conclusion:

Physical education within the school system requires time, facility space and interactive lesson plans. Technology provides access to information, compresses information, motivate learners, and connect learners to teachers and teacher to the colleagues.Modern technologies can be used in physical education and sports for various purposes. By observing sports software, online lectures, video conferencing, discuss forums, sports portals, sports blogs, Wikipedia and information on internet, we will say that these are very useful tools for physical education and will give best future for sports and physical education Inclusion of computers and relatedtechniques increases confidence of sports person, physical tutors and students.

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Importance of Sports Psychology in Physical Education and Sports

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Abstract

Sport psychology is a interdisciplinary science that draws on knowledge from the fields of Kinesiology and Psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions. Sports psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan. sports psychology is a relatively young discipline within psychology. In 1920, Carl Diem founded the world's first sports psychology laboratory at the Deutsche Sport hoch schule in Berlin, Germany. The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand. This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. That interest has focused on techniques that athletes can use in the competitive situation to maintain control and optimize their performance. Once learned, these techniques allow the athlete to relax and to focus his/her attention in a positive manner on the task of preparing for and participating in competition. Psychology is another weapon in the athlete's armoury in gaining the winning edge.

Role of Sports Psychology

The specialized field of sports psychology has developed rapidly in recent years. The importance of a sports psychologist as an integral member of the coaching and health care teams is widely recognized. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures, fine-tune the level of awareness needed for optimal performance, and stay focused amid the many distractions of team travel and in the competitive environment. Psychological training should be an integral part of an athlete's holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sport psychologist, and the athlete; however, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete, especially during actual practice. To help the parties air and resolve differences.

Preparing for Competition

Simple psychological skills to help the athlete manage the competitive performance environment include:

1) learning relaxation skills (e.g. progressive relaxation, slow, controlled, deep abdominal breathing or autogenic training.

2)Mastering all of the intentional styles (types of concentration)

3) Imagery (both visualization and kinesthetics)

4. Self talk

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5. Developing a precompetition mental routine to be employed immediately prior to competition on game day.

The Injured Athlete

Injured athletes commonly experience at least three emotional responses: isoloation, frustration and disturbances of mood. The Sports Psychologist in consultation with the medical team must make ready the injured athlete to participate in sports and games.

Motivational techniques for coaches and athletes

1. Goal setting

Athletes should be encouraged to set a few ambitious but achievable long-term goals; perhaps to represent their country in a major championship in three or four years. Through empowering athletes to set their own goals, they are more likely to accept the challenges that lie ahead and pursue the goals with enthusiasm.; Goals need to be monitored and revised on a regular basis. One of the biggest mistakes that coaches make in setting goals is that they are often too rigid in their approach. The goal setting process works best when there is some flexibility and the individual athlete or team take ownership of each goal. Thus, coaches and managers are better off exercising some democracy when setting goals, particularly if working with more experienced athletes.

2. Using extrinsic rewards

The key aspect in using extrinsic rewards effectively is that they reinforce an athlete's sense of competence and self-worth. Thus, a reward should be informational in nature rather than controlling. If a reward comes to be controlling, it can significantly undermine intrinsic motivation. For a reward to be informational, it is advisable that it has relatively little monetary worth (ie it is a token reward), such as a 'woman of the match' or 'athlete of the tour' title. Also, the reward should be presented to an athlete in front of all potential recipients with some emphasis placed on the prestige associated with it. Other popular ways of using token rewards include etching athletes' names on annual honours boards for their contributions, or awarding a special item of clothing.

3. Motivational music

A particularly good way to motivate athletes in training and prior to competition is through the use of music they perceive to be inspirational.

4.Positiveself-talk

Positive self-talk is a technique that can be used to enhance motivation across a wide range of achievement domains. It makes use of an athlete's powerful inner voice to reinforce their self-esteem or important aspects of their performance. With appropriate repetition, self-talk can positively alter an athlete's belief system. I use three types of self-talk in my work with athletes and will illustrate each with an example to assist you in coming up with your own.

Conclusion:

Each and every one of us has an untapped energy source that can be drawn upon to bring about superior results. Enhancing motivation is fundamentally about a change of attitude, developing a positive 'can do' mindset and engaging in systematic behaviors – the short-term process goals – that facilitate improvement. If you have a leadership role in sport you will have considerable influence on how motivated your athletes or team might feel. You can in still a good work ethic, recognize individual effort and instigate transparent reward structures that reinforce people's sense of competence. To work best, the techniques

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mentioned in this article need to be melded around specific circumstances and the needs of individual athletes. Always strive to be original and innovative in the application of motivational techniques.

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Technical Gadgets as Ornaments in Sports: An Exploration

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Abstract:

The study is highlighting the technology role in sports performance and fitness and this is the investigation of sustenance's and their impact on training methods, development, and advancement of the athlete. Technology and by product the training gadgets as ornament in sports are literally stimulated the performance of the athlete in the sporting world. They make an impact everywhere. Involvement of technological innovations in sports there is a huge effect what athlete wear, how athletes trained by using the gadgets. One of the big advances regarding technology in sport is in the materials athletes used. Having an exercise chart is a dynamic move to getting fit and maintaining an active lifestyle. It is important to utilize these useful gadgets and give these advantages even with the basic level. It is also useful for some associated movements. Sometimes these gadgets are utilizing against the unwanted movements which can be modifying by using the technical gadgets appropriately. Such as backhand fixer is used in tennis, training mats and bobbla training ball in hockey, speed led, speed chute, speed sac and quick ladder in athletics, bowling machine in cricket and spike trainer in volleyball, etc. For this reason, it is important to promote research and to develop timely these specific gadgets in the field of sports training. Researcher majorly endeavoured to explore the role of technical equipment's as gadgets in enhancement of sports performance and fitness in present scenario for athletes.

Key words: engineering, sports training, training gadgets, associated movements.

Introduction

In order to go for any exercise plan, it is important it suits your goals and lifestyle in such a manner when it is acted as a recreation, fitness or a major competition. It can also help to enjoy, plan and recover from daily exertion. In the field of physical education and sports many of the equipment's which are used for the specific training. In this modern era of technology, there are many gadgets used in various games which really enhance the performance of an athlete/a player to achieve his/her highest achievement. These gadgets are really giving an advantage to athlete for execute sports movements confidently. Advances in technology have had a profound impact on sport including:

- Analysis of sport performance and enabling coaches to greatly improve the quality of feedback to players/athletes
- Increase accuracy in time measurements of sport performance
- Enabling referees, umpires and sport officials to make better decisions on rule infringements
- Improvements in the design of sport equipment and apparel
- Providing spectators with better viewing of sport performance

The video camera became commonplace in the 1980's and provided sports coaches with a way to capture and analyze sport performance like never before. The video camera is perhaps the single most important development in coaching in the modern era of sport.

Electronic timing controlled by computers is employed to measure performance times of athletes in a great many sports including Athletics, Cycling, Skiing, Bobsled, Triathlon and many more. In the case of Athletics, the electronic timing also measures the athlete's reaction time to the start gun in case the athlete moves too early in the blocks.

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The Force Platform is an apparatus placed under the feet of the athlete and measures their 'ground reaction force'. This is useful in sports such as Weightlifting and enables measurement of force and acceleration throughout the athlete's performance of a lift. Curiously, the measurement of force is due to the miniscule change in properties of crystals upon which the platform rests.

Technology in Sports

There is a big role of sports technology has been seen in the field of sports from the past decades. There are many ways in industry to use the production of different training equipment which helps to enhance the performance of athletes. Sports technologyinfluence is in greater extent. In sports there is a use of different equipment's, surfaces, fields or overall infrastructure is mandatory required. Then the role of the technology is vast in every context. Equipment's are made of special material by virtue of involvement of Engineering. Engineers are making consistently very helpful gadgets by high class material which consist technology; specially nanotechnology.

On the other side in order to enhancing the sports performance allied sciences plays an important role like as technology. It's mandatory to use innovative training gadgets to compete in this modern era where the new gadgets are taking their vital place in the sports world. It is really assisted to an athlete during training as well as sometimes assists psychologically during competition.

Implementation of Training Gadgets in sports

Badminton Finger Trainer

Finger strength is one of the key techniques of badminton. Many people do not know that, a number of international professional badminton athletes have a rubber stick, for special daily finger strengthening exercises. While amateur badminton players usually ignore finger exercises, which makes finger-strengthening the bottleneck of further improving their techniques, capacities and levels. Cooperating with some scientific research institutions, taking reference to the rubber sticks used by badminton athletes, analyzing the strength requirements of finger exercises, after all-round material selection, experiment, comparison and series parameters design, Enlan Sports Co., Ltd finally successfully develops two kinds of Badminton Finger Trainer (Size C-the common size, and Size P-the powerful size), which use the high-performance polyester rubber as base material, with trace of additive to adjust the elasticity and flexibility to the different using requirements of athletes and players. The successful development of Badminton Finger Trainer also resolves many problems during training with ordinary rubber stick, such as lack of elasticity and difficulties in controlling the hardness, which make it easy to break, and usually cannot be used for a month. In the aspect of useful life, some breakthroughs have been made, so that the trainer can remain good even after years of usage.

Shadow Boxer

Shadow boxer is a revolutionary low impact strength and resistance training belt which enables various uses including Boxing, Martial arts, Pilates and strength training without impact. It improves specifically the Boxer muscle i.e. Serratus Anterior and improve strength, flexibility, muscle tone and stamina. It is Light, compact and easy to travel. It gives a feel of dummy opponent in order of improving the boxer's playing ability.

Bobbla Training ball

Designed to be hit or rolled along turf at the goalkeeper. Egg shape makes the ball bounce randomly making routine saves much more complex. Encourages goalies to get their body behind the ball. Also a

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useful tool for reaction training. It is basically used in field hockey. It makes coordination by the bouncy tendency of the ball which improve reaction time as well as coordination.

Training Mat

Simulates deflections and helps goalkeepers with reaction time and hand eye coordination. Creates deflected shots targeting high or low shots without needing to include the field players in the exercise. It is used to improve reaction ability of Goal keeper in field hockey. It has a slope area which deflect ball in different height and directions. The mat enables a coach, player or parent to simulate deflected shots targeting high or low shots without needing to include field players in the exercise. The training mat can also be used within team drills to simulate defenders who can often deflect the ball.

Slant Boards for Calf and Achilles Stretching

Calves often receive less attention than your thighs as areas to exercise, but they provide essential support to your lower body and are used in a range of activities, including running, bicycling and jumping. Calf strength is also needed for everyday activities, such as standing on your toes to reach a high shelf, or for walking. As your calf muscles undergo a lot of use, the muscles can easily become tense. To increase flexibility in your calves, slant boards, wooden or plastic boards set at an angle, can help stretch these important muscles. After lower body strengthening calf must be stretched as a relaxation activity.

Speed & Strength Training Resistance Chute

The speed chute is perfect for adding resistance to your running drills. Use it to increase running speed, explosiveness, acceleration, and lower body strength. The speed chute has a quick release Velcro belt, which is great for over-speed training. The waist belt is adjustable up to 40 inches. Item includes speed chute & belt.

Soccer Kick Rebounder

This is a high quality rebounder. An extremely stable design and 3 adjustable angle positions make this a great training device for the developing player. When you follow the principles of sports training, the one of important principle is principle of specificity. Where u have to give training to a specific player for a specific task. Here is an advantage of single practice where soccer kick rebounder with you.

Soccer Wall (Mannequins)

The Soccer Wall Pro's patented no tip, no twist spring base are the best performing free kick mannequins available. Made with a collapsing, powder-coated metal support pole, the mannequin's spring right back into place once hit, eliminating the frustration of having to reset them and allowing practicing far more shots in the same amount of time. It is used in the game if football. When a player is learning about free kick, it can be used in practice by facing these mannequins. It works as an obstruction in front of a footballer during learning of free kick.

Same as all above there are many training gadgets by the product of technology Such as backhand fixer is used in Tennis, speed led, speed chute, speed sac and quick ladder in athletics, bowling machine in Cricket and spike trainer in Volleyball.Theyhave been used continuously and athletes got good result in all level and also using presently for enhancing the sports performance of an athlete in particular manner.

Conclusion

Technology playsavital role in the human being in particularly in field of sports and games. It helps to avoid mistake in athletic actions of various sports and games at world level. Technology in sports has established scientific discipline, research activities, improve learning and coaching, and field research have evolved. In future technical equipment's or training gadgets will be applicable in sports with good quality

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and best results. In every level of sports there must be emphasis on given gadgets which have been explored in this study. It will minimize the human efforts; means technology makes every difficult work to smart work and will give maximum output in every context with maximum efficiency in the field of Sports.

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Benefits of Yoga On Diabetic Person

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Abstract

The science of yoga is an ancient one. It is a rich heritage of our culture. Several older books make a mention of the usefulness of yoga in the treatment of certain diseases and preservation of health in normal individuals. The effect of yogic practices on the management of diabetes has not been investigated well. We carried out well designed studies in normal individuals and those with diabetes to assess the role of yogic practices on glycaemia control, insulin kinetics, body composition exercise to lerance and various co morbidities like hypertension and dy slipidemia. These studies were both short term and long term. These studies have confirmed the useful role of yoga in the control of diabetes mellitus. Fasting and postprandial blood glucose levels came down significantly. Good glycaemia status can be maintained for long periods of time. There was a lowering of drug requirement and the incidence of acute complications like infection and ketosis was significantly reduced. There were significant changes in the insulin kinetics and those of counter-regulatory hormones like cortical. There was a decrease in free fatty acids. There was an increase in lean body mass and decrease in body fat percentage. The number of insulin receptors was also increased. There was an improvement in insulin sensitivity and decline in insulin resistance. All these suggest that yogic practices have a role even in the prevention of diabetes. There is a beneficial effect on theco-morbid conditions like hypertension and dyslipidemia

Key words: co morbidities, receptors, co-morbid, hypertension, dyslipidemia.

Introduction:

Many studies have reported the beneficial effect of the practice of yoga on diabetes. Some studieshave mentioned up to 65 percent beneficial effect of yogic therapy for diabetes. K.N. Udupa has evenmentioned 5 cases of juvenile diabetes who were completely controlled by yogic treatment. All ofthese studies have emphasized the possible mechanism of the yogic practices as:

1. Direct influence on pancreatic secretion by rejuvenation of the pancreatic cells, through alternate abdominal contractions and relaxation, during asanas (yogic postures which produce relaxation) andbreathing exercises.
2. Reduction in blood sugar due to muscular exercise involved in the asanas.

S.A.A. Ramaiah's study conducted in Washington, D.C. compared the effects of walking, treadmill,static cycling, AmaranthaKokkuasana (Sitting crane), NindraKokkuasana (Standing crane) and Vilasana (Bow pose, rocking, especially side to side). The most effective were found to be the latter. Itwas concluded that the direct stimulation of the pancreas by the postures rejuvenated its capacity toproduce insulin.

Several studies have focused upon why the practice of yoga has been more successful than other forms of exercise. M.V. Bhole and K.N. Udupa have measured the effects of yoga on mental stresses. Muhammad) has shown the differences between physical exercises and yoga. He has reported how doing the yogic practices without exertion has more benefits.

The mechanism of yogic practices and other exercises is very different. Yogic practices are supposedto change one's attitude towards the situations of life, by developing mental relaxation and balance.One study focused on the practice of the postures in a slow, smooth and non-exerting manner. Thepostures were maintained comfortably and easily for a length of time and the patients were taught tofocus on breathing or on some infinitely vast object like the sky or the ocean while doing the yogaposture.

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Two thirds of the patients were significantly benefited by this treatment. The others also showed improvement.

A number of institutions in India offer treatment programs for diabetes. Participants generally stay for between two to five weeks, and follow a program of instruction and practice of yoga asanas for at least an hour in the morning and the evening, dietary control, meditation and breathing exercises. They generally become subjects in on| going research projects.

Recommendations Regarding the Practice of Yoga by Diabetics

The patient must learn to control and his or her self of diabetes in a holistic manner, at all levels of your being: physical, emotional, mental, intellectual and spiritual, recognizing the effects of stress, emotional imbalance, and dietary and living habits on the disease condition. Before beginning a program, measure ones exercise toleration. Start with simple Movements and positions before progressing gradually to complicated postures. Throughout the program, monitor glucose levels and under the supervision of a physician, and take appropriate medicinal dosages as and when required. After several weeks one may be able to reduce such dosages. Practice in the morning and the evening for 40 to 60 minutes the recommended series of postures according to ones capacity. Practice before meals, but after consuming glucid liquids. Avoid exertion, that is heavy muscular activity. Perform the movements slowly and smoothly, stretching the limbs and joints, and gently compressing the abdomen, without straining. Maintain the postures for a comfortable length of time. The maintenance period of postures should be increased gradually from 5 seconds to one minute, or even longer depending upon the posture and capacity of the patient. Focus on the breath during the maintenance period of the posture, with the eyes closed or focused on one point, as a means of learning to focus the mind and to manage stress and tension in the body.

Perform the Shavasana, or complete peace relax pose on the back, systematically relaxing all of theparts of the body, at the end of the session, or after completing several postures, if one begins to feelfatigued.

The following postures have been found to be effective in the control and cure of diabetes (Sanskritnames; the English and tamil names are in parentheses): Dhanurasana (Bow pose, Vilasana),Paschimottanasana (Sitting crane, Amarnthakokkuasana), Padangusthansana (Standing crane, Nindrakokkuasana), Bhujangasana (Serpent pose, Paambuasana), Sarvangasana (Shoulder stand),Ardha-matsyendrasana (Spinal twist), Halasana (Plough pose, Kalapoy asana), Yoga mudrasana(Yogic Symbol pose), Supta Vajrasana (Sitting pose of Firmness), Chakrasana (Wheel pose),Shalabhasana (Grasshopper pose, Vittelasana).

• The practice of Udiyanabandam, or the abdominal squeeze has also been found to be useful.

Regulate the diet throughout the program. Avoid simple sugars such as white sugar, honey, glucoseand sweets, and eat complex carbohydrates such as wheat, oatmeal, buckwheat, corn, brown riceand beans. Avoid processed food and eat foods with lots of fibre and nutrients. Obese patients can start with different asanas, cleansing processes, bhastrika pranayama andrelaxation. Lean and thin patients should start with relaxation and pranayama, and practice in arelaxed manner. Meditation practices have been shown to help the endocrine glands through relaxation of the sympathetic nervous system.

Conclusion:

Regular yoga doeshave some beneficial effects in diabetics of both types, and that in those who are geneticallypredisposed to type 2, it could prevent its development. WesternStudies have recommended exercise of moderate intensity, as a means to adopt a regular diet and insulin dosage, or to control body

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weight and improve circulation. Research in India has recognized it as a psychosomatic disorder with causative factors beingsedentary habits, physical, emotional and mental stress. Many studies there have confirmed that the practice of the postures can rejuvenate the insulin producing cells in the pancreas of diabetics of both types, and that doing the postures in a relaxed manner, without exertion, yogic meditation and breathing help most patients to control the causes of diabetes.

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Rise and Revival of Buddhism in Ceylon

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Abstract

Buddhism was the world's oldest missionary religion because Lord Buddha said in his one of the sermons that "*Charaya Bhikkhve Charikama Bahujana Hitaya Bahujana Sukhaya*" means O Monk! For the purpose of general good and welfare of the people, propagate this message far and wide". According to Dipavamsa and Mahavamsa it was decided that the groups of monks must be sent to remote areas and outside Maurayan Empire as well as outside India also for the propagation of Buddhism. In accordance with that decision in the leadership of Ther Mahinda a team of monks was sent to Ceylon to introduce and propagate Buddhism there. When Buddhism spread beyond India, the first nations in which it took root were Gandhara and Ceylon, now called Sri Lanka. Since Buddhism eventually died out in India and Gandhara, it can be argued that the oldest living Buddhist tradition today is found in Sri Lanka.

Today about 70 percent of the citizens of Sri Lanka are Theravada Buddhists. This article is all about how Buddhism came to Sri Lanka, once called Ceylon; how it was challenged by European missionaries; and how it was revived.

Keywords: Theravada Buddhists, Monk, Dipavamsa, Mahavamsa, European missionaries, Ceylon.

Rise of Buddhism in Ceylon

The history of Buddhism in Sri Lanka begins with Emperor Ashoka of India (304 - 232 BCE). Ashoka the Great was a patron of Buddhism, and when King Tissa of Ceylon sent an emissary to India, Ashoka seized the opportunity to put in a good word about Buddhism to the King. Without waiting for a reaction from King Tissa, the Emperor sent his son Mahinda and his daughter Sanghamitta -- a monk and a nun -- to Tissa's court. Soon the King and his court were converted.

For several centuries Buddhism flourished in Ceylon. Travelers reported many thousands of monks and magnificent temples. The Pali Canon was first written in Ceylon. In the 5th century, the great Indian scholar Buddhaghosa came to Ceylon to study and write his famous commentaries. Beginning in the 6th century, however, political instability within Ceylon combined with invasions by the Tamils of southern India caused support for Buddhism to decline.

From the 12th through 14th centuries Buddhism regained much of its former energy and influence. Then it faced its greatest challenge -- Europeans.

Mercenaries, Merchants and Missionaries

Lourenco de Almeida (died 1508), a Portuguese sea captain, landed on Ceylon in 1505 and established a port at Colombo. At the time Ceylon was divided into several warring kingdoms, and the Portuguese took advantage of the chaos to gain control of the island's coasts.

The Portuguese had no tolerance for Buddhism. They destroyed monasteries, libraries, and art. Any monk caught wearing a saffron robe was executed. According to some accounts -- possibly exaggerated -- when the Portuguese finally were expelled from Ceylon in 1658 only five fully ordained monks remained.

The Portuguese were expelled by the Dutch, who took control of the island until 1795. The Dutch were more interested in commerce than in Buddhism and left the remaining monasteries alone. However, the Sinhalese discovered that under Dutch rule there were advantages to becoming Christian; Christians had higher civil status, for example. The converted were sometimes referred to as "government Christians."

During the upheaval of the Napoleonic Wars, Britain was able to take Ceylon in 1796. Soon Christian missionaries were pouring into Ceylon. The British government encouraged Christian missions, believing Christianity would have a "civilizing" effect on the "natives." The missionaries opened schools throughout the island to convert the people of Ceylon from their "idolatry."

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By the 19th century, Buddhist institutions in Ceylon were moribund, and the people were largely ignorant of the spiritual tradition of their ancestors. Then three remarkable men turned this state of affairs on its head.

The Revival

In 1866, a charismatic young monk named Mohottivatte Gunananda (1823-1890) challenged the Christian missionaries to a great debate. Gunananda was well prepared. He had studied not only the Christian scriptures but also rationalist writings of the West that criticized Christianity. He had already been traveling around the island nation calling for a return to Buddhism and attracting thousands of rapt listeners. In a series of debates held in 1866, 1871, and 1873, Gunananda alone debated the foremost missionaries in Ceylon on the relative merits of their religions. To the Buddhists of Ceylon, Gunananda was the hands-down winner each time.

In 1880 Gunananda was joined by an unlikely partner -- Henry Steel Olcott (1832-1907), a New York customs lawyer who had given up his practice to seek the wisdom of the East. Olcott also traveled throughout Ceylon, sometimes in the company of Gunananda, distributing pro-Buddhist, anti-Christian tracts. Olcott agitated for Buddhist civil rights, wrote a Buddhist Catechism still in use today, and founded several schools.

In 1883, Olcott was joined by a young Sinhalese man who had taken the name Anagarika Dharmapala. Born David Hewivitarne, Dharmapala (1864-1933) had been given a thoroughly Christian education in Ceylon's missionary schools. When he chose Buddhism over Christianity, he took the name Dharmapala, which means "protector of the dharma," and the title Anagarika, "homeless one." He did not take full monastic vows but lived the eight Uposatha vows daily for the rest of his life.

Dharmapala joined the Theosophical Society that had been founded by Olcott and his partner, Helena Petrovna Blavatsky, and became a translator for Olcott and Blavatsky. However, the Theosophists believed all religions have a common foundation, a tenet Dharmapala rejected, and he and the Theosophists eventually would part ways.

Dharmapala worked tirelessly to promote the study and practice of Buddhism, in Ceylon and beyond. He was particularly sensitive to the way Buddhism was being presented in the West. In 1893 he traveled to Chicago to the World Parliament of Religions and presented a paper on Buddhism that emphasized Buddhism's harmony with science and rational thinking.
Dharmapala influenced much of the West's impression of Buddhism.

After the Revival

In the 20th century, the people of Ceylon gained more autonomy and eventually independence from Britain, becoming the Free Sovereign and Independent Republic of Sri Lanka in 1956. Sri Lanka has had more than its share of upheavals since. But Buddhism in Sri Lanka is as strong as it has ever been.

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Ethics of Research

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Abstract

"Plagiarism, research fraud, undisclosed conflicts of interest etc are few of the violations that can threaten not only the integrity of the research, but also one's standing in the academics".

Research is an act of searching in to matter closely and carefully. It is an inquiry, directed to discovery of truth and in particular the systematic scientific investigation of the principles and facts of any subject. Novelty, originality, sincerity and awareness are the features of the research and observation is its integral part. The process of research is vogue, difficult and time taking. So sometimes there is use of some unethical means to produce results, such as use the work of another as your own, research fraud, etc. This is not only to dog the sincerity of research but it violates the ethical norm of the research intentionally or unintentionally. This paper is written with object to explore the ethics of research with a view to examine need of converting ethical duty of doing research honestly, in to a legal duty. Researcher has also examined University Grants Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Education Institutions) Regulations 2017.

Keywords: Plagiarism, Research Fraud, Higher education.

Introduction

Research is an act of searching in to matter closely and carefully. It is an inquiry, directed to discovery of truth and in particular the systematic scientific investigation of the principles and facts of any subject. It is based on original and first hand study of authorities or experiment. Investigations which are based on original sources of knowledge is called as research. It can be said that without research no authorities work has been written, no scientific discoveries or inventions made, no theories of any value propounded. Thus all researches are the gathering of evidence or information for ascertaining an assumption or verifying some hypothesis. Research is, therefore an enquiry for the verification of a fresh theory or for supplementing prevailing theories by new knowledge. Research is continues process or is a 'Continuum'.

Thus novelty, originality, sincerity and awareness are the features of the research and observation is its integral part. Research report is a product of research, which may be publish in form of paper, dissertation or book etc or may be used in the form of innovation or invention. All researches are done in common circumstances and environment. The methods and techniques of research process is also same, but application of the mind of the researcher for formulating problem of research and obtaining its solutions and use of process as a method of research is distinct in each case. However it is tuff and time taking event, so sometimes there may be cases where unethical means are employed to produce a report, for dogging sincere efforts and gaining quick results. For example copying someone's idea and claiming it as your own, or photocopying an article and selling itas your own creation. This process is simple, and easy but it is wrong. It is easy because it provides benefit without work. It is wrong because of violation of 'ethics'. Ethics works as a sourceof discipline for the researchers. Ethics lay down the ground rules for a legitimate, moral and fair research. In fact every walk of life is governed by, even if not entirely dependent on ethics. Thus it is moral and professional obligation of researcher to conduct research in accordance to the accepted norms of ethics of research. All research work has tobe completed by following ethical behaviour because

a) Truth is foundation of the research and ethics ensure it in research work. If ethics are not strictly followed   all settled presumptions would give wrong results because it's all based somewhere on research.

b) In scientific research every assumption based on observations and if data manipulated or fabricated i.e research work is not done honestly or without following simple ethical formula of being honest in your work can form an inappropriate foundation for follow ups. It would be dangerous for the survival of the planet.

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c) For the researcher good work always pay and provides further opportunities.

d) Research and researcher have always responsibility towards society at large to do their work honestly as it is better for the society at large.

Ethics of Research

Ethics is branch of moral philosophy that guides people about what is god and bad. It is fundamental principle of an ideal human character. Ethics do not have binding nature. Research ethics is also not the law laid down by the legislator. It is a policy that has to be followed while doing research. In fact what is ethical duty may not be a legal duty. But in present concern ethical duty of doing research honestly, is turned in to a legal duty because plagiarism creates both legal and ethical problems to the integrity of research. Therefore, there is need of ethical standards for research is sine qua non. It not only ensure the honesty, sincerity and integrity to the research work but also ensure the credibility and security to the researcher. It is not possible thatresearch (either scientific or social) is carried out in isolation in the society without influencing or inspiring other researches. Research is always an extension to the existing things or it is an innovation to the existing facts. Thus it require supplementation or distraction form the existing research. It also require to protect the economic rights of the researcher. However no hard and fast principles can be set to ensure the ethical standard of the research process but there are some accepted rules of conduct that can ensure integrity of research. Some of them are Honesty such as do not fabricate, falsify, or misrepresent

data, i.e ensure Novelty

Objectivity such as avoid bias in experimental design, data analysis, data interpretation, peer reviews personal decisions i.e. **ensure Originality**

Integrity such as keep your promises and agreements, strive for consistencyi.e**ensure Sincerity**

Carelessness such as avoid errors and negligence**i.e.ensure Awareness**

Respect for intellectual property of others**i. e. never plagiarize**

These are some minimum principles of ethical standards of the research and for the researcher. An understanding of these rules or principles is 'paramount' for the researcher and for the integrity of the research. Butlack of ethical behavior in society make compliance of ethical rules in research is difficult. It is moral and professional duty of the researcher to abide by the principles of ethics of research. Though there is no specific rules or principles which follow the complete code of ethics of research. But there certain things which researcher must not do such as

Misrepresentation of author's name

Deliberately misrepresenting the name of author of research is one of the misconduct that undermines the credibility of research work itself. Literally author means writer of literally work such as book, someone who originates or creates something or originally made intellectual contribution to the work. Thus 'author' means one who creates the literally or dramatic work. Where work is created by active and close intellectual collaboration and co-operation between two persons, both are called as joint authors.All persons who are designated as author should have contributed to the intellectual content of the product. In general a person who substantially contributed to the intellectual content of the study, designed or interpreted data or analyzed or drafted or revised the study material for final approval is credited as author. Not acknowledging the contribution of ghost authors, gift authors and guest authors are unethical. Various issues related to authorship arises, such as involvement in the study, contribution to the content of the study but not listed as author, someone's idea is used and published a paper with full authorship, using other'sname in publication without his permission. All these issues are unethical practices which are not permitted. Right now such practices are covered as legal duty not to infringe the copy right of others.

Plagiarism

Acknowledgement of the work of others is an important process of the research and it is prior duty of the researcher to acknowledge the work of those on whose research his work is based, it may be the work of the advisor, or researchers own previous work, or other works in the same field. The purpose of the

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research is to contribute towards the advancement of existing knowledge. One of the most common type of publication misconduct is Plagiarism, when one author uses the work of another's author without permission, credit or acknowledgement. The Oxford Dictionary defines plagiarism as "to take and use another person's thoughts, writing, invention etc. as one's own."As Moulton and Robison (2002) have stated, plagiarism can also be seen as "depriving authors of profit that is rightfully theirs [, which] is theft. Depriving authors of credit might also be a form of theft."Plagiarism is a serious problem in academics now a days. It is not only unethical but creates a problem to the original author when he has to use his creation commercially. Plagiarism includes, Literal copying i.e reproducing a work word for word, in whole or in part, without permission and acknowledgment of the original source, or Substantial copying which includes copying of research material, research processes, data etc, in quantity and quality paraphrasing,paraphrasing, i.e. reproducing someone else's ideas while not copying word for word, without permission and acknowledgment of the original source, or text recycling, i.e. Reproducing portions of an author's own work in a paper, and resubmitting it for publication as an entirely new paper. Plagiarism is not always an intentional act but sometime it is an unintentional act or occurred by negligence of the researcher. Wrongly quoting an author's name, wrong citation or no citation is amount to plagiarism. Mistakes are not permissible. Where a researcher publishes his own previously published material, it is called self-plagiarism, where same material is published again without trace of any changes or amendments or improvement, it is unethical.

Plagiarism is an unprofessional conduct which not only unethical but also a legal wrong protected under Copyright Act 1957 as Intellectual Property Rights.

Research Fraud

Research fraud is publishing data or conclusion which were not generated by experiment or observations but by invention or manipulation. It is most serious misconduct because it is against the integrity of the research because it is based on the falsification or fabrication of data. Intentional modifying, changing or omitting of Data for desired result is an unethical practice because it provides wrong information. Though human error is adjustable.

Salami Slicing

Publishing small 'slices' of research in several different papers is called 'salami publication' or 'salami slicing'. It is Breaking up or segmenting data from a single study and creating different manuscripts for publication. Salami slicing can result in a distortion of the literature by leading unsuspecting readers to believe that data presented in each 'slice' is derived from a different subject sample.

Thus violation of ethical principles of research pose doubts towards the authenticity of research. Plagiarism, manipulation of data, incorrect sampling, and breach of confidentiality fabrication in conclusion are the violation of ethical principles of doing research. Self-determination is the only prevention for the researcher. These principles of ethical standards of research are moral principles. It can be better applied when there is effective mechanism in the research institutions to check unethical practices. Evaluation of research must be included the examination of process of research and ethical research must be one criteria for that. As now in India some software are used to curb plagiarism such as 'Turn-tin', 'Unkind' It is made mandatory that research report must accompanied with the Plagiarism report. Such use of technology made possible fair work and ensure good quality work up to some extent.

But as mentioned above it is time to convert ethical duty in to legal duty. Though law is not an end, nor does it provides an end, it merely regulate the things to serve the better purposes in the society. It is a journey from 'ought' to 'is'. When an 'ought' (i.e. ethical norm or moral valve) converted to 'is' (legal norm), there is sanction behind it, and that ensure it compliance up to some extent. If it not complied in totality, it creates a social awareness about 'to do' or 'not to do', which slowly accepted as social behaviour.

For example in response to violation of above mentioned research ethics, University Grants Commission has prepared a draft bill to curb the plagiarism in academic research. The Draft Bill is named as

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University Grants Commission (Promotion of Academic Integrity and Prevention of Plagiarism in Higher Education Institutions) Regulations 2017. The UGC has uploaded the draft bill on its website and asked for the feedback. The Draft regulations are prepared with the following objectives

To create academic awareness about responsible conduct of research, study, project work, assignment, thesis, dissertation, promotion of academic integrity and prevention of misconduct including plagiarism in academic writing among students, researchers, faculty and other members of academic staff as well as any employee of HEIs.

To establish institutional mechanism through education and training to facilitate responsible conduct of research, study, project work, assignment, thesis, dissertation, promotion of academic integrity and deterrence from plagiarism.

To develop systems to detect plagiarism and to set up mechanisms to prevent plagiarism and punish a student, faculty, or staff of HEI committing the act of plagiarism.

Duties of Higher Education Institutions

i. HEI has to instruct the students and staff for proper attribution, permission for use of author name and for the acknowledgement as required in accordance to the discipline.

ii. Seminar and awareness programs has to be conducted by HEI for the responsible conduct of research, and to promote the academic integrity and ethics in education.

iii. HEI shall include the cardinal principles of academic integrity in the curricula of Undergraduate (UG)/Postgraduate (PG)/Master's degree as a compulsory course work.

iv. Include elements of responsible conduct of research and publication ethics as a compulsory course work for M.Phil. and Ph.D. Scholars.

v. Include elements of responsible conduct of research and publication ethics in Orientation and Refresher Courses organized for faculty and other members of academic staff.

vi. Shall train student, faculty, staff and researcher for using plagiarism detection tools and reference management tools.

vii. Shall establish facility equipped with modern technologies for detection of plagia-rism. vi. Shall encourage student, faculty, staff and researcher to register on international researcher's Registry systems.

viii. Every HEI shall declare and implement the technology based mechanism using appropriate software so as to ensure that documents such as thesis, dissertation, term papers, reports, publications or any other such documents are free of plagiarism at the time of their submission.

ix. The HEI shall develop a policy on plagiarism and get it approved by the relevant statutory bodiesofthe University.

x. All HEIs shall create Institutional Repository on institute website which shall include dissertation / thesis / paper / publication and other in-house publications.

Zero Tolerance Policy

In core area (i.e. abstract, summary, hypothesis, observations, results, conclusions and recommendations) for Plagiarism zero tolerance policy has adopted and Plagiarism Displinary Authority of HEI may impose maximum punishment if plagiarism claimed and established.

For all other non-core area cases, plagiarism is quantified into following levels in ascending order of severity such as Similarities upto 10% excluded, Similarity up to 10% to 40%- level 1, similarity up to 40% to 60% - level 2 and similarity above 60% -level 3.

Reporting of Plagiarism

If any member of the academic community suspects with appropriate proof that a case of plagiarism has happened in any document, he or she shall report it to the competent/designated authority of the university. Upon receipt of such a complaint or allegation the university authority shall refer the case to the

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Academic Misconduct Panel (AMP) of the HEI who in turn shall submit a report to the Plagiarism Disciplinary Authority

The authorities of HEI can also take suomotu notice of an act of plagiarism and initiate proceedings under these regulations. Similarly proceedings can also be initiated by the HEI on the basis of findings of an examiner.

Academic Misconduct Panel (AMP)

HEI has to constitute Academic Misconduct Panel(AMP) to investigate allegation and submit the report of the PDA.

AMP shall be constituted by the HEI to investigate about the allegation of plagiarism and to access the level of Plagiarism to recommend penalty as proposed in the regulation and submit the report to the Plagiarism Disciplinary Committee.

The AMP shall consist of four members who shall be senior academicians with good publication records

The Chairman of the AMP shall be an academic functionary (Dean/Pro-VC/Senior Academician) of the HEI.

One member nominated by the Head of HEI from outside the HEI.

The third member shall be a reputed Academician from the Discipline in which the plagiarism is alleged.

The fourth member shall be an expert well versed with antiplagiarism tools.

The AMP shall follow the principles of natural justice while deciding about the allegation of plagiarism against the student, researcher, faculty member or any other employee of HEI.

Plagiarism Disciplinary Authority (PDA)

PDA shall be constituted by the HEI to consider the recommendation of the AMP and take appropriate decision after giving a hearing to the accused person.

There shall be three members in the PDA chaired by head of the HEI / The Head of the institution/ Appointing and Dismissal Authority. The other members shall be Dean / Director (Academic / Research) and one senior academician not below the rank of Professor in the relevant discipline from outside the HEI.

The decision of PDA shall be final and binding.

Penalties

- Different penalties has been proposed for the student and faculty members. Such as for students
- Level 1: Similarities above 10% to 4o% - Such student shall not be given any mark and/or credit for the plagiarized script and shall be asked to submit a revised script within a stipulated time period not exceeding 6 months.
- Level 2: Similarities above loo/o to 6o% - Such student shall not be given any mark and/or credit for the plagiarized script and shall be asked to submit a revised script after a time period of one year but not exceeding eighteen months.
- Level 3: Similarities above 6o% -Such student shall not be given any mark and/or credit for the plagiarized script and his/her registration for that course to be cancelled.
- On repeated plagiarism provides such student shall be punished for the plagiarism of one level higher than the previous level committed by him/her. In case where plagiarism of highest level is committed then the punishment for the same shall be operative.
- Where the degree/credit has already been obtained - If plagiarism is proved on a date later than the date of award of degree or credit as the case may.be then his/her degree or credit shall be put in abeyance for a period decided by the AMP and PDA.
- Penalty for faculty, staff and researcher of HEI
- Level r: Similarities above 10% to 40% Shall be asked to withdrawn' manuscript submitted for publication and shall not be allowed to publish any work for a minimum period of one year.
- Level 2: Similarities above 4o% to 6o% -shall be asked to withdraw' manuscript submitted for publication and shall not be allowed to publish any work for a minimum period of one years and

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shall be denied a right to one annual increment and shall not be allowed to be a supervisor to any UG, PG, Master's, M'Phil., Ph.D' student/scholar for a period of two years.

- Level 3: Similarities above 60% shall be asked to withdraw manuscript submitted for publication and shall not be allowed to publish any work for a minimumperiod ofthree years and shall be denied a right to two successive annual increments and shall not be allowed to be a supervisor to any UG, PG, Master's, M.phil., ph.D.student/scholar for a period ofthree years.

Enhanced penalty on repeated plagiarism shall be punished for the plagiarism of one level higher than the lower level committed by him/her. In case where plagiarism of highest level is committed then the punishment for the same shall be operative. In case level 3 offence is repeated then the concerned person shall be dismissed.

Penalty in case where the benefit or credit has already been obtained If plagiarism is proved on a date later than the date of benefit or credit obtained as the case may be then his/her benefit or credit shall be put in abeyance for a period decided by the AMP and PDA on recommendation of the AMP.

If there is any complaint of plagiarism against the Head of an HEI, a suitable action, in line with these regulations, will be taken by the Competent Authority/Governing Board/Governing Council as the title may be.

Conclusion

Though this draft regulation is open for feed back right now. But this is beginning how ethical duties are now converted to legal duties. We all may agree or may disagree with the provisions of the draft but we all must have to agree over one thing that integrity of the research and dignity of academicians are at stake due to unethical works, and it is right time to wake up. As Mahatama Gandhi once mentioned that

<div align="center">

Pleasure without conscience

Commerce with morals

Knowledge without character

Business without charity

Science without humanity

Love without faith

Wealth without work

Worship without sacrifice

Has no value

</div>

Similarly truth is that Research without Ethics has no value.

It is said that we must guide by our knowledge and when it is academic research it is essential that we must guide by only our findings, not taken the findings of others. Research

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Demonetization: A Step towards Cashless Economy

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Abstract

The move toward a cashless economy or electronic transactions might help curb black money by reducing tax evasion and ensuring transparent functioning of the economy. The risk of carrying money would fall and a more planned structured of credit access and financial inclusion would come up govt. expenditure will increase in the direction of development process, as there is a possibility of increase in transparency and the flow of revenues.

Keywords: *Demonetization, Cashless economy, Black money, Corruption.*

Introduction

A cashless economy runs on credit or debit cards, electronic funds transfer, or online shopping instead of cash. The idea of a cashless economy is actually a revolution from the fiat money to digital money, generally adopted with the aim of curbing the flow of black money and increasing transparency of the flow of cash. All transaction are made with the cards or through digital means- weather one has to pay bills, buy fruits, or take a bus or a taxi ride. Just like traditional pocket wallets, e-wallets do not require cash in its physical form; these are linked to one's bank account and payments are directly deducted from it. To break the grip of corruption and black money, there have always been various ways like auditing and enforcement agencies, but the idea of cashless economy is more appealing as most economic transactions would be part of the formal system and easy to track. In India , few use non cash payment methods; only 10-15% of the population is estimated to have ever used any kind of non cash payment instrument, compared to 40% of people in countries like Brazil, and china. Cashless economy offers the government and the public many advantages like: lower risk, convenient mode of payment, lower the cost of printing money, decreasing in crime rate, good for banking sector, more transparency and monitoring etc.

Demonetization is not a new term for us. It's a process of cease currency notes in a legal tender. The main objective of this move was to curb black money, corruption, and fake money menace. In India demonetization undertaken twice in the past, once in 1946 and the second times in1978. However during both those times, the Indian Economy was not so vibrant.Though the main pitch of demonetization was towards curbing financing of terrorism and eliminating black money, a major shift towards a cashless economy emerged as a necessity.

The past two months have witnessed a significant increase in the digitization of transaction in India and in installation of swipe machine machines, be it at small shops or by street vendors. There has been a rise in the quantum of e- transaction, enabling speedy payments which is good news for the economy. Mobile wallets have seen a formidable rise, and it is quite possible that a large number of Indians will move straight from cash to mobile wallets. MobiKwik claims it will easily hit $10billion in payments volume by 2017 and will soon be accepted by over a million merchants. The move toward a cashless economy or electronic transactions might help curb black money by reducing tax evasion and ensuring transparent functioning of the economy. Ultimately the risk of carrying money would fall, and a more planned structure of credit access and financial inclusion would come up. Government expenditure will increase in the direction of development process, as there is a possibility of increase in transparency and the flow of revenues.

However, the flip side of moving towards a cashless economy in a developing economy like India is that for poor people, cashless transactions are just not practical. Demonetization has particularly hit the informal society and unbanked community. This section of society would need longer to adapt to move to a cashless society. The mode of transaction might seem difficult to adopt initially but it will ensure that the country the country takes its first step towards a transparent economy. The end of cash may seem like fancy thinking but certainly cash is on its way out.

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Some steps have taken by Government tomotivate people and seek their attention towards various digital modes to be adopted are as follows:

- Lucky GrahakYojana- on 25 dec 2016 government launched digital lottery scheme lucky grahakyojana for Consumers and DigiDhanVyaparYojana for merchants. With incentive scheme like these, the digital India movement will certainly strengthen the country's economic backbone. Only transaction processed through RuPay cards, Unstructured Supplementary service Data (USSD), UPI and Adhaar- Enabled payment system are part of the schemes.

- VittiyaSakshartaAbhiyan- It has been launched to encourage people to adapt to a digital economy and cashless modes of transactions. The main purpose of this campaign is to create awareness and to encourage people and to motivate them to go digital. The Ministry Of Human Recourse Development appealed to the people to use a digitally enabled cashless economic system for funds transfer.

- BHIM (Bharat Interface forMoney) – Another move towards cashless economy has been taken on 30th Dec 2016 by Gov. the prime minister launched a new wallet app, BHIM, to make it easier to transact online. The adhaar based online payment application will allow people to make digital payments directly from their bank accounts. One's phone number is linked with the bank account and hence can transfer money at the click of a button.

- RuPay- The National Payment Corporation of India (NPCI) launched RuPay under the Jan Dan scheme. Bank provide every account holder a RuPay debit card with Rs 1 lakh accident insurance. RuPay works on three channels: ATM, point ofsale (POS) & online sale and is the seventh such payment gateway in the world.

- Adhaar Payment App- This app links the Adhaar card of an individual to his/her bank account. This app will connected to a biometric reader and customer will enter the unique Adhaar number and choose a bank for the transaction.

In India , greater adoption of the real time gross settlement system(RTGS) and the National electronic fund transfer (NEFT) by all segments of users increased volumes almost threefold between 2013 and2016, and the volume of mobile banking transactions increased nearly sevenfold. Both ATM and POS card transactions have grown significantly, and POS debit card usage has picked up significantly.

Challenges Ahead

Demonetization has encouraged the entire economy to use less cash but has left various challenges for the people and also for the government. There is unanimous agreement on the need to go digital. But can this be achieved without proper infrastructure? In rural areas, there are only 20.8% of ATM's of public sector banks and 8.5% of the

ATM's of private sector bank.Its difficult to find an ATM in rural area. E-wallets and mobile payments system need a Smartphoneand an internet connection, but less than a quarter of the population owns a Smartphone, a fast and reliable internet connection is expensive and difficult to find, public Wi-Fi hotspots and mobile phone battery charging stations few and far between and cyber security remains a key concern. How can one be sure that swiping a card at small shop and vendors is risk free and the details shall remain confidential? If a card is cloned it might take several years for a person to recover his hard earn money. In October 2016more than 30 lakhs debit card were feared to have been exposed at ATM's and customers were told to change their PIN

In the first four days after the announcement of the step, about 3 trillion (US$47 billion) in the form of old 500 and 1,000 banknotes had been deposited in the banking system and about 500 billion(US$7.8 billion) had been dispensed via withdrawals from bank accounts, ATMs as well as exchanges over the bank counters. Within these four days, the banking system has handled about 18 crore (180 million) transactions The State Bank of India reported to have received more than 300 billion (US$4.7 billion) in bank deposit in first two days after demonetization A spike in the usage of debit card and credit card post demonetization was also reported.

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Between 10 November and 27 November, banks reported exchange and deposits of demonetized banknotes worth☐8.45 trillion (US$130 billion) (exchange of 339.48 billion (US$5.3 billion) and deposits of ☐8.11 trillion (US$130 billion)). During this period, an amount of ☐2.16 lakh crore (US$34 billion) had been withdrawn by people from their accounts

In Malda, a district believed to be a transit-point for fake Indian currencies, a large sum of cash deposits in dormant accounts were also reported. According to The Economic Times, more than 80 percent of fake currency in India originates from Malda district in West Bengal.

Human trafficking

Nobel laureate KailashSatyarthi and others working to fight human trafficking said that the note ban had led to a huge fall in sex trafficking, but that the trade had already begun rebounding by the following month.Satyarthi said the demonetization would be effective in combating exploitation of children as well as corruption and would be a great obstacle to traffickers However, 2 months later he expressed his disappointment on Rs 2000 notes being pushed into human trafficking in absence of other concrete steps.

Radical groups

The Demonetization has badly hit Maoist and Naxalites as well. The surrender rate has reached its highest since the demonetization is announced. It is said that the money these organizations have collected over the years have left with no value and it has caused them to reach to this decision.

The move also reportedly crippled Communist guerrilla groups (Naxalites) financing through money laundering. On 10 November the police arrested a petrol pump owner at Ranchi when he reportedly tried to deposit 2.5 billion, belonging to a person affiliated with the banned Communist Party of India (Maoist). According to Chhattisgarh Policedemonetization has affected the Naxalite activities. It is reported that insurgents have stashed more than ☐70 billion in the Bastar region.[While ManoharParrikar claimed that the move has also helped in reducing the incidents of stone-pelting in the Kashmir valley, his claim has been disputed.

Hawala

Mumbai Police reported a setback to Hawalaoperations. Hawala dealers in Kerala were also affected TheJammu and Kashmir Police reported the effect of demonetisation on hawala transactions of separatists.

Railways

As of November 2016, Indian Railways did not have the option to make payment with cards at the counters. After the demonetisation move, the government announced to make card payment options available at railway counters in the country.The railways placed an order for 10,000 card reader machines in January 2017.

Cash shortage

Queue at an ATM for 100 banknotes in Howrah, on 8 November 2016, 22:23 (IST). The scarcity of cash due to demonetisation led to chaos, and most people holding old banknotes faced difficulties in exchanging them due to endless queues outside banks and ATMs across India, which became a daily routine for millions of people waiting to deposit or exchange the 500 and 1000 banknotes since 9 November.ATMs were running out of cash after a few hours of being functional, and around half the ATMs in the country were non-functional. Sporadic violence was reported in New Delhi, but there were no reports of any grievous injury, people attacked bank premises and ATMs, and a ration shop was looted in Madhya Pradesh after the shop owner refused to accept 500 banknotes.

The CMD of Punjab National Bank said that panic after demonetisation started fading on 19 November 2016. As of 18 December 2016, there were still long queues at banks and ATMs.Three months after the withdrawal of banknotes, a quarter of the ATMs were still short of cash.

'Live ATM Alert' was a hashtag campaign started by a group of youngsters from a Facebook community called '7PM Status'It launched a campaign for rcrowdsourcing locations of ATMs in their vicinity that were

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live and working. The public were asked to post the location and details of ATMs that were live and dispensing cash, including a hashtag by tagging the group in their post in Facebook or Twitter. The group would in turn collate all gathered information and broadcast it to their followers at regular intervals.

The cash shortage was still ongoing in the month of April 2017, five months after the demonetisation. According to a survey, the situation was as bad as 83% of people being unable to withdraw money in Hyderabad, while in Pune, the figure was 69%.

Stock market decline

As a combined effect of demonetisation, the stock market indices dropped to an around six-month low in the week following the announcement. The day after the demonetisation announcement, BSE SENSEX crashed nearly 1,689 points and NIFTY 50 plunged by over 541 points. By the end of the intraday trading section on 15 November 2016, the BSE SENSEX index was lower by 565 points and the NIFTY 50 index was below 8100 intraday

Transportation disruption

After the demonetisation was announced, about 800,000 truck drivers were affected with scarcity of cash, with around 400,000 trucks stranded at major highways across India were reported.While major highway toll junctions on the Gujarat and Delhi-Mumbai highways also saw long queues as toll plaza operators refused the old banknotes.

NitinGadkari, the Minister of Transport, subsequently announced a suspension of toll collections on all national highways across India until midnight of 11 November, later extended until 14 November and again until midnight of 18 November, and yet again till 2 December.
Agriculture]

Transactions in the Indian agriculture sector are heavily dependent on cash and were adversely affected by the demonetisation of 500 and 1,000 banknotes.Due to scarcity of the new banknotes, many farmers have insufficient cash to purchase seeds, fertilisers and pesticides needed for the plantation of rabi crops usually sown around mid-November. Farmers and their unions conducted protest rallies in Gujarat, Amritsar and Muzaffarnagar against the demonetisation as well as against restrictions imposed by the Reserve Bank of India on district cooperative central banks which were ordered not to accept or exchange the demonetised banknotes.

The demonetisation led to unavailability of cash to pay for food products. The reduction in demand that arose in turn led to a crash in the prices of crops. Farmers were unable to recover even the costs of transportation from their fields to the market from the low prices offered.The prices dropped as low as 50 paise per kilo for tomatoes and onions.This forced the farmers across the country to dump their products in desperation.Some farmers resorted to burying unsold vegetables.Agricultural produce such as vegetables, foodgrains, sugarcane, milk and eggs were dumped on roads.Some farmers dumped their produce in protest against the government.
Business

By the second week after demonetisation of □500 and □1,000 banknotes, cigarette sales across India witnessed a fall of 30–40%, while E-commerce companies saw up to a 30% decline in cash on delivery (COD) orders.

Digital transactions and cashless economy

The demonetisation was initially seen by some sources as a significant step towards making India a cashless economy. Prime Minister NarendraModi appealed to Indian population in his radio address in Dec 2016 to go cashless with slogan - 'Less-cash' first, 'cashless society' next.

More people began using cards and e-wallets, and the demand for point of sales (POS) or card swipe machines increased This led to the acceleration of installation of POS machines According to data of Pine Labs, the demand for its POS machines doubled after the decision. The company stated that the debit card

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transactions rose by 108% and credit card transactions by 60% on 9 November 2016.however concerns were raised regarding the lack security of mobile apps used for digital transactions.

Several e-commerce companies hailed the demonetisation decision as an impetus to an increase in digital payments, hoping that it would lead to a decline in COD returns which could cut down their costs.

In December 2016, the government launched an app called BHIM (Bharat Interface for Money) based on the Unified Payment Interface. In September 2017, Google launched its first India-only banking app using BHIM called Google Tez, that can be used by customers of over 50 banks on the UPI platform, and is available in several Indian languages.

Both the Immediate Mobile Payments System (IMPS) and the United Payments Interface (UPI), which support instant payments using mobile phones, have grown substantially since demonetisation, even as cash has returned to the economy.

After peaking in December 2016, digital transactions declined from January 2017 onwards, thus thwarting the objective of increasing digital payments through demonetisation.

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Comparison Of Competitive Anxiety Level Of Tribal Female Kho-Kho Players At Different Level Of Achievement

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Abstract:

The primary aim of present study was to compare sports competitive anxiety level of tribal female kho-kho players. A total 40 tribal female players were selected from university of Punjab and affiliated colleges by simple random sampling. The sample consisted 20 tribal female state inter-collegiate and 20 tribal female east zones inter university kho-kho players. The psychological variable competitive anxiety was assessed by administrating (SCAT) Sport competitive anxiety test questionnaire. The data was computed and analyzed using descriptive statistics and 't' test in order to compare the significant difference between inter collegiate and inter university tribal female kho-kho players. The level of significance was set at 0.05 level.

The result indicated that there were no significant differences among kho-kho players. As the obtained 't' value (0.72) was less than the tabulated 't' value (2.0021).

Keyword: Competitive anxiety, Tribal player, achievement level

Introduction:

Research reports on the role of anxiety in sports are conflicting as well confusing due to inconsistent dimension and method of assessment but within the past few years, coaches and physical education are interested to finding the level of anxiety of players. Anxiety of both an affective and a pleasurable emotional reaction in which autonomic nervous system and glandular system play a crucial role.

Review of research literature stated that the threshold of optional anxiety level differ from athlete to athlete and situations to situation. "Cratty" 1989 adds "Conditions within the athlete combined with his or her cognitive evaluation of the threat of competition and with the objective nature of competition itself work together to produce anxiety in athletes".

Now a day interest encompasses both' some degree of activation and an unpleasant emotional state. Anxiety is recognized the main factor that reduces athletes performance in sports. It is a negative emotion that affects perception in sports competitions and this lead to majority of athletes to consider anxiety as debilitative toward performances, which may result in decrease in a performance and even drop-out athletes from sport. Coaches and physical educator focused on strategies for managing anxiety by various method but prior to managing strategies its need to know level of anxiety of their players.

Objective of study:

The main aim of the study to compare the sports competitive anxiety of inter-collegiate and inter-university tribal female Kho-Kho players.

Hypothesis:

On the basis of literature, discussion with experts and the research scholar's own understanding, it was hypothesized that there would be significant difference in competitive anxiety level between the selected Kho-Kho players at different levels of achievement.

Procedure and methodology:

By applying simple random sampling, a total 40 tribal female Kho-Kho players (20 inter collegiate + 20 East zone inter university) were selected from Khalsa University Amritsar, and affiliated college situated in tribal districts of Amritsar. The age was ranging from 18 to 25 years and average 2 years training experience. Appropriate as well as feasible questionnaire SCAT was used which was developed by martens.

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Statistical analysis:

The statistical analysis of data pertaining to the study on two levels of inter-collegiate and inter-university players was computed by descriptive statistics and analyzed by applying 't' test. The level of significant was set at 0.05.

Result

The statistical analysis of competitive anxiety of Kho-Kho players at different levels of achievement has been illustrated in the following table:-

Table-1
Comparison of Means of Competitive anxiety between the inter-collegiate and inter university level of tribal female Kho-Kho players.

| Levels of achievements	Mean	S.D	M.D	S.E.	't' Ratio
Inter-collegiate Kho-Kho Players	20.367	2.456	0.537	0.75	0.72
Inter-university Kho-Kho Players	19.83	3.307			

Level of Significance 0.05   Tabulated 0.05 (.58) = 2.0021

Table show that the computed 't' value less than tabulated 't' value. The computed 't' value is 0.72 and tabulated 't' value 2.0021. It means, there is no significance different in the level of competitive anxiety between inter-collegiate and inter-university tribal female Kho-Kho players.

Graph-1
Graphically Representation of Means of Competitive anxiety between the inter-collegiate and inter university level of tribal female Kho-Kho players.
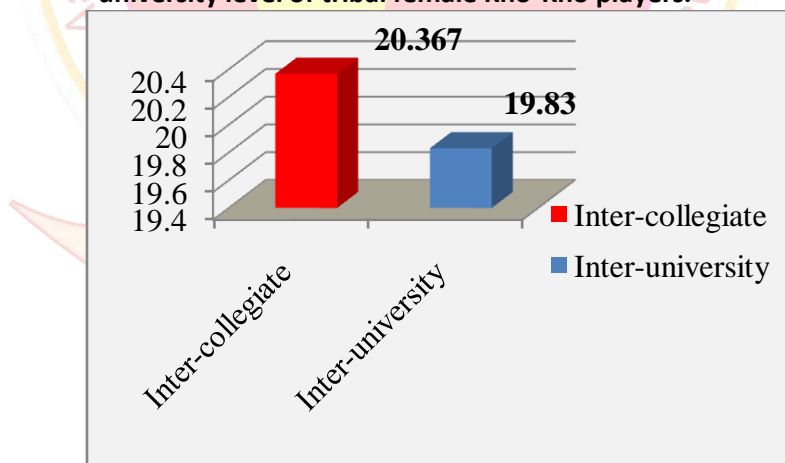
Conclusion

Within the limitations of the study and from the statistical analysis the following conclusion is drawn. On the basis of statistical findings the following conclusions is drawn:-

The result of the study indicated that there was insignificant difference in the anxiety levels of tribal female Kho-Kho players at different levels of achievements.

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Comparative Study of Physiological Variables Among Inter Collegiate Football and Volleyball Players

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Abstract:

The main purpose of the study was to find out the physiological variables among inter collegiate Football and Volleyball players of the affiliated colleges of Kashmir University. The researcher was selected Forty (40) subjects for this study. Twenty (20) subjects were taken from football Players. While the remaining twenty (20) was taken from volleyball Players of the affiliated colleges of Kashmir University. To establish the physiological variables, (Hemoglobin and Exhale Capacity) of football and volleyball players. The data for the present study were selected through available sampling method. In this study data were analysised and interpreted with the help of statistical term't 'test. The result for the present study shows that in hemoglobin and exhale capacity. The games of football and volleyball have different skills with each techniques and strategies. It has been recognized that physiological variables factors play a vital role in an individual's performance in sports.

Keywords: Physiological Variables, Football and Volleyball Game

Introduction:

Physiology is the science which deals with the study of human body functions. The meaning of human Physiology is the study of body function. In physiology we study how our organs, systems, tissues, cells and molecules within cells work and how their function are put together to maintain our internal environment. Physiology is the study of how human body functions. Physiologists study the various characteristic of living things. Their studies range from the most basic unit of organism, the cell, to the more complex organs and organ systems such as the brain and respiratory systems.

The physiological parameters seems to play a very important role in the modern competitive sports in production of more excellent performance, because competitions are organized more frequently than ever the sum sets at a place at a particular time it may rise at other place, moreover because of physiological parameters and difference in time the athletes the same time at another place. It is well known that the individual performance in any sports activities follows diurnal physiological parameters. Pattern method may be derived to condition the athletes to produce peak performance with change in diurnal physiological parameters. Unfortunately little research literature is available on these aspects of sports. Therefore, physiological parameters such as cardio-vascular endurance, vital capacity, heart rate and hemoglobin receive a special consideration and it is an important requisite for outstanding performance in any sports activity.

Hemoglobin:

Hemoglobin is a complex compound found in Red Blood Cells that contain iron (haemo) and protein (globin) and is capable of combining with oxygen. Hemoglobin is basically organic material with a very interested organic structure known as haeme. The interesting thing about this structure is that it contains iron and this iron is capable of combining with oxygen to form oxyhaemoglobin in Red Blood Cells by means of this function oxygen is carried to the tissues from the lungs.

Haemoglobin is basically organic material with a very interested organic structure known as haeme. The interesting thing about this structure is that it contains iron and this iron is capable of combining with oxygen to form oxy Haemoglobin in Red Blood Cells by means of this function oxygen is carried to the tissues from the lungs.

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Exhale Capacity:

Exhale capacity is the total amounts of air that can be forcibly expire after a complete inspiration has been used frequently as a measure of adequacy of the respiratory system. Although it measures the approximately capacity of the lungs, recent information indicates it is of little use in predicting ability to perform tasks of endurance. Obviously other factors are more important. For example, any limitations of the oxygen delivery system to the cells will reduce the effectiveness of the delivery; regardless of vital capacity is the ability to take in more air per unit of time with fewer, but deeper inspiration, thus prolonging the onset of fatigue in the respiratory muscle.

It may come as a surprise to many, but football has a long and interesting history; sources suggest that the sport was first introduced in England as early as 1170 when an account describes youths going to the fields for a 'game of ball'. Aspects of the game can even be traced back to as early as the second and third century BC in China. Sources taken from military manuals at the time describe an exercise called Tsu' Chu, in which opponents used a leather ball filled with feathers and hair. The aim was to get the ball into a small net fixed on to bamboo canes while also defending themselves from attacks. Variations of the game are also documented in Egyptian and Greek society, proving that the sport has a long tradition throughout history. In comparison to China's advanced version of the football itself, the English equivalent was made using an inflated animal bladder. The game's appeal continued to increase in England so much so that in the 1300s, its popularity became a bone of contention for Edward II. The king became increasingly concerned that football was distracting people from practicing archery, at a time when he was preparing to go to war with Scotland.

Volleyball has come a long way from the dusty-old YMCA gymnasium of Holyoke, Massachusetts, USA, where the visionary William G. Morgan invented the sport back in 1895. It has seen the start of two centuries and the dawn of a new millennium. Volleyball is now one of the big five international sports, and the FIVB, with its 220 affiliated national federations, is the largest international sporting federation in the world.

Volleyball has witnessed unprecedented growth over the last decade. With the great success of world competitions such as the FIVB World Championships, the FIVB World League, the FIVB World Grand Prix, the FIVB World Cup, and the FIVB Grand Champions Cup as well as the Olympic Games, the level of participation at all levels internationally continues to grow exponentially.

Methodology

- **Sources of Data:**
  The researcher was taking male subjects for the study. The sources of the data was made from the football and volleyball Players, who are participated at least one inter collegiate tournament of Kashmir University.

- **Selection of Subjects:**
  The researcher was selected Forty (40) subjects for this study. Twenty (20) subjects were taken from football game. While the remaining twenty (20) was taken from volleyball game.

- **Sampling Method:**
  The subjects were selected by the simple random sampling method.

- **Collection of Data:**
  The necessary data was collected by the administration of various tests.
  For the present study data pertaining to various physical and physiological variables were be collected through the administration of various tests.

- **Hypothesis:**
  It is hypothesized that there would be significant difference in the physiological variables of inter collegiate Football and Volleyball players. This hypothesis was based upon the researcher's own experience.

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Analysis And Interpretation Of Data

The data should be collected from the subjects by the researcher under the guidance of experts and guide and analysis and interpretation was be carried out on the basis of special statistical techniques viz. mean, standard deviation and't' test.

Level of Significance:

The level of significance was be set at 0.05, for the present study in order to test the hypothesis given by the researcher on the basis of his experience and observation.

Table-1
Comparisons of Hemoglobin of inter collegiate Football and Volleyball Players

Game	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Football Players	14.55	1.20	0.45	38	0.98	2.02
Volleyball Players	14.1	0.82				

Graph-1
Graphical Representation of Mean Difference between Hemoglobin of Inter Collegiate Boys Football and Volleyball Players

Table-2
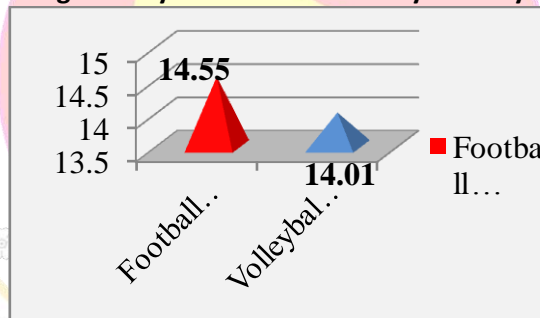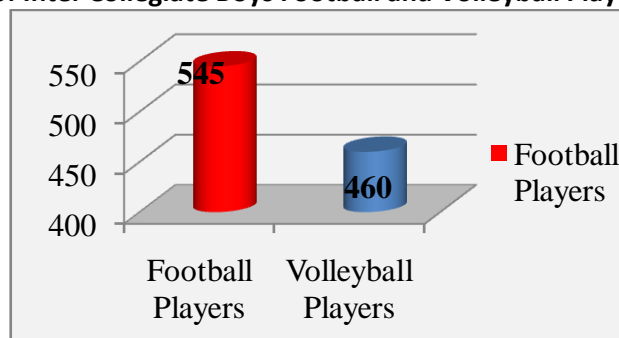**Comparisons of Exhale Capacity of inter collegiate Boys Football and Volleyball Players**

Game	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Football Players	545	43.78	85	38	3.56	2.02
Volleyball Players	460	61.46				

Graph-2
Graphical Representation of Mean Difference between Exhale Capacity of Inter Collegiate Boys Football and Volleyball Players

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Conclusion:

The researcher compared the football and Volley-ball in both the manner i.e. within the limitations of the present study and on the basis of findings, it is concluded that there is a significant difference between them and Exhale Capacity is an insignificant difference between Hemoglobin of inter collegiate football and Volley-ball players, in between the researcher, as compared physiological variables in both the games, it is found that there is also significant result, insignificant difference in between Hemoglobin. Hence the researcher's pre assumed hypothesis is rejected.

The researcher compared the particular physiological variables in both the games; it is found that there is also significant result in Exhale Capacity. Hence the researcher's pre assumed hypothesis is accepted.

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Masterstrokes of Grotesque in Sherwood Anderson's Short Stories

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Abstract

The grotesque has a long history in art and literature, but since past century its irresolvable clash of incompatibles has come to be viewed as an ideal manner of capturing the innocence and horror of modernity. This has led to subsequent alienation from the self and others. The term grotesque originally refers to fifteenth century specificdecorative art of grotto by Roman Emperor Nero in the caves of unfinished palace complex of Domus Aurea. It then evolved from extravagant style of Ancient Roman dramatic public practice in mimesthat celebrated non rationality, laughter, and thoroughly incorporated into popular medieval folkways stressing ambivalence, jollity and release. The extension of Grotesque to literary context occurred in sixteenth century by FrançoisRabelais of France. It is now a"genuine antibourgeois style" in literary genre, as labeled by Thomas Mann. In timeline of 7BC to eighteenth century, Grotesque has extensively been used in mythical European literature of Hesiod's Theogony (7 BC), Homer's Polyphemus in the Odyssey (8 BC), Ovid's Metamorphose (8 AD), Horace' classic Ars Poetica (18 BC), Edmund Spencer's allegory in The Faerie Queene (1596), Shakespeare's fool in King Lear (1623), Alexander Pope's grand epic The Dunciad (1743), French Victor Hugo's Hunchback of Notre Dame (1831), the most celebrated grotesque in literature. Grotesque has become poignant force to express chaos spreading in complex narrative across postmodern genres be it in Triple Entente or in America. In Midwestern American literature, Sherwood Anderson is the harbinger of grotesque, followed by Flannery O' Connor, Joyce Carol Oates, William Faulkner, and Ernest Hemmingway etc. This paper explores Sherwood Anderson's preoccupation with grotesque in his most mature artistries of short stories.

Introduction

Flannery O'Connor once wrote that "whenever asked why Southern writers particularly have a penchant for writing about freaks, I say it is because we are still able to recognize one." (8) As grotesque denotes ridiculous, bizarre, extravagant, freakish and unnatural,post First World War(1914-18),it began to be understood more in terms of deformity and disability. This has been argued by art historian Leah Dickerman that,

"The sight of horrendously shattered bodies of veterans returned to the home front became commonplace. The accompanying growth in the prosthetic industry struck contemporaries as creating a race of half-mechanical men and became an important theme in Dadaist work." (20)

Thus in art, performance and literature, grotesque refers to something that simultaneously invokes in an audience a feeling of uncomfortable bizarreness as well as empathicpity, an aberration from desirable norms of harmony, balance and proportion. Grotesque through art and literature has linked dark comedy of eighteenth century to twentieth century modern satires.

Anderson has been recognized as "a writer's writer". Malcolm Cowley labeled him in his widely quoted introduction to 'Winesburg, Ohio', "The only storyteller of his generation who left his mark on the style and vision of the generation that followed."(5) In early 1913, Anderson moved to Chicago, where he devoted more time to his imaginative writing. He became a heroic model for younger writers because he broke with what they considered to be American materialism and convention to commit him to art. With*Winesburg, Ohio* (1919), *The Triumph of the Egg: A Book of Impressions From American Life in Tales and Poems* (1921), *Horses and Men* (1923), *Death in the Woods and Other Stories* (1933) Anderson became a major influence on future generation of modern American writers like Ernest Hemingway, F. Scott Fitzgerald, and William Faulkner.

Winesburg, Ohio by Sherwood Anderson is a loose collection of stories about residents of fictitious town of Winesburg seen through the eyes of a naïve young newspaper reporter, George Willard. Winesburg is a fictional version of Clyde, Ohio, the small farm town where Anderson lived for about 12 years of his early life. Init Anderson became one of the first American writers to use modern psychological insights, especially

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those of Austrian psychiatrist Sigmund Freud. Instead of emphasizing on plot and action, Anderson usescharacterization as simple, precise, unsentimental style to reveal the frustration, loneliness, and longing in lives of his characters. He indirectly foregrounds Christopher Marlowe's notion of character is destiny. His characters are affected by human rudeness in the backdrop. In rude setting where Anderson places his characters like puppets is quite sordid and dark in nature. Suchsettingbreeds the plot consisting heartless family, dark house, darker forest and darkest cruel behavior of fellow mates. These characters are stunted by the narrowness of Midwestern small-town life. Anderson shows both limits of Midwestern plot and also the delimitation of his protagonists who remain confined in this darkness.

Anderson's protagonists tend to make themselves into what the author calls grotesques. Anderson believes that there were once hundreds of truths, all of them beautiful. But people tend to adopt only one truth and call it theirs. According to Anderson,

In the beginning when the world was young there were a great many thoughts but no such thing as a truth. Man made the truths himself and each truth was a composite of a great many vague thoughts. All about in the world were the truths and they were all beautiful…there was the truth of virginity and the truth of passion, the truth of wealth and of poverty, of thrift and of profligacy, of carelessness and abandon…one of the people took one of the truths to himself, called it his truth, and tried to live his life by it, he became a grotesque and the truth he embraced became a falsehood. (18)

Like 'Main-Travelled Roads' and other naturalistic works of the period, *Winesburg, Ohio* emphasizes the quiet poverty, loneliness, and despair in small-town America. Readers are sad and sympathetic to the characters. Despite grief and sorrow they keep themselves occupied with life, be it letter writing or feeding animals, doing chores which act as motif. Characterization grip readers till the very end of the short story. Characters have an undying imprint in readers' memory. It is this feature of grotesque that makes the characters timeless and eternal just like characters Maggie Tulliver of George Eliot and Tess Durbeyfield of Thomas Hardy.

Figureslike Dr. Parcival, Kate Swift, and Wash Williams are not, nor arethey meant to be, "fully-rounded" characters such as we can expectin realistic fiction; they are the shards of life, glimpsed for a moment,the debris of suffering and defeat. In each story one of thememerges, shyly or with a false assertiveness, trying to reach out tocompanionship and love, driven mad by the search for humanconnection. In the economy of Winesburg these grotesquesmatter less in their own right than as agents or symptoms of that"indefinable hunger" for meaning which is Anderson's preoccupation. They meet each other, they see bodies and hear voices, but it does not reallymatter—they are disconnected, psychically lost.   Anderson sketches aninescapable human condition which makes all of us bear the burdenof loneliness.This impression of loneliness has been put in Anderson's only successful novel, Poor White:

All men lead their lives behind a wall of misunderstandingthey have themselves built, and mostmen die in silence and unnoticed behind the walls. Now and then a man, cut off from his fellows bythe peculiarities of his nature, becomes absorbedin doing something that is personal, useful and beautiful.Word of his activities is carried over the walls. (221)

The characters in his short stories are not shown in depth or breadth, complexity or ambiguity. They are allowed no variations of action or opinion and do not grow or decline. Anderson draws the abstract and deliberately distorted characters in extreme situations. These short stories are about sensitive natures, creative minds, fine impulses, hidden in personalities which are on the surface, eccentric, grotesque or repellent. Grotesqueness as a phenomenon and the grotesque as an artistic trait are notoriously difficult concepts to pin down. "The grotesque," Geoffrey Harpham long ago argued, "is the slipperiest of aesthetic categories" (461) and has been defined in numerous ways over many decades and even centuries, hence "when dealing with the grotesqueone must deal either with gross generalizations, arbitrariness, or specific statements about specific works" (461).

Adolph Myers is the main character in the story 'Hands'. He is known as Wing Biddlebaum, "because his hands resemble wings." (9) He is deemed grotesque because he feels uncomfortable with his large un-normal hands. Readers learn that "They became his distinguishing feature, the source of his fame. Also they

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made more grotesque an already grotesque and elusive individuality." (10) Wing's hands are his way of expression. Thus, the story is actually about expression and what censures it.

Readers learn that "Wing Biddlebaum talked much with his hands." (9) He is unable to effectively communicate with his hands; Wing treats them as scars and he continually tries to hide them, "Forever striving to conceal themselves in his pockets or behind his back." (9)The slender expressive fingers, forever active, concealing came forth and became the piston rods of his machinery of expression. Their restless activity, like unto the beating of the wings of an imprisoned bird, had given him his name. In Winesburg the hands had attracted attention merely because of their activity. With them Wing Biddlebaum had picked as high as a hundred and forty quarts of strawberries in a day. They became his distinguishing feature, the source of his fame. Also they made more grotesque an already grotesque and elusive individuality. Of Biddlebaum, Anderson expresses that "Wing was one of those rare, little-understood men who rule by a power so gentle that it passes as a lovable weakness. In their feeling for the boys under their charge such men are not unlike the finer sort of women in the love of men."(24)

His hands are grotesque because they are awkward and strange. Wing's truth is to be able to dream without interference. It is his dreaming that gets him in trouble. While teaching in school, Wing falls off to sleep, and dreams. Wing gets in trouble when, as the narrator tells the reader, "Adolph Myers had walked in the evening or had sat talking until dusk upon the schoolhouse steps lost in a kind of dream. Here and there went his hands, caressing the shoulders of the boys, playing about the tousled heads." (13) Wing is accused of child molestation, moves to Winesburg and lives the remainder of his life there. The townspeople's accusation of child molestation leaves him uncomfortable with his grotesque hands and unsure of what he has done wrong and ostracized for not conforming. His quest to fulfill his idea of "truth" was, in essence the downfall of his existence.

Anderson's next short story in *Winesburg, Ohio*'Paper Mills' epitomizes Anderson's feelings about grotesque characters, that "Winesburg had forgotten the old man, but in Doctor Reefy there were the seeds of something very fine."(27) This story unveils the poetic richness of the image of gnarled apples to suggest the sweetness hidden in Doctor Reefy:

On the trees are only a few gnarled apples that the pickers have rejected. They look like the knuckles of Doctor Reefy's hands. One nibbles at them and they are delicious. Into a little round place at the side of the apple has been gathered all of its sweetness. One runs from tree to tree over the frosted ground picking the gnarled, twisted apples and filling his pockets with them. Only the few know the sweetness of the twisted apples. (28)

In his own somber way, Anderson touches upon one of the great themes of American Midwestern literature in the late nineteenth century: the struggle for speech as it entails a search for the self. Perhaps the central Winesburg story, tracing the basic movements of the book, is 'Paper Pills'. The old Doctor Reefy sits "in his empty office close by a window that was covered with cobwebs," (27) writes down some thoughts on slips of paper "pyramids of truth," he calls them, and then stuffs them into his pockets where they "become round hard balls" soon to be discarded. What Dr. Reefy's "truths" maybe we never know; "Anderson simply persuades us that to this lonely old man they are utterly precious and thereby incommunicable, forming a kind of blurred moral signature." (15) The tall dark girl who marries Dr. Reefy is like one who has discovered the sweetness of the twisted apples, she could not get her mind fixed again upon the round perfect fruit that is eaten in the city apartments.

Being a master of short story, Anderson reflects a sense of disintegration of American life. As in the story 'Godliness', fanaticism of American protestant tradition is instilled in Jesse Bentley. He is a diseased, restless spirit, due to economic individualism.

The beginning of the most materialistic age in the history of the world, when wars would be fought without patriotism, when men would forget God and only pay attention to moral standards, when the will to power would replace the will to serve and beauty would be well-nigh forgotten in the terrible headlong rush of mankind toward the acquiring of possessions, was telling its story to Jesse the man of God as it was to the men about him. (67)

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At first in the post-Civil war years, Jesse sees himself as a primitive patriarch, an Old Testament man of God owning flocks and lands like his biblical namesake. He thinks himself as fulfilling God's special plan, dreaming to drive out the other farmers who are philistines; just like David the son of Jesse drove the Philistines of his day from the Valley of Elah. But the pressure of industrialism looms Ohio and he gradually loses this grandiose primitive vision, and begins to wish of fortunes to be made by "shrewd men who bought and sold." (68) The grotesque image of Jesse has grandeur and a force of generality. Anderson through representation of Jesse's mind and visions observes the dilemma of the American who sees his country emerging out of Puritanism. He feels that escape from bigoted Puritanism does not lead to liberation of better life but to materialism, impoverishment and loss of human dignity. Jesse becomes obsessed merely with vulgar commercialism of provincial newspapers and business magazines which begin to circulate with the coming of the industry.

William V. Miller asserts that "most important of his character type in Anderson's stories is the artist. His stories are filled not only with painters and writers but also with potential artists, story-tellers…what may be called 'artistic impulse' are shared by an even wider scope of characters." (Colquitt 175) Though Anderson's grotesque is solitary obsessed individual in a pictorial frame, they exhibit a sophisticated kind of poetic evocation, influenced by Whitman's early poems 'There Was a Child Went Forth' and parts of 'Song of myself'. Such successful poetic images are depicted in his later short stories like 'The Corn Planting' (1934-The Sherwood Anderson Reader 1947) and 'Death in the Woods' (1933).   'Corn Planting' is best beautiful lyrical story Anderson ever wrote. The old Hutchenson couple learns in the late hours of a moonlit spring night of death of their son- a son born to them in their old age who, up to his death, has fulfilled all their hopes for him. A friend of the dead son, and the quiet, self-effacing narrator, come to tell the parents of their loss. The father receives this news in silence, closing the door in their faces. They wait in the road, unable to leave spot. Presently, they see the old couple cross from the house to barn and then re-emerging into moonlight, enter a newly ploughed and harrowed field and begin seeding it with corn. At the end of each row they kneel and pray, "I mean something about the connection between certain people and the earth- a kind of silent cry, down into the earth. It was a though they were putting death down into the ground that life might grow again- something like that." (5) Anderson's story begins with an affirmation of beauty of nature, then there is a recoiled into despondency as the thought of death presses on consciousness; and finally a movement of recovery- a new vision of life as a never-ending cycle which includes death and re-birth- brings the work to a close.

Apart from 'Corn Planting', the sense of life and death is depicted in 'Death in the Woods.' It is a story of a bent woman who lives on an isolated farm outside an Ohio town. Everyone knows her by sight, because she comes inthe townregularly to trade a few eggs and vegetables for food for her menfolk and m eat for her dogs, but no one really knows her at all. Her life is one of utter misery, and always has been. All her life she had given food to animals, to cows, to chickens, to pigs, to horses, to dogs, to men." The narrator feels "impelled to try to tell the simple story over again. Indeed, his recollection of the scene is likened to "music heard from far off." (12) The message is spiritual meaning of a woman's life that comes to fruition at the end of story with the narrator stating that "even after her death [she] continued feeding animal life." (14)The dogs that encircle her diminutive are more humble than her husband or son could ever be. Somehow this "grotesque" image of an old woman's death became fused in the artist's imagination with that strange performance depicted in posthumously published memoirs.

Judge Turner, reverberates Anderson's opinion about people of Ohio in A Story-Teller's Story (1924), We are what we are; we Americans...and we had better stick to our knitting. Anyway…people are nice here as far as I have been able to observe and although they are filled with stupid prejudices and are fools, the common people, workers and the like, such as the men of this town, wherever you find them, are about the nicest folk one ever finds. (179)

In the letter to his son John, himself a painter, Anderson asserted that "the object of art…is to save yourself: Self is the grand disease. It is what we are all trying to lose." (Letter xv, Bloom 60)

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The setting of his short stories is narrow, intense, and almost claustrophobic, the result is a book about extreme states of being, collapse of men and women who have lost their psychic bearings and now hover, at best tolerated, at the edge of the little community in which they live. Anderson evokes a depressed landscape in which lost souls wander about; they make their flitting appearances mostly in the darkness of night, these stumps and shades of humanity. The nostalgia for a lost moment of American pastoral saturates *Winesburg, Ohio* just like Twain's Huckleberry Finn. The style of *grotesque* in Anderson's terms is an idiomatic American irony developed out of Mark Twain and other frontier writers. In this connection it is important to note that the writer in the opening "Book of the Grotesque" section in *Winesburg* is a symbolic, Mark Twain-like figure with his white mustache, cigars, and Joan of Arc fantasies hovering in his memories. Anderson felt deeply how Mark Twain's life and work embodied a clear sense of *American Grotesque*.

The prose Anderson employs in telling these stories may seem atfirst glance to be simple: short sentences, a sparse vocabulary, uncomplicatedsyntax. In actuality, Anderson developed an artful stylein which, following Mark Twain and preceding Ernest Hemingway,he tried to use American speech as the base of a tensed rhythmicprose that has an economy and a shapeliness seldom found in ordinaryspeech or even oral narration. What Anderson employs here isa stylized version of the American language, sometimes rising toquite formal rhetorical patterns and sometimes sinking to a selfconsciousmannerism. But at its best, Anderson's prose style in*Winesburg, Ohio* is a supple instrument, yielding that "low finemusic" which he admired so much in the stories of Turgenev. Anderson's influence upon later American writers, especially thosewho wrote short stories, has been enormous. Ernest Hemingwayand William Faulkner both praised him as a writer who brought anew tremor of feeling, a new sense of introspectiveness to the Americanshort story.As Faulkner put it*Winesburg, Ohio: A Group of Tales of Ohio Small Town Life*, Anderson's "was the fumblingfor exactitude, the exact word and phrase within the limited scopeof a vocabulary controlled and even repressed by what was in himalmost a fetish of simplicity … to seek always to penetrate to thought'suttermost end." (19) He used American speech as base of tensed rhythmic style. The thought of industrialization was a strange and frightening concept to the people of the early twentieth century. Customs and traditions were at the brink of being thrown away due to the invention of many different machines that would make mass production and assembly lines possible. With these new inventions comes anxiety of the unknown. Anderson uses these ideas and puts them to practice in his novel *Winesburg, Ohio*. Anderson's moving definition of writing as "cutting and nailing on steps by which one attempts to reach some unattainable height" indicates the kind of formal craftsmanship for which he has received insufficient credit. At the end of his life in 1938 and 1939, when he was writing his *Memoirs,* Anderson began to perceive consciously what he had done with his concept of the *grotesque* by using serial, epic techniques. On December 16, 1939, he wrote to his friend, Roger Sergel: "I am trying to do a series. The idea is really, Roger, to do an autobiography in a new way, not in the life of the teller but in lives that touch his life . . . much as I used the figure of George Willard in *Winesburg*." (Bloom 200) Cut short by his untimely death, the *Memoirs* remains one of Anderson's most successful books, a rare combination of form and subject matter that penetrates deeply into his views of *American Grotesque*.
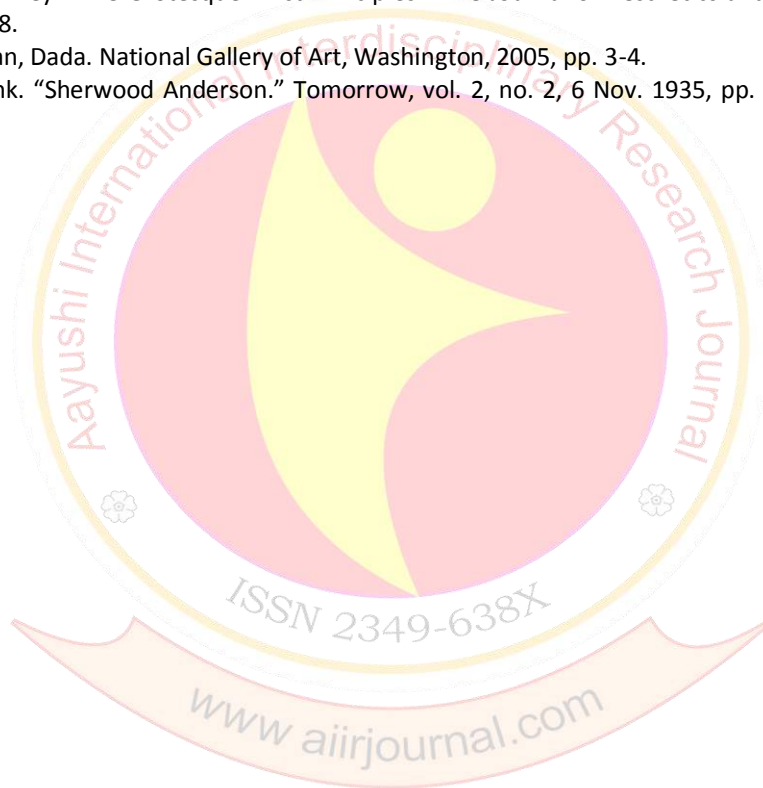
Frank Sargeson praises Anderson's literary devices, from his use of repetition and "short, suggestive" sentences to his ability to make "you understand how his characters feel by placing himself inside their skins."The town of Winesburg is a sleepy, anywhere USA town. It is assumed that this town is equipped with neither populated people nor with will to accommodate an individual revolution. Each of the townspeople suffers for this as well. Each individual invoked in the novel has a problem that results from dilemma of seeking truth. This truth is what creates problems because it is an idea. This idea of truth is faulty because many different truths exist in the realm of society: God's truth, secular truth, the gospel truth, all these ideas are manifested in human beings to bring peace. It is this morality that each individual seeks. It is self contained. The people in his short stories do not see path to truth as being industrialization. Anderson makes valid statement for arrival of new phase of American life through his illustration of the problems that arise because of a lack of new social settings. The past ways bring problems; the future, unknown to the inhabitants of Winesburg, is full of promise. The first thing they have to realize, though, is that for the future

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to progress, they must give up theirbehavioral archaism which harvested their problems. This new change, out of grotesque and into the age of modern life, is Anderson's goal both in his writings and his heart.

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Challenges Of Professional Preparation Of The Teacher Educators

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Abstract

   A conceptual theme was carried on challenges of professional preparation of the teacher educators so that the article came to the light. The teacher education institutions are the main resources of producing excellent teachers. In fact, teacher educators, who constitute the backbone of the entire education system, play a vibrant role as key actors in building sound character of the student-teachers. The education institute in India need to resolve all the deep rooted challenges and the problems and essentially facilitate the process of renovation, reforms and development especially in curriculum and its systematic transaction exploring enriched facilities. The teacher educators play a great role in preparing the trainee teachers in such a way so that they become the successful teachers of next generation. Behind the success of whole teaching learning process, the teacher educators' intensive professional preparation is inevitable.
Keywords: Teacher Education, Professional Preparation, Quality Education, Personal Preparation

Introduction

The teacher education institutions are the main resources of producing excellent teachers. In fact, teacher educators, who constitute the backbone of the entire education system, play a vibrant role as key actors in building sound character of the student-teachers. Quality of trainee teachers depends on quality of teacher educators. Teacher educators possess in-depth knowledge, huge experience, instant creativity, equipped with efficient skills, ability for innovations, and reforms, and they remain as a model before the trainee teachers in a teacher education institution. Teacher educators prepare the trainee teachers and enable them face challenges in society.

   In the system of teacher education, teacher educators serve as a central point to teach the trainee teachers up to the satisfaction. However, prior to impart teaching, the teacher educators must prepare own self and for this they consider two types of preparation – 1) personal preparation, and 2) professional preparation. Personal (individual) preparation is made in such a way so that the teacher educator looks like an attractive personality-model. Such an individual preparation of the teacher educator, in fact, attracts the learners (teacher trainees) and creates a conducive learning environment so that they (teacher trainees) become ready to learn and at this juncture the teacher educator must teach.

   In reality, the success in teaching-learning process is determined by the quality of professional preparation of teacher educators. In addition, professional preparation of a teacher educator depends upon his/ her preparedness of the subject matter to be taught. This indicates that prior to teach a teacher educator must study,well in advance, and thoroughly understands the content of the pedagogical units. In fact, professional preparation of teacher educator includes the competency, skills and professional development. Moreover, capability towards renovations, reforms and development is also considered as professional preparation of teacher educators.

   The professional preparation of teacher educator is enriched with expected skills and competencies like –

1) Mastery in subject and teaching methodologies,
2) Adaptability and innovation in teaching & assessment,
3) Sensitivity to understand adult learners' psychology and socio-cultural issues, and
4) Communication skills,
5) Leadership and motivational skills.
6) Transactional skills,

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Challenges before a teacher educator towards professional preparation

The qualities of a teacher educator mentioned earlier are obligatory. While transacting a curricular subject, some challenges appear which needs instant solution. In such cases merely having a M.Ed. degree and/or related Masters' degree does not necessarily help the teacher educators with requisite skills and competencies. Therefore, a teacher educator needs to have greater focus on compulsory modules of teaching, assessing and guiding trainee-teachers. Additionally, there is a need for stage-specific preparation of teacher educators during teaching.

Generally, in the curriculum of M.Ed. and/or related Masters' degree there is more emphasis on theory of advanced teaching methodologies and assessment techniques; however, to a great extent, there is need update curriculum in integrating theory with required skill-building through properly designed practicum. And for this, a teacher educator must become more dynamic and continuously aligned with such ideas, in addition.

In India, Apex Education Bodies formulate the Policies; in fact, there must be more synergy with the teacher training institutes. The course content of teacher education programs need to be more akin with the changing policy at the school education system. These challenges can also be met through periodic seminars, workshops and in-service programs, which are to be organized in collaboration with both the Apex Education Bodies and teacher education institutions. The teacher educators need to be aware and update the knowledgeabout the changing trend of Government Policies on education in the country.

Truly speaking, facility on technology infrastructure at teacher education institutes (at the B.Ed. / undergraduate and M.Ed. / postgraduate levels) is very limited and sporadic. Whatsoever the facilities available in the institute, majority of the teacher educators are not taking help of technology (especially ICT) while transacting teaching learning process. This has become a challenge and here it is the teacher educators'responsibility to create self-motivation and interest to incorporate the technological advances. Teacher education institutions also need to take constant initiatives to train the existing teacher educators by hiring technological personnel.

While reviewing elementary teaching pedagogy in teacher education institutions, we find more importance is given to the teacher trainees on training modules comprised of achieving basic literacy and numeracy; establishing foundations in science, mathematics, geography, history and other social sciences. But amazingly, there is lack of inclusion of various pedagogies and skill-building activities through simulation/ real life situations. Moreover, evidently practicum is included but teaching methodologies are predominantly taught theoretically by teacher educators. This creates a gap between what they learn in classroom and varied classroom situations, which they experience in their profession later. This is a great challenge before a teacher educator to fill this gap, which needs proper professional preparation.

Teacher educators must be professionally trained on interactive content development process so that they can be able to efficiently teach the trainee teachers who can easily create the content and modules according to the students' need. Such a preparation of teacher educators is aligned to the teaching-learning needs in classroom.In teacher education assessment and evaluation mechanism cannot be the same for students of varying age groups and class because of different learning styles and special needs. Therefore, assessment differs naturally. Although assessment is an integral part of instruction and many of the teacher educators are found efficient; howevercontinuous andcomprehensive assessment techniques do not find their way in teacher education (TE) curriculum. This, in fact, is a real challenge and a teacher educator needs to prepare about comprehensive assessment techniques including assessment of teaching skills, co-curricular and extra-curricular activities, holistic development etc.prior to participate in evaluation works. A teacher educator also needs prior preparation about visiting practice teaching classes.

Teacher educators also need professional preparation for Project-based learning (PBL), which is an instructional method and teaching-learning methodology. Here professional preparation helps teacher educators to teach the art of solving complex tasks, challenging questions or problems, and involving students in design, in decision making, in investigative activities etc.

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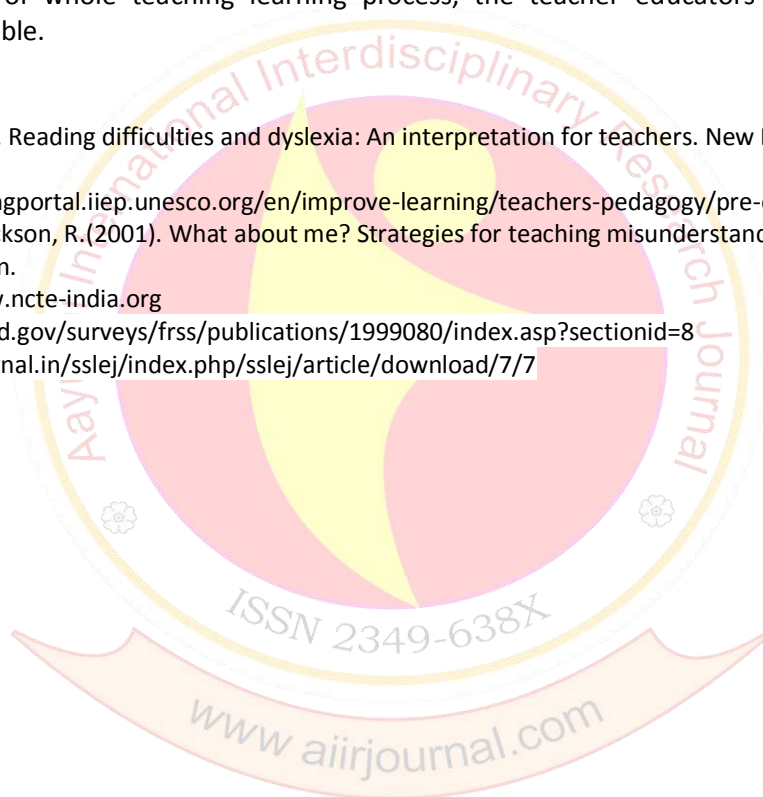| **Organised By**	**Department of Physical Education,** **D.A.V.P.G.College,Lucknow**	**ISSN 2349-638x** **Impact Factor 4.574**

Global Trends in Teacher Education indicates that many of the teacher educators keep them away from research and innovation. It is also true for majority of teacher educators in India. Since training of next-generation teachers needs to be of an international standard, therefore, today's teacher educators must be specially trained in innovative approaches from other parts of the globe considering global professional mobility. This aspect also needs a sound professional preparation on the part of teacher educators and is to be looked up on by the teacher education institutions.

Conclusion

Based on the above discussion, the author concludes that Teacher Educators remain at the central focus of different programmes in teacher education institutions. The teacher educators play a great role in preparing the trainee teachers in such a way so that they become the successful teachers of next generation. Behind the success of whole teaching learning process, the teacher educators' intensive professional preparation is inevitable.

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Adapted Sports for Disabled

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Abstract

It is well established that poverty and disability are inextricably linked and both have a direct impact on health, well-being and development outcomes. Physical activity and sport play an important role in poverty elimination by helping to promote the inclusion of marginalized groups, reduce social vulnerability, support the empowerment of vulnerable or at-risk populations and enhance self-esteem along with physical and mental health. This, in turn, serves to foster independence and economic opportunity which is essential for reducing poverty among vulnerable groups.It is an undisputed fact that young and old must strive for a healthy lifestyle. This means kids, teens, and adults must keep mentally and physically fit. Children with special needs most definitely benefit from having a balance in all aspects of their life: social, physical, and mental.

Keywords: Disability, Self-esteem, Community recreation, Mitigation.

Introduction

There are more than a billion people with disabilities worldwide,many of whom face substantial barriers to participating in physical activity. Engaging in a healthy lifestyle with a disability can be a daunting task—physical activity generally requires elements of strength, endurance, balance, and coordination that are taken for granted. In people with disabilities, one or more physical attributes might be affected by disability, which limits access to sport, fitness, and work or household-related physical activity. Lack of exercise is a serious public health concern for all people, but people with disabilities are at much greater risk of the serious health problems associated with physical inactivity.

The United Nations has repeatedly reaffirmed the importance of physical activity and sport as integral elements in realizing development goals. Social rights to participate in physical activity and sport is also firmly instantiated in the international human rights law framework, where it is included as the right to participate in sport, recreation, and play.

It is well established that poverty and disability are inextricably linked and both have a direct impact on health, well-being and development outcomes. Physical activity and sport play an important role in poverty elimination by helping to promote the inclusion of marginalized groups, reduce social vulnerability, support the empowerment of vulnerable or at-risk populations and enhance self-esteem along with physical and mental health. This, in turn, serves to foster independence and economic opportunity which is essential for reducing poverty among vulnerable groups. Governments recognize the important link between sport and development and the need to ensure that disability inclusion is prioritized in thesport for development policies and programs. Where physical activity and sport are utilized in supporting development goals, it is important to ensure that persons with disabilities - who are among the poorest of the poor - are included and are able to participate:

- Physical activity and sport can help reduce health-care costs and increase productivity, key issues in emerging economies and therefore must be accessible to persons with disabilities;
- Development messages targeted to youth and adults through sport and recreation platforms (e.g. health messages; voter information) must be accessible for persons with disabilities;
- Educational outreach through school sport and community recreation should include and be accessible to children with disabilities.

Addressing the social and environmental determinants of health for persons with disabilities and the entire population is an important dimension of ensuring inclusive, economically productive and healthy societies. The right to the enjoyment of the highest attainable standard of physical and mental health cannot be attained without due attention to physical activity and sport. There is now global recognition that

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physical inactivity is a major driver of ill-health and impacts health conditions that can accelerate or aggravate disability. And all too often, persons with disabilities encounter a variety of barriers that inhibit participation in physical activity and sport. Research discloses the following:

- Lack of understanding and unfounded assumptions about the health of people with disabilities results in theexclusion of people with disabilities from health promotion and disease prevention programs.
- Health promotion interventions such as physical activities are beneficial for people with disabilities and yet health promotion activities seldom target people with disabilities, and many experiences multiple barriers to participation.
- Increases in diabetes, cardiovascular diseases (heart disease and stroke), mental illness, cancer, and respiratory illnesses, observed in all parts of the world, will have a profound effect on disability.
- Physical inactivity is one among several factors contributing to increases in non-communicable diseases and resulting disability.
- At all stages of childhood and adolescence, participation in physical activity and sport has aprofound impact on overall growth and development and is an essential element of quality of life in childhood.

Physical activity can foster healthy child development, life-long health, social cohesion, and increased productivity and performance in school and daily life. Children with disabilities too often experience double discrimination: they are excluded from school and excluded from participation in sport and physical activity inside and outside of schools. Research discloses that:

- Weak or non-existent physical education requirements for children generally result in low levels or non-existent physical activity for those with disabilities.
- When physical education is required, children with disabilities are often excused from attendance by their schools on the basis of a doctor's note, rather than provided with adaptive physical, education by their schools.
- Children with disabilities today are less active than their peers.
- For girls with disabilities, the barriers to physical activity and sport are even more pronounced, as they face multiple layers of discrimination stemming from being female, living with a disability, possibly living in poverty or coming from a minority or indigenous community, and the negative social norms associated with girls across all forms of physical activity.

International human rights law specifically recognizes the right of children with disabilities to play and to participate in recreation, leisure and sporting activities in the school system. This includes access to playgrounds and other child-specific sport, recreation and play venues in the community as well as adaptive physical education in schools.
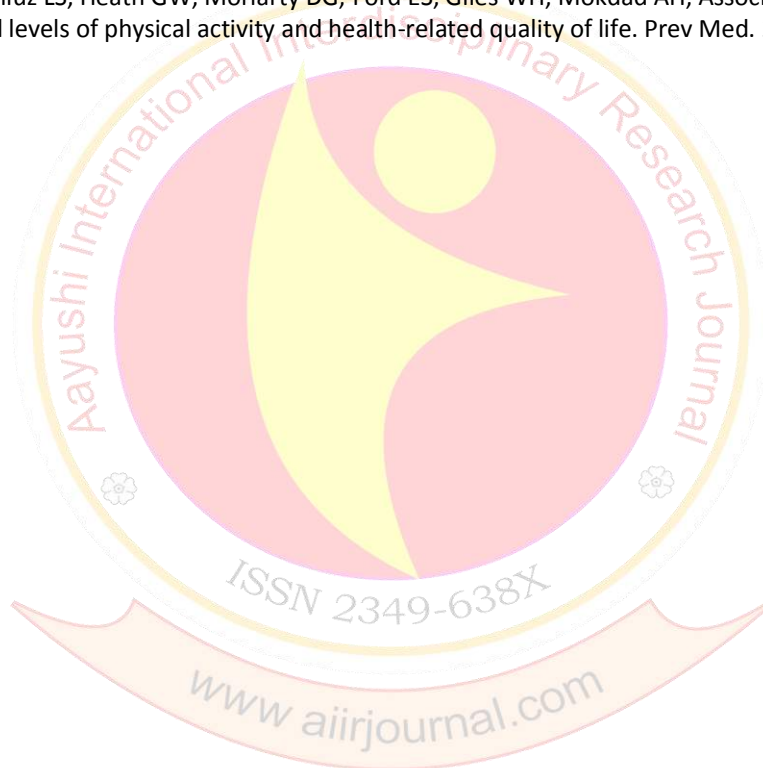
Effective governance for sustainable development requires public institutions in all countries and at all levels to be inclusive, participatory and accountable. Laws and institutions must protect human rights and fundamental freedoms and all persons must be free from discrimination – including discrimination on the basis of disability and another status. Inclusive and participatory governances are enablers and outcomes of development. Laws and policies requiring mandatory physical education or promoting sport for all are often silent on addressing the right to access physical education and sport for persons with disabilities. Disability inclusion in sport, physical education, and related social activities should be promoted and protected in law, policy, and institutions of government.

In sum, disability inclusive sport and physical activity has numerous benefits for the health of persons with disabilities, including the mitigation of disabling health conditions, the prevention of secondary or aggravating disabling conditions, as a component of a rehabilitation program, and as a facilitator of self-esteem and mental health.

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Innovative Research Methodology adopted in Economics: Role of FDI in Regional Performance

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Abstract-
　The significance and dangers of FDI are presented using SWOT analysis. The trends in FDI in India and across states are analysed with the help of simple and compound growth rate calculations.Coefficient of variation has been used to show the increase in disparities, ranking, indexing, percentage have been incorporated to show the comparative positions of different states regarding the flow of FDI and to assess the impact of Foreign Direct Inflows to states leading to regional disparities. To make the analysis more easily understood Tables and Graphs of different typeshave been used.

Key words- Coefficient of variation, regional differences, Gross state domestic Product.

Introduction

FDI is seen as a means to supplement domestic investment for achieving a higher level of economic growth. It has been rightly referred to as complementary catalytic and valuable to the nation (Government of India, 2003). Our objective in this paper is to augment the empirical evidence on the role of FDI in regional economic performance by focusing specially on the experiences of Indian states.

Research Methodology

　The significance and dangers of FDI are presented using SWOT analysis. The trends in FDI in India and across states are analysed with the help of simple and compound growth rate calculations.Coefficient of variation has been used to show the increase in disparities, ranking, indexing, percentage have been incorporated to show the comparative positions of different states regarding the flow of FDI and to assess the impact of Foreign Direct Inflows to states leading to regional disparities. To make the analysis more easily understood Tables and Graphs of different typeshave been used.

Strengths and Weaknesses of FDI

　Several economists have viewed FDI inflow and its impact on a country and its regions. This has given rise to the debatable issue of advantages and lacunas of FDI inflows to the recipient country and its region.

Strengths of Foreign Direct Investment

　Several Economists have presented their thoughts in favour of FDI flows to a country or region. They have been summarised below:

- It helps in meeting the growth, investment requirements and thereby accelerating productivity income and employment in the host country (Planning Commission Report on FDI, 2001 and Chopra, C., 2004).
- FDI facilitates transfer of technology to the recipient country through transfer, diffusion and generation of technology.
- It brings about managerial revolution in the recipient country through professional personnel and through engagement of highly sophisticated management techniques.
- FDI enables the country to accelerate its exports and reduce import requirements (Sahoo, 2005).
- Foreign investments may stimulate domestic enterprises and has strong spill over effects. Foreign investors encourage ancillary industries and domestic suppliers supporting their own product and operations (Sahoo and Mathiyazhagam, 2001).

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- Foreign investment also helps promote competition and break domestic monopolies.
- As a result foreign investment can be treated as an engine of growth (Meyer, 1998; Dimowo and Edo, 2002; Pradhan, 2002) and thus helps in boosting Gross National Product and Gross State Domestic Product (Bajpai and Sachs, 2000; Muller and Williams, 2005).

Weaknesses from FDI

The following disadvantages of FDI have been put forth by scholars:
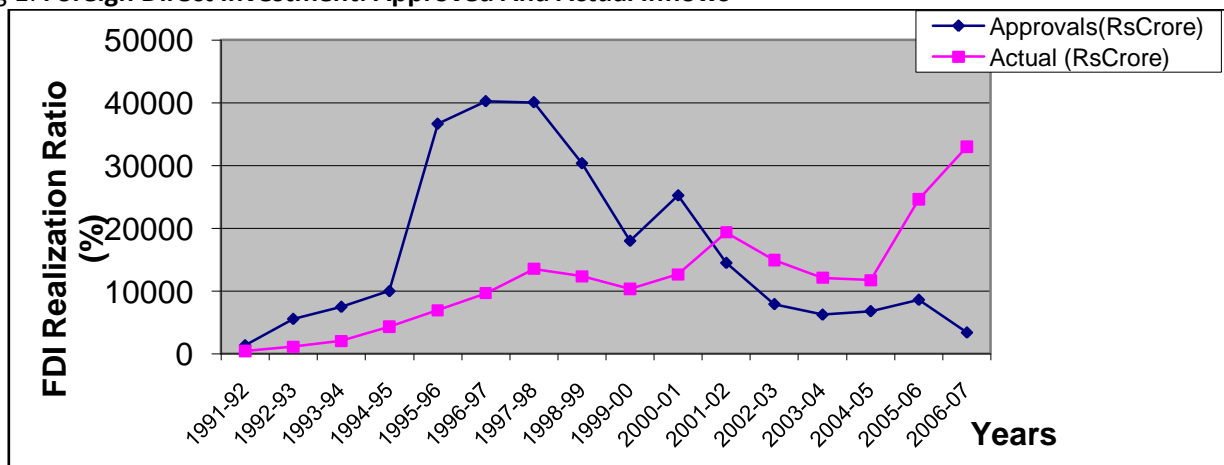
- FDI tends to flow to the highly profitable area rather than to priority sector.
- FDI tends to flow to the highly developed, resource rich areas rather than to the backward regions leading to an unbalanced regional development.
- The technologies brought in by the foreign investors may not be adapted to the needs, size of market, available resources in the recipient country.
- Foreign investments sometimes have unfavourable effect on BOP of a country when repatriation of profits through dividends, royalty, etc. might be greater than investment made by the foreign concern.
- Foreign capital sometimes brings with it some policy prescriptions in interference with the national policy.
- Foreign investors sometimes engage in unfair and unethical trade practices killing the domestic firms by leaving them uncompetitive.

Thus, from the SWOT analysis it has been brought out that the already existing large inter-state disparities in economic performance seem to have become more pronounced in recent years due to inflow of foreign capital (World Bank, 2004).

All India Trends

Foreign Direct Investment inflows gushed in as a part of economic reform process initiated in 1991. Fig 1 displays the trends in FDI into India since 1991. The Fig. also examines the FDI proposals and actual inflows to India and finally brings forth the realization ratio which becomes all the more important in order to achieve the target set by Government of India of $ 10 billion of actual FDI into India every year. The table points out that the FDI approvals displayed a rising trend since 1991-92 to 1996-97 from Rs.1345 crore to Rs.40206 crore, i.e. by almost 30 times, then stagnated in 1997-98 and then started dipping. This falling trend continued till 2003 bringing FDI to a level of Rs.6224 crore, a fall of 70 per cent. Then started increasing since 2004-05 breaking the long period of falling FDI in India.

Fig 1: **Foreign Direct Investment: Approved And Actual Inflows**

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The realization ratio of FDI initially depicted a fluctuating trend from 1991 to 2001 falling between 18 per cent to 57 per cent but then as a welcome feature it climbed to 976 per cent in 2006-07. However, the total FDI approval to actual ratio is only 73 per cent between 1991 to 2006, which could be increased in order to accelerate the growth of economy. The only piece of relief lies in the last seven years realization ratio where actual FDI to approvals is more than 100 per cent.

In Table1we further analyze the trend in increase of actual FDI inflows as compared to the previous year. The increase was satisfactory in 1993-94 and 1994-95 with 84 per cent and 113 per cent respectively. But it started decelerating since then, the down trend starting from 30 per cent in 1995 to (-)16.0 per cent in 1999 to -22 per cent and -18 per cent during 2002 and 2003. It is only since 2004-05 that a ray of hope is evident with actual FDI inflow showing an increasing trend.

Table 2 : Growth Trends in FDI Actual Inflows		
Financial Year	Amount (RsCrore)	Growth (%)
1991-92	408	
1992-93	1094	168.14
1993-94	2018	84.46
1994-95	4312	113.68
1995-96	6916	60.39
1996-97	9654	39.59
1997-98	13548	40.34
1998-99	12343	-8.89
1999-00	10311	-16.46
2000-01	12645	22.64
2001-02	19361	53.11
2002-03	14932	-22.88
2003-04	12117	-18.85
2004-05	17138	41.44
2005-06	24613	43.62
2006-07	33030	34.20
Total	**199441**	
Compound Annual Growth Rate (%)		
1991-1997		79.28
1998-2004		5.62
2001-2006		11.27
2004-2006		38.83

Source: Authors calculation.

The compound annual growth rate is yet another methodology which showed a similar trend. It was 79 per cent during 1991-1997 but fell significantly to a meagre 5.62 per cent during 1998-2004. However, it recovered during 2004-2006 with 38.8 per cent.

State Level Trends

With the initiation of economic reforms in 1991 private investment has played a lead role in expediting the process of economic development of various states of the Indian Union. Among the states competition is witnessed for attracting private investment, be it domestic or foreign. This section brings forth FDI as a source of financial flow coming across the states and its role in elevating regional imbalances.

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Evidence clearly suggests that an immediate cause of the widening regional inequality during the 1990s after liberalization has been gravely uneven flow of investment both domestic and foreign. Table 3 depicts a comparative picture of the state-wise FDI approved by government during 1991 to 2005. During 1991-2001 while the high and middle income states fall very closely in percentage share of FDI, the low income states are far behind them by about 15 percent point. This is a clear sign of regional disparity which shows a rising trend during the second period. During 2001-2005 cumulative share of FDI of the four leading states showed a concentration of FDI as a whole to 33.43 percent and that the share of middle income states show a still higher concentration level and left the high income states behind. The share of middle income states increased to 36.77 percent in 2001-2005 from 24.4 per cent in 1991-2001. The share of low income states fell from 9.6 per cent to 4.26 percent during the same period. Thus while the share of middle income states surpassed the share of high income states which was already very high, the low income states were left further behind the two income categories by about 25 percent point instead of 15 percent point witnessed during the previous period (Fig VI.6). Only Kerala, a middle income state as an exception could not make a significant mark and remained with less than 1.0 per cent share in FDI throughout the period of 1991-2005.

The regional disparity status becomes evident from coefficient of variation values which showed an increasing trend during the two periods. During 1991-2001 it was 108 which rose to 116 percent i.e. in the four years duration the value of coefficient of variation rose significantly.

Table 3: Statewise Foreign Direct Investment Approved by Government during 1991 to 2005

States	1991-2001		2001-2005	
	Amount (Rs Cr)	Share (%)	Amount (Rs Cr)	Share (%)
HIGH INCOME STATES	70029.36	25.60	5932.32	33.43
Gujarat	17365.51	6.35	1468.19	8.27
Haryana	3204.11	1.17	662.33	3.73
Maharashtra	47491.37	17.36	3341.49	18.83
Punjab	1968.37	0.72	460.31	2.59
MIDDLE INCOME STATES	66790.94	24.41	6525.27	36.77
Andhra Pradesh	12615.38	4.61	791.37	4.46
Karnataka	21220.88	7.76	2781.53	15.67
Kerala	1480.78	0.54	65.25	0.37
Tamil Nadu	22772.61	8.32	2283.38	12.87
West Bengal	8701.29	3.18	603.74	3.40
LOW INCOME STATES	26318.79	9.62	755.94	4.26
Bihar	883.33	0.32	0.88	0.00
MP	9793.44	3.58	110.18	0.62
Orissa	8229.00	3.01	6.45	0.04
Rajasthan	2646.99	0.97	364.22	2.05
Uttar Pradesh	4766.03	1.74	274.21	1.55
Total	273577.2	100.00	17747	100.00
Coefficient of Variation	108.29		116.31	

Source: www.indiastat.comLokSabha Proceedings.

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The states which have shown good economic performance and have effectively complied with the reform policies have thus taken a lead in attracting FDI. They include Maharashtra, Gujarat, Tamil Nadu, Karnataka and Andhra Pradesh. They have improved their infrastructure in order to attract more investments and thus gained. The low income states like Bihar and Uttar Pradesh do not have the same kind of reform dynamism and are therefore poor in terms of economic growth and investment attractiveness.

Fig 2: Statewise Foreign Direct Investment as percentage to GSDP
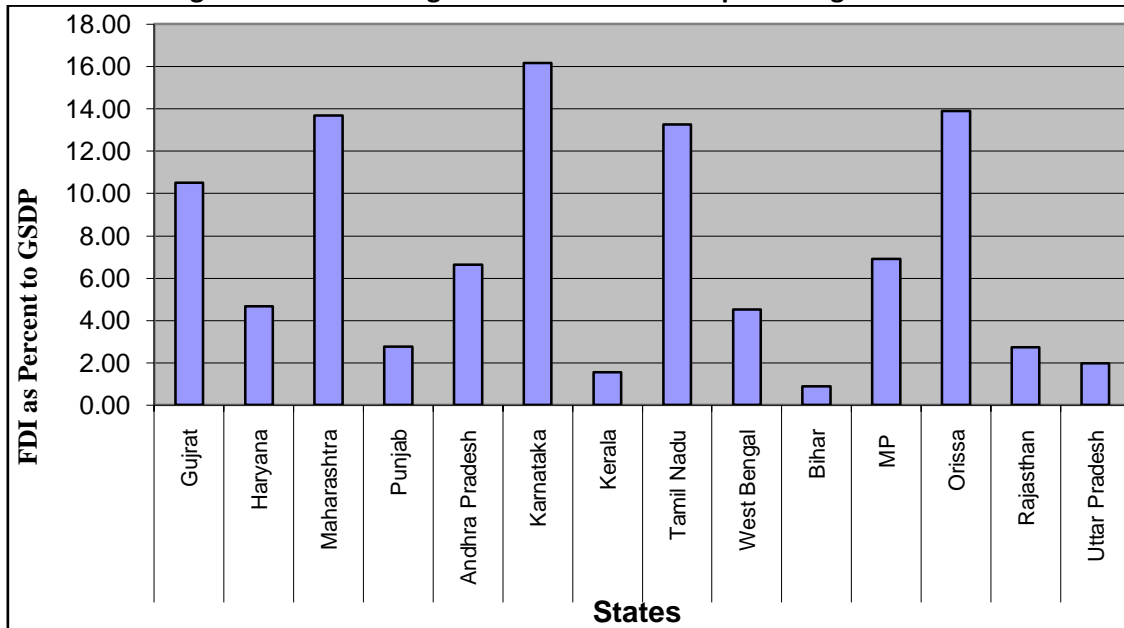
Fig 2 showing state-wise FDI as a percentage of gross state domestic product (GSDP) clearly depicts that the states falling in high and middle income groups have been successful in attracting FDI more than the low income group states. They are Karnataka at 16.16 percent, Maharashtra at 13.67 percent Tamil Nadu at 13.26 percent, Gujarat at 10.49 percent and interestingly Orissa, a low income state shows the ratio of 13.88 percent just next to Karnataka and Madhya Pradesh shows the ratio of 6.91 percent which is higher to some other two category states. The remaining low income states could not make a mark in attracting FDI.

Overall Impact of FDI

Another indicator showing impact of FDI flows to regions is per capita FDI. The Table VI.9 and Fig VI.8 reveals that during 1991-2001 the top four states having highest per capita FDI belong to high income and middle income groups, namely, Maharashtra followed by Karnataka, Tamil Nadu and Gujarat.Notably the 5th rank

Table 4: Per Capita Foreign Direct Investment

States	Per Capita FDI		
	1991-2001	2001-2005	1991-2005
HIGH INCOME STATES	**3632**	**308**	**3940**
Gujarat	3432	290	3722
Haryana	1519	314	1832
Maharashtra	4906	345	5251
Punjab	810	189	999
MIDDLE INCOME STATES	**2202**	**215**	**2417**

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Andhra Pradesh	1656	104	1759
Karnataka	4019	527	4546
Kerala	466	21	486
Tamil Nadu	3649	366	4015
West Bengal	1086	75	1162
LOW INCOME STATES	**574**	**16**	**590**
Bihar	80	0	81
MP	1208	14	1221
Orissa	2236	2	2238
Rajasthan	468	64	533
Uttar Pradesh	273	16	289
Coefficient of Variation	**81.50**	**99.64**	**81.53**

Source: LokSabha Proceedings in www.Indiastat.com and Census of India, 2001.

is occupied by Orissa a low income state whose share of FDI approvals is on an increase among the low income states and its population is also less as compared to other states of its category. The bottom ranks are occupied by remaining low income states of Bihar, Uttar Pradesh and Rajasthan. However, an exception in middle income states, Kerala which though has low population pressure still has its position on 12 in case of per capita FDI as it cannot attract FDI towards itself despite of being a coastal state. During 2001-2005 the trend remains the same with the exception that Orissa lost its fifth position. Thus all the developed states maintained their lead in Per Capita FDI leaving all the low income states far behind.

The values of coefficient of variation confirms the above findings as during 1991-2001 it was 81.5 which increased to 99.64 in 2001-2005, showing an increase in disparity in per capita FDI flow to states.

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Molecules That Build Up and Make You Sleep

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Abstract

The pattern of waking during the day when it is light and sleeping at night when it is dark is a natural part of human life. Light is the primary cue that influences circadian rhythms. At night, when there is less light, our brain triggers the release of melatonin, a hormone that makes us sleepy. When the sun comes up in the morning, the brain tells the body that it's time to wake up. A key factor in how human sleep is regulated is exposure to light or to darkness. Exposure to light stimulates a nerve pathway from the retina in the eye to an area in the brain called the hypothalamus. There, a special center called the suprachiasmatic nucleus (SCN) initiates signals to other parts of the brain that control hormones, body temperature and other functions that play a role in making us feel sleepy or wide awake. The SCN works like a clock that sets off a regulated pattern of activities that affect the entire body. Once exposed to the first light each day, the clock in the SCN begins performing functions like raising body temperature and releasing stimulating hormones like cortisol. The SCN also delays the release of other hormones like melatonin, which is associated with sleep onset, until many hours later when darkness arrives.

Key words: Melatonin, Sleep, Circadian Rhythm

Melatonin is a hormone made by the pineal gland, a small gland in the brain. Melatonin helps control your sleep and wake cycles. Very small amounts of it are found in foods such as meats, grains, fruits, and vegetables. We can also buy it as a supplement. As each day draws to a close, you feel the need to lie down and go to sleep. The onset of sleep, which seems like such a simple phenomenon from a behavioural perspective, is actually quite complex from a molecular one.

In the early 20th century, French psychologist Henri Pieron hypothesized that prolonged wakefulness causes the build-up of a "sleep toxin" that is subsequently broken down during sleep. To test his hypothesis, Pieron walked dogs through Paris at night to prevent them from sleeping. He then injected their cerebrospinal fluid into the brains of other dogs.

We now know that the "hypnogenic" (sleep-inducing) substances that Pieron hypothesized do in fact exist. Some of them are small protein molecules that are produced by brain structures such as the hypothalamus and that inhibit the neurons of the wakefulness system. But these proteins are not the only hypnogenic molecules. The build-up of serotonin in certain parts of the brain during periods of wakefulness also contributes to the onset of sleep. The serotonin level in certain areas of the brain also affects mood. That is why some problems such as depression and anxiety often lead to sleep disorders. People with low serotonin levels also tend to spend less time in restorative non-REM sleep over the course of the night.

Serotonin also plays an important role in sleep because the body uses it to synthesize melatonin. Melatonin is produced at night and plays a fundamental role in regulating the body's biological clock. In fact, melatonin governs the entire sleep/wake cycle, whereas serotonin is involved more specifically in wakefulness, in triggering sleep, and in REM sleep.
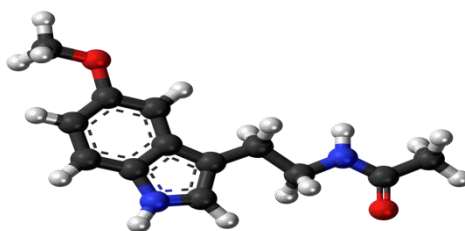
Figure
Ball-and-stick model of the melatonin molecule, a hormone that controls the day and night cycle in humans.

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Carbon, C: black ▯ Hydrogen, H: white ▮ Oxygen, O: red ▮ Nitrogen, N: blue

Thus sleep is triggered by two inter-related processes: the production and build-up of hypnogenic substances in the body while we are awake, and cyclical fluctuations in substances such as melatonin that are associated with our body's biological clock.

Natural Melatonin

Our body has its own internal clock that controls our natural cycle of sleeping and waking hours. In part, our body clock controls how much melatonin our body makes. Normally, melatonin levels begin to rise in the mid- to late evening, remain high for most of the night, and then drop in the early morning hours.

Light affects how much melatonin our body produces. During the shorter days of the winter months, our body may produce melatonin either earlier or later in the day than usual. This change can lead to symptoms of seasonal affective disorder (SAD), or winter depression.

Natural melatonin levels slowly drop with age. Some older adults make very small amounts of it or none at all.

Biological Markers

The classic phase markers for measuring the timing of a mammal's circadian rhythm are:

1. Melatonin secretion by the pineal gland
2. Core body temperature
3. Plasma level of cortisol.

For temperature studies, subjects must remain awake but calm and semi-reclined in near darkness while their rectal temperatures are taken continuously. The average human adult's temperature reaches its minimum at about 05:00 (5 a.m.), about two hours before habitual wake time, though variation is great among normal chronotypes.

Melatonin is absent from the system or undetectably low during daytime. Its onset in dim light, Dim-light Melatonin onset (DLMO), at about 21:00 (9 p.m.) can be measured in the blood or the saliva. Its major metabolite can also be measured in morning urine. Both DLMO and the midpoint (in time) of the presence of the hormone in the blood or saliva have been used as circadian markers.

However, newer research indicates that the melatonin offset may be the more reliable marker. Benloucif et al. in Chicago in 2005 found that melatonin phase markers were more stable and more highly correlated with the timing of sleep than the core temperature minimum. They found that both sleep offset and melatonin offset were more strongly correlated with the various phase markers than sleep onset. In addition, the declining phase of the melatonin levels was more reliable and stable than the termination of melatonin synthesis.
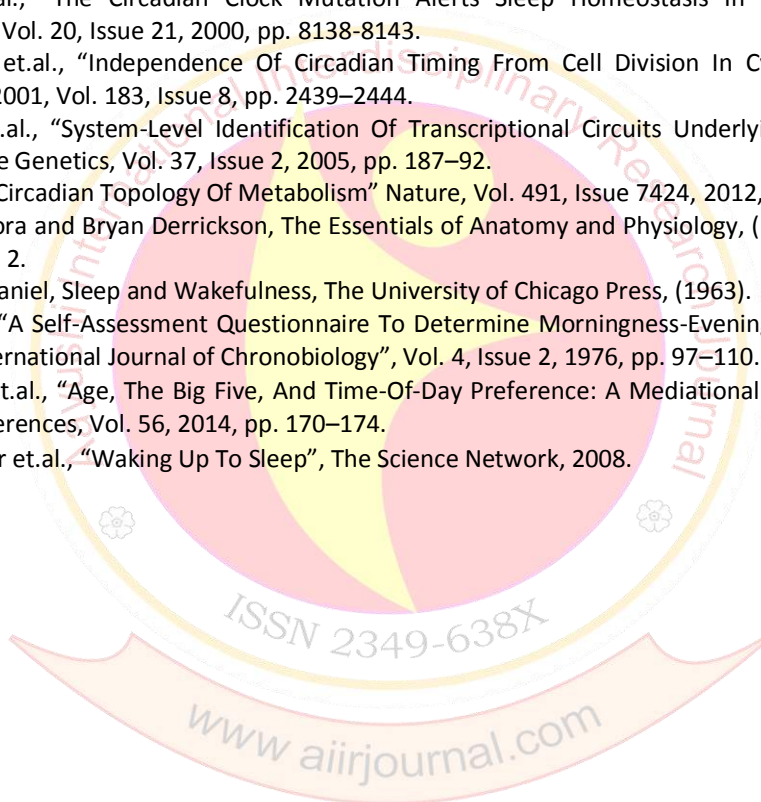
Conclusion:

We all have an internal biological clock that regulates our 24-hour sleep-wake cycle, also known as our circadian rhythms. Light is the primary cue that influences circadian rhythms. At night, when there is less light, our brain triggers the release of melatonin, a hormone that makes us sleepy. When the sun comes up in the morning, the brain tells the body that it's time to wake up. When your circadian rhythms are disrupted or thrown off, you may feel groggy, disoriented, and sleepy at inconvenient times. Circadian rhythms have been linked to a variety or sleeping problems and sleep disorders, as well as depression, bipolar disorder, and seasonal affective disorder (the winter blues). During sleep, necessary physiological changes occur in body temperature, brain wave activity and hormonal production. Melatonin levels naturally decrease with age, leading to changes in sleeping patterns in the elderly.

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Sports Psychology

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Abstract

Sports psychology is a branch of psychology that focuses on how individuals are affected by playing sports as well as how to improve a person's mind set in order to excel at sports. A sport psychologist understands that individuals who play sports must be healthy in both their bodies and minds in order to succeed. At times, some athletes need help overcoming psychological issues that do not allow them to play to their full potential. Reducing stress and extreme anxiety before events often leads to better performances by athletes. Sport psychologists often work with several different types of athletes, from amateurs to professionals. Athletes might seek out these professionals on their own, or coaches might seek the help of these types of psychologists when they notice that the athletes under their tutelage seem to be off. According to one study, the majority of Olympic athletes have used several different types of psychological treatments to reduce anxiety before performances.

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Athletes aren't the only ones that can benefit from sport psychology, however, although they are the most likely. Some individuals who are in the middle of high stress and highly competitive careers might also benefit from a few counselling sessions with sport psychologists. This can include professionals such as business people, performing artists, and politicians. Sports psychology is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional athletes and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

Professional sports psychologists often help athletes cope with the intense pressure that comes from competition and overcome problems with focus and motivation. They also work with athletes to improve performance and recover from injuries. But sports psychologists do not just work with elite and professional athletes. They also help regular people learn how to enjoy sports and learn to stick to an exercise program.

Sports Psychology Today

Contemporary sports psychology is a diverse field. While finding ways to help athletes is certainly an important part of sports psychology, the application of exercise and physical activity for improving the lives of non-athletes is also a major focus.

There are a number of different topics that are of special interest to sports psychologists. Some professionals focus on a specific area, while others study a wide range of techniques.

- **Imagery:** Involves visualizing performing a task, such as participating in an athletic event or successfully performing a particular skill.

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- **Motivation:** A major subject within sports psychology, the study of motivation looks at both extrinsic. Extrinsic motivators are external rewards, such as trophies, money, medals or social recognition. Intrinsic motivators arise from within, such as a personal desire to win or the sense of pride that comes from performing a skill.
- **Attentional Focus:** Involves the ability to tune out distractions, such as a crowd of screaming fans, and focus attention on the task at hand.

Careers in Sports Psychology

Becoming a sports psychologist could be an exciting career choice for many psychology students, especially those who have a strong interest in sports and physical activity. The American Psychological Association describes sports psychology as a "hot career," suggesting that those working in university athletic departments earn around $60,000 to $80,000 per year. If you are interested in this career, learn more about the educational requirements, job duties, salaries and other considerations in this profile of careers in sports psychology.

The increased stress of competitions can cause athletes to react both physically and mentally in a manner that can negatively affect their performance abilities. They may become tense, their heart rates race, they break into a cold sweat, they worry about the outcome of the competition, they find it hard to concentrate on the task in hand.

This has led coaches to take an increasing interest in the field of sport psychology and in particular in the area of competitive anxiety. That interest has focused on techniques that athletes can use in the competitive situation to maintain control and optimise their performance. Once learned, these techniques allow the athlete to relax and to focus his/her attention in a positive manner on the task of preparing for and participating in competition. Psychology is another weapon in the athlete's armoury in edge. Concentration, confidence, control and commitment are generally considered the main mental qualities that are important for successful performance in most sports.

- **Concentration -** ability to maintain focus
- **Confidence** - believe in one's abilities
- **Control** - ability to maintain emotional control regardless of distraction
- **Commitment** - ability to continue working to agreed goals.

Concentration

This is the mental quality to focus on the task in hand. If the athlete lacks concentration then their athletic abilities will not be effectively or efficiently applied to the task

- **Broad Narrow continuum** - the athlete focuses on a large or small number of stimuli
- **Internal External continuum** - the athlete focuses on internal stimuli (feelings) or external stimuli (ball)

The demand for concentration varies with the sport:

- **Sustained concentration** - distance running, cycling, tennis, squash
- **Short bursts of concentration** - cricket, golf, shooting, athletic field events
- **Intense concentration** - sprinting events, bobsleigh, skiing

Common distractions are: anxiety, mistakes, fatigue, weather, public announcements, coach, manager, opponent, negative thoughts etc. Strategies to improve concentration are very personal. One way to maintain focus is to set process goals for each session or competition. The athlete will have an overall goal for which the athlete will identify a number of process goals that help focus on specific aspects of the task. For each of these goals the athlete can use a trigger word e.g. sprinting technique requires the athlete to focus on being tall, relaxed, smooth and to drive with the elbows - trigger word could be "technique"

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Athletes will develop a routine for competition that may include the night before, the morning, pre competition, competition and post competition routines. If these routines are appropriately structured then they can prove a useful aid to concentration.

Confidence

Confidence results from the comparison an athlete makes between the goal and their ability. The athlete will have self-confidence if they believe they can achieve their goal. When an athlete has self-confidence they will tend to: persevere even when things are not going to plan, show enthusiasm, be positive in their approach and take their share of the responsibility in success and fail.

To improve their self-confidence, an athlete can use mental imagery to:

- visualise previous good performance to remind them of the look and feel
- imagine various scenarios and how they will cope with them

Good goal setting can bring feelings of success. If athletes can see that they are achieving their short term goals and moving towards their long term goals then confidence grows.

Confidence is a positive state of mind and a belief that you can meet the challenge ahead - a feeling of being in control. It is not the situation that directly affects confidence; thoughts, assumptions and expectations can build or destroy confidence.

High self confidence

- **Thoughts** - positive thoughts of success
- **Feelings** - excited, anticipation, calm, elation, prepared
- **Focus** - on self, on the task
- **Behaviour** - give maximum effort and commitment, willing to take chances, positive reaction to setbacks, open to learning, take responsibility for outcomes
- Low self confidence
- **Thoughts** - negative, defeat or failure, doubt
- **Feelings** - tense, dread, fear. not wanting to take part
- **Focus** - on others, on less relevant factors (coach, umpire, conditions)
- **Behaviour** - lack of effort, likely to give up, unwilling to take risks (rather play safe), blame others or conditions for outcome

Control

Identifying when an athlete feels a particular emotion and understanding the reason for the feelings is an important stage of helping an athlete gain emotional control. An athlete's ability to maintain control of their emotions in the face of adversity and remain positive is essential to successful performance. Two emotions that are often associated with poor performance are anxiety and anger.

Anxiety comes in two forms - Physical (butterflies, sweating, and nausea, needing the toilet) and Mental (worry, negative thoughts, confusion, lack of concentration). Relaxation is a technique that can be used to reduce anxiety.

When an athlete becomes angry, the cause of the anger often becomes the focus of attention. This then leads to a lack of concentration on the task, performance deteriorates and confidence in ability is lost which fuels the anger - a slippery slope to failure.

Commitment

Sports performance depends on the athlete being fully committed to numerous goals over many years. In competition with these goals the athlete will have many aspects of daily life to manage. The many competing interests and commitments include work, studies, family/partner, friends, social life and other hobbies/sports

Within the athlete's sport, commitment can be undermined by:

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- a perceived lack of progress or improvement
- not being sufficiently involved in developing the training program
- not understanding the objectives of the training program
- injury
- lack of enjoyment
- anxiety about performance - competition
- becoming bored
- coach athlete not working as a team
- lack of commitment by other athletes

Successful emotional states

The following are emotional states experienced with successful performance:

Happy - felt that this was my opportunity to demonstrate an excellent performance. Felt I could beat anybody.

Calm and nervous - Felt nervous but really at ease with these feelings. I accepted and expected to be nervous but felt ready to start.

Anxious but excited - Felt so ready to compete but a little nervous. Nerves and excitement come together

Confident - I remembered all the successful training sessions and previous best performances

Psychology Skills Training

Psychology skills training for the athlete should aim to improve their mental skills, such as self-confidence, motivation, the ability to relax under great pressure, and the ability to concentrate and usually has three phases:

Education phase, during which athletes learn about the importance of psychological skills and how they affect performance

Acquisition phase, during which athletes learn about the strategies and techniques to improve the specific psychological skills that they require

Practice phase, during which athletes develop their psychological skills through repeated practice, simulations, and actual competition.

Why Do We Need Sports Psychology?

Sport psychology can be used to help understand what motivates athletes and what makes them perform better. Professionals in this field are very knowledgeable and compassionate regarding the challenges and pressures that most athletes face today. Athletes that take advantage of counselling from a sport psychologist will often be better contenders and have more fulfilling careers.

So, what's that mean for the Average Joes glued to their television sets every Sunday afternoon? Well, it gives us more reasons to cheer on our favourite athletes and sometimes makes us want to get up and compete ourselves.

Areas of Psychology

Psychology is a broad and diverse field. Some different subfields and specialty areas have emerged. The following are some of the major areas of research and application within psychology:

- **Abnormal Psychology** is the study of abnormal behaviour and psychopathology. This specialty area is focused on research and treatment of a variety of mental disorders and is linked to psychotherapy and clinical psychology.
- **Biological Psychology**, also known as biopsychology, studies how biological processes influence the mind and behaviour. This area is closely linked to neuroscience and utilizes tools such as MRI and PET scans to look at brain injury or brain abnormalities.

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- **Clinical Psychology** is focused on the assessment, diagnosis, and treatment of mental disorders. It is also considered the largest employment area within psychology.
- **Cognitive Psychology** is the study of human thought processes and cognitions. Cognitive psychologists study topics such as attention, memory, perception, decision-making, problem-solving, and language acquisition.
- **Comparative Psychology** is the branch of psychology concerned with the study of animal behaviour. This type of research can lead to a deeper and broader understanding of human psychology.
- **Developmental Psychology** is an area that looks at human growth and development over the lifespan. Theories often focus on the development of cognitive abilities, morality, social functioning, identity, and other life areas.
- **Forensic Psychology** is an applied field focused on using psychological research and principles in the legal and criminal justice system.
- **Industrial-Organizational Psychology** is a field that uses psychological research to enhance work performance, select employee, improve product design, and enhance usability.
- **Personality Psychology** looks at the various elements that make up individual personalities. Well-known personality theories include Freud's structural model of personality and the "Big Five" theory of personality.
- **School Psychology** is the branch of psychology that works within the educational system to help children with emotional, social, and academic issues.
- **Social Psychology** is a discipline that uses scientific methods to study social influence, social perception, and social interaction. Social psychology studies diverse subjects including group behaviour, social perception, leadership, nonverbal behaviour, conformity, aggression.

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Yoga and Sports

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Abstract

Yoga trains the body, mind & spirit to become strong and flexible, release stress and create inner peace, while developing a deep connection with one's spirit, intuition and personal power. All of these are essential for living a healthy balanced life and for the athlete to play a healthy balanced strong game.A regular yoga practice lasts from 30 min. to 1 1/2 hours long. Many poses are held from 1 to 5 minutes so that muscles and deep connective tissue are simultaneously stretched and strengthened giving them a rubber band memory not achieved in traditional exercise. This is of extreme importance to the athlete as the connective tissue attaches muscle to bone and stabilizes all of the joints thus, preventing or minimizing injury when the athlete is spontaneous in action, opposed to having controlled safe form in a gym workout. Yoga is not an aerobic exercise, but it does burn calories. The intimidating pretzel poses, often associated with yoga are not essential to achieve maximum benefits.

Yoga trains the body, mind & spirit to become strong and flexible, release stress and create inner peace, while developing a deep connection with one's spirit, intuition and personal power. All of these are essential for living a healthy balanced life and for the athlete to play a healthy balanced strong game.A regular yoga practice lasts from 30 min. to 1 1/2 hours long. Many poses are held from 1 to 5 minutes so that muscles and deep connective tissue are simultaneously stretched and strengthened giving them a rubber band memory not achieved in traditional exercise. This is of extreme importance to the athlete as the connective tissue attaches muscle to bone and stabilizes all of the joints thus, preventing or minimizing injury when the athlete is spontaneous in action, opposed to having controlled safe form in a gym workout. Yoga is not an aerobic exercise, but it does burn calories. The intimidating pretzel poses, often associated with yoga are not essential to achieve maximum benefits.

The athlete can benefit by increasing mobility in the joints, thus increasing range of motion for overall enhanced performance. The athlete will be able to reach farther, fall harder while preventing and minimizing injuries because their muscles have a memory from the deep stretching obtained in practicing yoga on a regular basis. Many athletes are having more injuries that require surgery because of the increased focus on strength training with weight resistance. This method for increasing strength and muscle mass is highly effective and efficient, yet it dramatically decreases flexibility. yoga or other types of prolonged stretching are practiced in combination with strength training and practical application, injury can be minimized during engagement in other competitive sports that call for the athlete to be more spontaneous with their bodies, calling for overextended reaches, lunges, falls, etc., all of which increase the odds of injury, opposed to the safety of controlled mechanical motion used in weight room workouts. Yoga also helps strengthen connective tissue, break down adhesions from old injuries and over-training, which have tightened as we age thus helping create mobility of the joints and an anti-aging posture.

As the practice of yoga focuses on deep breathing while stretching, this diaphragm breath not only helps with sinking into a deeper stretch but also circulates the body's lymph fluid which increases the bodies capacity to cleanse and detoxify by 15% By cleansing the body on a regular basis with this kind of breathing along with a clean diet, the body's immune system is boosted, the blood is purified, and this results in increased health and vitality. The deep rhythmic breathing performed in yoga also creates and builds up one's life force energies or Prana, also called Qi or Chi in Chinese healing and martial arts. So, one actually creates more energy than is expended during a yoga session. The type of energy that is not from the caloric intake of our diet, but a cosmic energy.

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Why Yoga for Sports?

Actually it is the Spirit, the Mind and then the Body. The athlete needs all three integrated to have peak performance.

- **Spirit**
  Everything starts from the Spirit. The athlete must first be inspired, meaning "in spirit ", having a desire to compete, play, or win. To have team spirit. If the athlete lacks spirit he won't play his best. Yoga connects the athlete deeper with his Spirit through the meditative poses thus allowing him/her to tap into their pure potentiality, unlimited.

- **Mind**
  Inspiration is not enough. Once inspired the athlete must prepare with his Mind. He must have a game plan, a strategy, and education of his game and opponents to fulfil his inspiration or desire to play and win. To follow through with a strategy, yoga trains the athlete to focus, balance emotions, concentrate, & get in the zone.

- **Body**
  Inspiration and preparation are still not enough. Perspiration is what makes it all happen. In order to ultimately fulfil the desire of the Spiritual body and execute the strength and game plan of the mental body.

Benefits of Yoga Practice for Sports and Runners:

- Yoga can help you develop a better breathing technique while it improves your balance, flexibility, core strength, and endurance.
- Sport yoga can help athletes to reduce the chance of sports-related injury and heal more quickly from injury.
- If you participate competitively in sport or simply join the occasional fun run on a whim you are aware of the impact breathing can have on performance. Deep, relaxed breathing is the foundation of reducing performance anxiety and improving concentration. Yoga will help you develop a habit of breathing correctly.
- Yoga practice integrations the mind-body connection and athletes can benefit from this combination of skills training.
- Increase Core Strength: Yoga poses are all about building core strength. The slow, focused movements require a strong mid-section and the isometric contractions of many exercises will add a new form of resistance training to your typical machine-based workouts.
- **Increase Flexibility** and Range of Motion: Yoga routines incorporate slow, steady flexibility exercise that is ideal for athletes. Frequent yoga training may increase flexibility, and range of motion while relieving muscle tension. Whether you are a runner or a golfer, improved range of motion can often help improve performance.
- **Improve Balance.** Yoga is a perfect way to incorporate balance exercises into your training routine. Balance exercises are often overlooked by athletes, but are one of the most effective ways to correct muscle imbalance or body mechanic problems. With most sports and weight training routines you tend to perform repetitive motions that develop some muscle groups while others are ignored. Yoga can fix these imbalances.

The Eight-Limb Path

- **Yamas – dealing with the world around us.** This is our moral code of conduct. These are the moral principles that govern the way you treat others and the world around you.

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- **Niyamas – dealing with yourself.** These are five observances or rules of conduct, by which we should live our lives i.e. purity, modesty, contentment, discipline, self-study and acknowledgement of our own limits.
- **Asana – dealing with the body**. These are the physical postures or exercises in yoga.
- **Pranayama – dealing with breathing**. This is the conscious control of energy by practising controlled breathing techniques.
- **Pratyahara – dealing with the senses.** This denotes the withdrawal of the senses. It teaches us to close the doors to the senses so that the mind can still be aware of external stimuli but no longer responds to them.
- **Dharana – concentration**. This is the ability to focus our entire concentration on one object, one question, or one consideration and keep it there.
- **Dhyana – meditation.** This is an interaction with the object of concentration whereby we become observers and view the object intuitively, free from subjective notions. It is an acceptance.
- **Samadhi – The absolute**: the inner freedom. This is the complete feeling of being at one with the world, knowledge of the true self.

Physical Benefits
- Increase suppleness through stretching muscles
- Reduces risk of injury and assists with injury rehabilitation
- Effective as a form of soft tissue and collagen fibre rehabilitation
- Helps to bring the body back into alignment and improves posture
- Contributes to improved cardiovascular fitness and stamina
- Lowers resting heart rate and increases VO2 max
- Psychological Benefits
- Relieves performance anxiety and stress, and frees athletes from mental distractions
- Develops determination and self-discipline
- Helps athletes to understand the importance of relaxing, resting, and recovering
- **Yoga for Athletic Performance:**
- Yoga we believe there are seven basic forms of movement that are vital to health and performance and that we try to include each session:
- **Standing Poses –** Build leg-strength as well as flexibility in the hips and hamstrings.
- **Balancing Poses –** Increase body awareness, stabilization, and proprioception.
- **Backward Bends –** Improve posture, respiration, digestion, and elimination.
- **Forward Bends –** Promote health of posterior chain and help balance autonomic nervous system.
- **Inversions –** Improve immune function and enhance circulation in legs.
- **Arm Balances –** Build core and upper-body strength and improve balance/body-awareness.
- **Twists –** Improve posture, shoulder-mobility, respiration, digestion, elimination, and health of spine and nervous system.

Endurance athletes are constantly striving to find the appropriate balance within their bodies so they may continue to progress in their training. Injuries and mental burnout can inhibit the athlete's ability to consistently train and progress, resulting in a loss of precious time towards improvement. Athletes ranging from the novice beginner triathlete, to the professional cyclist, to the ultra-marathoner are turning to yoga to offset these challenges by balancing strength, flexibility.

Physical Benefits
Endurance athletes spend the majority of their time in the forward moving plane of movement. Runners and cyclists propel their bodies forward through recruitment of the hip flexors, quadriceps,

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hamstrings, glutes, and core. Swimmers propel their bodies forward through the repetitive movement of rotating the shoulders, utilizing the pectoralis (chest) muscles, trapezius and latissimusdorsi (upper/mid back) muscles, and the core. The repetitive nature of these sports put the body at risk for muscular imbalances, which could eventually result in injury. Yoga encourages an individual to utilize both the superficial and deep muscle groups, resulting in appropriate balance in strength and flexibility. Overall body awareness and balance can improve with a better sense of where the body is moving in space-an important skill to have for appropriate technique in any sport.

Mental Benefits

An important component to both training and racing that all too often can be overlooked is the mental component of the sport. Endurance sports take an incredible amount of focus, persistence, patience, and adaptability. An athlete can be in the best shape of his or her life, but if on race day their head is not it, neither will their body be. The practice of yoga improves mental focus by utilizing both the breath and the body as an anchor for the mind. The practitioner becomes more aware of their own thoughts as they improve their ability to be fully present with their body and breath. Yoga teaches the individual to stay calm, focus, and breathe with whatever shows up on their mat, and athletes can certainly take these skills with them into their sport when the going gets tough.

Yoga style that encourages you to utilize strength to support your flexibility. The safest way to take the body into a more intense range of motion is through supported strength and appropriate yoga props. Athletes in particular should support any deep stretches with strength, as there may already be vulnerable muscular imbalances resulting from the repetitive nature of their sport.

The following poses are excellent at building strength and flexibility in common muscular imbalances in the endurance athlete:

- **Downward Facing Dog-** Stretches the hamstrings and low back, builds strength in the quadriceps, trapezius muscles, rhomboids (muscles between the shoulder blades), adductors, and transverse abdomen's
- **Upward Facing Dog-** Stretches the ankles, hip flexors, pectoralis muscles (chest), builds strength in the glutes, hamstrings, trapezius muscles, rhomboids, spinal extensors.
- **Crescent Lunge-** Stretches the hip flexors, pectoralis muscles, strengthens the quadriceps, adductors, gastrocnemius and soleus (calf muscles), quadriceps, trapezius muscles, and rhomboids.
- **Pigeon-** Stretches the hip abductors (outer hips/glutes), hip flexors
- **Happy Cow Face-** Stretches the hip abductors, triceps, pectoralis muscles, strengthens the hip adductors, trapezius muscles, and rhomboids.

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Elements of Historical Research

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Introduction

Every man is victim of his own vice, so the historians of the past as well as of the present. Historians are found heavily bent towards persons in power of the regime concerned. Historical records are not depicted by the true events but a tampered with not only for some material advantage but also for number of other reasons. Pride vanity sympathy, antipathy personal rivalry, political differences, social distinctions religious disputes, patriotic fervour have induced historians to distort the genuine record. It therefore becomes necessary to carry out research with the aid of modern scientific technique to find out the true historical facts.

Cursory knowledge shrewd guess, profound hunches from the basic of reasonable hypothesis for scientific investigation of the subject matter under study. In modern time the research methodology involves manly four step.

- Preliminary operations.
- Analytical operations.
- Synthetic operations.
- Concluding operations.

Preliminary operations-

History itself is a social science it reads mainly past events.The object of research on historical events is to present past events in their correct perspective. It helps us how to write history which is a complicated job, due to the very peculiar nature of historical facts.The history is both a science as well as art;therefore, the method to be used in writing history would be different from those of all other disciplines.The main object of research in history is to reconstruct the past as in nearly as it really happened.It needs that material be used with great care and caution, diligence incollection of all relevant sources.It needs meticulous care and caution in collecting the material, critical examination,thereof, to ascertain the literal and real meaning of the text,a thorough inquiry into the motives and intentions of the author in making his observations, and penetrating scrutiny to eliminate all possible errors requires a systematic approach, to arrive at the truth.The historian requires reason and imagination, skill and foresight, logic and intuition.The historian is confronted with a situation, which does not exist now.He is investigating a case that took place decades or even hundreds or thousands of year ago, and on many occasions without traces of evidence.Even if some tracesare available, they may be interested reports. In some cases the material maybe flimsy such as myths, legends and traditions, and even if official records,diaries,letters, proceedings, chronicles,journal and other literacy sources are available, the subjectivity in them will be great,so unless the historian is on guard, he is likely to slip into fiction.

It is pertinent to have at least a bare idea of what is Research? Research in its simplest form maybe understood as the activity undertaken to bring out something new, to extend the horizon of knowledge, and to contribute some original ideas. It is an attempt to make a diligent and systematic inquiryor investigation into a subject, in order to discover facts or revise the known facts or put the facts into theories. Historical research is digging into the past in order to re-enact the past in its entirety, to reconstruct the past events as fully as they must have happened,to explain the meaning and significance of those events, to correct the wrong notions long prevalent, inthe light of the knowledge we possess. Historical Research can constitute either all or any of the following three important activities:

- Addition of new data,
- New Interpretation of known data.

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- Subordination of the data to a principle.

The simplest form of research in history is the first one, in which a researcher simply adds some new information, some new facts or ideas. His intensive search discovers some new facts or historical events that was known before Indian history offers rich score for research in this direction, for dynasties are still remain unknown the discovery of the past is fascinate venture that requires the Scholars to dive deep in to the floor of the ocean of historical past and bring out the rarest of the pearls. In short the first category of research involves a keen participation of what is wanting, what unknown and what remains to be unknown, and then bringing out to light what had remained unknown.The second type of research is little more difficult. As history being subjective in its nature is prone to various interpretation depending on, whom, when a where it was written. The personal attitude of the author determines the nature of history,those scholars, who challenges the views of the earlier historians and offers his own explanation in the matter belongs to this category.The third category of research is more difficult one.Which would evaluate a scholar to the diginity of a Meta historian such scholars come out with a new philosophy either through the deductive or inductive method, come out with a bold generalization and earn the title of history. *Hegel, Marx, Comte, Croce, Toynbee or spengler*arescholars who are known for givinga new order to historical thoughts and changed the very dimension of the history.For example-materialistic interpretation of history by Karl Marx was distined to change the very picture of the earth, political as well as economic. *Likewise Vico, Hegel, Comte, Croce, Spengler* and a number of other renowned authors come out with their own theories which are the product of their original research; they maybe controversial but nonecan deny their durability or profundity.

Attribute of a research scholar

Research scholar is the special category in himself.Therefore, certain mental makeup and certain special qualities are required to be a historian, one who is not endowed with some critical aptitudes, some technical skill probing capacity and analytical and penetrating mind cannot be a successful historian.

Research in history isa long term process; therefore, the first condition of a researcher is love of labours, interest in the subject, capacityto sustain long induring hard work. Some time the material may be scattered even on a global basis. The more challenging the task, the greater their delight and they spare no efforts to produce works of great quality. The celebrated great work of renowned historian tonibee,'The History' is an example. The second requisite of a research Scholars is his personal honesty and moral integrity. He must not be too optimistic or toopessimistic, either to exaggerateor to underestimate, either to praise someone too high or condemn him too low.Such mental attitude wouldrefrain from forming a realistic picture of anything in the world.They would be good poet but very bad historian. The third requisite in a researcher is Sobriety and Calmness.Hastiness and precipitancy would spoil every effort. It is rightly said that Patience is the Cardinal virtue of a scholar. In research the only criterion is the quality of work, nobody ask how long a historian took to write history, but everyone judges how well he has written it.The fourth condition, relates to his intellectual caliber, he should have a keen critical and incisiveperception,a mind fertile inhypothesis, quick in imagination,caliber to discern the underline principle, bold to advance his own theory and courageous enough to admit his fault if any detected.Fifthly a research scholar should be courageous enough and not to suffer from loss of power to work, hyper criticism and dibetansim.Having equipped himself with these mental and moral aptitudes a historian has to acquire certain skills of practical value, such as, how to collect note, how to prepare bibliography, how to choose a topic, how to prepare a synopsis, and how to plan his work. These are preparatory operations before themain job of collecting, verifying and unifying the data. A historical methodology is also a scientific; it has acquired a system, a plan and a procedure, the neglect of which would leave numerous errors.

How to Collect Data

The doctrinal as well as imperial research study method requires a scholar to prepare notes. The historical method mainly relates to the study of the past, as there is a nothing available for a scholar for personal observation, therefore, he is required to go through the available literature relating to his subject

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matter understudy hence preparation of note is must for synthesis of data's collected,The most suitable is the card,slip system,a scholar should keep cards of suitable size and arrange them in chronological, geographical, biographical or topical order.

The Scholar should follow uniform procedure in taking down on these cards and slips. A card must indicate the reference of the sources from where it has been taken down whether in substance or in verbatim. Verbatumreproduction of the text is required for quoting in argument and criticism for ascertaining the truth. Which the destination of the research.

Selection of subjects

A research scholar should choose the subject matter for research in which he has interest caliber and aptitude so that he may not feel nervousness with the progress of his research because research work is very time taking, diligent and intelligent job.First a scholar should be sure that something worthwhile original and interesting could be said about the subject, the scholar must inform himself what he is going to produceis report or a thesis?A report is merelyis systematic description of the facts available on the subject whereas a thesis is a piece of historical literature in which the raw material drawn from different sources have to be transformed into a definite purpose for proving a point.

Bibliography

After selecting the subject the next task of the scholar is the preparation of bibliography this gives him an idea to arrange the source, books, records Journal etc.Material on the subject it is very skilled and important job to prepare exhaustive bibliography both of primary and secondary sources.Primary sources means unpublished original material contemporary records official transactions minutes proceeding, inscriptions, coins etc. Secondary sources are published materials. It is continuous process till research is completed.From secondary sources the research scholar would know what has been done on the subject so that he should know what remains to be done.The secondary sources are also helpful to researchers in selection of his subject and the limitation of its scope

Rough sketch of study of subject

After selection of subject preliminary preparation of bibliography outlines of a Framework or synopsis which would give a scholar a rough idea of his project.It is an apparent picture of his entire work.It is a format to work upon.However no outline is completed until the research work has been finished.It may be regarded as hypothesis which are to be proved.The preparation of synopsis the scholar must ensure that it covers to the extent possible whole area of study underhand.The major headingor chapter must be sufficient in number and scope depending on the satisfaction and aroused by the title of the subject. Its number depends according to subject under study but should not be too long are too short. Synopsis is a bareskeleton of the whole body which takes save as the research scholar proceeds to towards the main theme.

Certain useful concepts

The preliminary operations shall remain incomplete unless the research scholar has some vital concepts in his mind that help him to arrive at conclusions.These concepts are analysis imagination, doubt,interrogation and certitude.The term criticism has great significance in history writing, as it is the touchstone that discovered the truth this word is deployed in historical method as an instrument to distinguish the rights from the wrongs the genuine from the spurious. Analysis is also helpful instrument that helps in constructive criticism.History is not merely description of events but its full utilisation in order to explain and evaluate and interpret events to know their significance. In all type of research analysis play its role in each of them its main task is to expand and explain in depth the implication of that theme for example celebrated social writer Rousse single line statement that man is born free but everywhere he is in chains.And analysis of this statement can extend to unlimited lines.*Gandhiji* advocated *Ahimsa,* but

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altogether a different thing,if a proper analysis of *GandhianAhimsa* is furnished, it may take volume of work thus every important point in history is required critical analysis.

Doubt is another instrument with which an historian must keep himself on guard from committing errors. As suspects prejudice falsehood and partition out look on the part of those who have written the history is possibleWritings of Abdullah Faisal in the form of *'Akbarnama'* is not a description of events exactly as they were but to give praise to his greatpatron. An historian must strive hard to know the contemporary condition of the realm, the motive, intention and association of the author.

Imagination is another useful tool in the hand of an historian,The nature of history is such that without imagination neither criticism nor analysis can play its legitimate part and no reasonable doubt can be properly proved, the imagination re-enacts the entire picture as historical research depends mostly on putting a series of questions and getting the right answer to them.A history studies the past hence there is no opportunity of direct observation, experimentation and verification, it has to adopt the indirect method of questioning to check and confirm the truth of an event.

Thus impreliminary operation the research scholar must be well versed in historical method, its value technique requisite qualities essential for a good research and developed practicalskill in selecting subject collecting material, preparing synopsis,bibliography etc.

Analytical operation

The research scholar should keep in mind that historical methodology is negative in approach and not positive because its aim is to know what errors are contained in the subject matter under study.So that he may eliminate those errors and extract residue as truth.

Analytical operation operates in two ways namely external criticism and internal criticism. The external criticism in historical study method is known as the heuristics, a *Greek* word and popularly used in historical method.It aims to discover the genuineness of the source in hand.The research scholar firstly must enquire and be sure that the source in hand is genuine and not spurious the history writing may be compared with the currency notes, along with genuine currency fake currency is also prevalent, in like manner historical records are also found tampered, as all our historical data can only be obtained through the observation of some authors or agents in the past, it become very necessary to know his psychology as it is highly reflected in his writing, his motives and intentions, concept, ideas and inclinations that affect the real state of description of historical event.The external criticism enables a researcher to solve the problem of authenticity,the job of external criticism would be over if the author, place and time of the document concerned is established after ensuring the genuineness of the source material in hand, the interpretation of the content there of begins, that is the main object of research, this is otherwise called internal criticism and properly expressed by *Greek* word hermeneutics.In historical methodology its object is to know that what it really means,sometimes as in literature so in history the author uses idiomatic language, the literal meaning of which may create disastrous result.The words are not crystals transparent and permanent in colorthey are like live skin that changes its color according to time and climate.Same word carries is different meaning according to context in which it has been used.Allegoricaldescription of the past event cannot be understood in their literal sense but in what sense the author has used the words, their sense should be translated into realities. The internal criticism aims to reconstruct the real meaning.Learned author B. Sheikh Ali have quoted in his celebrated work "History its theory and Method" an example as follows. When we call the English king who fought the crusades as *Richard* the Lion hearted it simply means he was brave."In my viewour history which be read is the produce of the mind of Western scholars, therefore our history writing needs a fresh look for example.*Alexander* has been described as great why not the pores who sacrificed for the motherland like manner the historians have described Mughal Emperor *Akbar*as the great why not *MaharanaPratap* who sacrificed himself for the cause of our motherland.In modern history especially struggle for independence Congress leaders were only depicted as heroes why not the revolutionary leaders who sacrificed their lives and it was their sacrifice and fear that forced the English to leave India bag and bagges.

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To sum of analytical operation concerns itself with collection,scrutinysifting and testing the validity of the data.Then begins third phase of research that is synthetic operation.

Synthetic operation

The main job of synthetic operation is composition of data collected.It is a process whereby different ideas, materials are grouped and arranged in a natural way.It comprises intellectual as well as physical activity, where an attempt is made to combine all relevant data into connected whole and to organize all scattered fact into a unified well-built structure.

Synthetic operations aim with the planning the thesis and arranging the facts in order.For the researcher has to make sure that all his data collected are logically arranged under several main headings and subheadings which he has already drawn as part of the outline.Under synthetic operations one more important activity is constructive reasoning, its main job is to fill the gaps or the blanks that still exist in a research work. Such blank are but natural as historical materials available to us from different sources are never exhaustive enough to explain every details.Here the researchers adopt deductive logic to throw light on those dark aspects which could not be illumined in any other way.

While completing synthetic operations some point of precautions must be taken. Reasoning should never be combined with the analysis of a documents analysis is entirely different from the reasoning and the two should not be confused with each other.The analysis belongs to the domain of interpretation of a given phenomenon in logical way so as to throw light on all its intricateissues. But in reasoning we inject into the body of thesis materials drawn from source other than our subject.We try to argue and userfrom areas which are totally alien to our records by borrowing from other source what we lack to fill up the gaps.We must not introduce in the text what is not said by the author.The text should not be twisted to our convenience or to get over the difficulty of having to explain the deficiency in the text.Facts obtained by direct examination of the document should not be confused with the analysis. Just as reasoning should not be confused with analysis so also what is already available in the source must not be regarded as information obtained by reasoning.Unconscious reasoning must not be allowed as there are many chances of errors in it.

If the reasoning leaves any doubt no conclusion should be drawn if there is even slight doubt in the mind of historian and that the reasoning is faulty he should not draw any conclusion from such a situation.The historian should not invent what is not already existing. The general principle upon which the reasoning rests should be true and not the figment of one's own imagination.Having discussed some precautions to be taken in reasoning, we may examine the types of reasoning.There are two type of reasoning, one is negative and the other is positive.Negative reasoning is also called argument from silence.The negative reasoning should be confined to clearly defined cases. In order to use negative reasoning two conditions should be fulfilled.The first is that a historian and should be fully satisfied on three points namely that every fact which he wants to establish had been observed recorded and preserved.Since he is using the argument from silence.Here he must be quite sure that the fact was never observed at all.He must be certain that had it been observed it would surely have been recorded because such an obvious and noteworthy. Could never have been missed or ignored from the records.He should also be completely satisfied that the fact under reference had it been observed and rendered, would have been preserved, for there was no scope or possibility of its being lost and that there was no doubt what so ever of the ideal conditions exist existing for its preservation. Many a time it is difficult to fulfill these conditions.It is quite likely that careless observer might have failed to record the facts and that they might have been prevented from observing the facts.

Hence we have to be very careful in the use of this type of reasoning.If the documents are lost we can conclude nothing such reasoning is not of much use either for ancient or mediaeval history and its strong pointis that it could be of some use only for the modern period.

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Concluding operations

History writing is like constructing a building.It requires first the collection of material and then the right utilization of that material.Analytical operations performs the first and synthetic operation the second job.What remains in both cases constructing of a house or history is the final touch, the embellishment and the decorative part.Concluding operation in history relate mere to art than to science. It requires the presentation of the fruit of research in the most attractive and interesting way it involves the checking up of all operation in order to know whether they have been performed correctly or not.This is the final stage of research but prior to this there is one more very fundamental task historian has to perform that is generalization and framing a formula.

Generalization the main job of framing formula or generalization is to press all the details of the narrative to yield very significant result it seems up the entire thesis within a few cogent, significant and well thought passages.It postulates the gest, the final assessment or estimate of the whole work.

Framing of formula

The next problem of historian is how to frame a formula.It is done by reducing a number of facts to few generalized and obtaining uniformity for the whole period under study except for the names and dates.

A Chart indicating Different Operations of Methodology
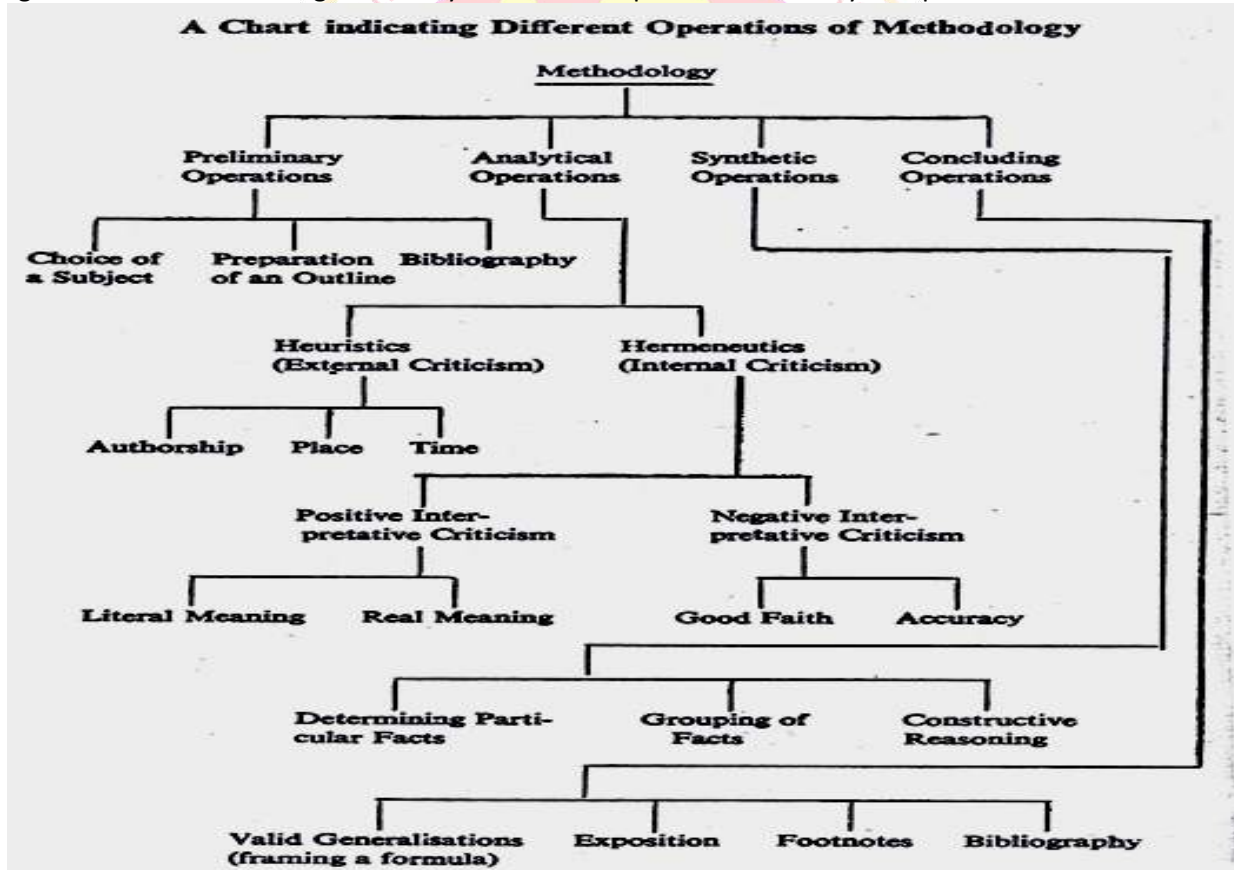
There are a few more points which should be noted. A research work must be well documented. It is an initiation into a new field. Excepting well known statements, our own analyses, observation, remarks, in ferences, judgments and comments, all other new ideas must be supported by proper authorities. Ideas which are likely to generate differences and controversies should be he substantiated by proper references to the sources which form the basis of our conclusions. In case we do not agree on a particular point and varying opinions are expressed in this regard we have to simply indicate proper references to these opinions. If we do not indicate the source, it means we hold such opinions. It also means that we have not looked into the material in order to know what opinions other hold on this point. Supposing a historian discusses the

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position of women in the medieval period, and says that they did not enjoy perfect equality with men a reader will be doubt weather this is the opinion of the author or whether it is corroborated by other authorities on the subject. Therefore he has to give full references to different opinions held on the subject. There is a technique in furnishing these authorities which was touched upon in the preceding chapter. That system should be systematically followed, namely the art of food footnotes, in which the names of the author comes first, the title of the source next, followed by the volume and page number. In the case of published works, the title is underlined in manuscripts and italicised in printed works. In the case of manuscripts we indicate the place of origin, weather British Museum, on National Archives or Madras Record office. If our source is a periodical we put the title of the article under inverted commas. If a particular source is quoted too often we use short abbreviations which are indicated in the beginning of the work itself. If the same source is repeated for supporting the closely succeeding ideas, we put the word ibid instead of repeating the entire source. The footnotes serve one more purpose, namely to push down a few less important but supplementary details which would appear too cumbersome in the body of the thesis. They throw some side-lights on the main work. Sometimes it so happens that the reference under footnotes from more interesting reading than the text itself. The footnotes are also the barometer for measuring the intensity of the labour a scholar has put in. Particularly the young scholars are judged by their examiners by looking into the footnotes to find out what kind of materials have been used, and to feel satisfied as to whether all possible sources have been consulted or not. Germans are noted for their reference work, which is certain cases becomes so weightily, so cumbersome that a lay person gets irritated at this terse style. Therefore one should not burden a thesis with too many references. Normally the size of the footnote on a page should not exceed one-fourth of its size which is the maximum. Too many references disturb continuity of thought.

Finally, a well-balanced bibliography is required which would indicate the type of materials used. The bibliography is arranged at the end of the work, and is classified under several headings. Here again it is left to the author to choose his own classification. Original or unpublished materials come first. This is called primary or first class material which are mostly eye-witness accounts, autobiographies, diaries, contemporary records, proceeding, official minutes, diplomatic correspondence, state records, cabinet decisions, original consultation sheets and so on under literary sources, and inscriptions, coins and seals under archaeological sources. The manuscripts are again subdivided into sources under several languages, weather *English, French, Persian, Kannada, Marathi, Tamil, Telugu, Malayalam or Sanskrit*. The secondary or published material relates to literature which is relevant to the subject. Published works are arranged in the alphabetical order of the authors who have contributed to the literature. A good research work gives a short note by way of review or assessment of each of the important manuscripts or original source. It is as very necessary that critical note is added particularly to the important sources. Since the value of the work would greatly depend on the authenticity of the records we have consulted, it should be shown how far these sources are authentic or trustworthy. At the end of the work comes maps, charts, tables and illustrations together with a few appendices. Very useful data, digressions, side lights and supplementary information are all packed into these appendices which are classified as Appendix A, Appendix B and so on. Finally, a good index would refer to the page number of important items, personalities, events, places, happenings and such other details as occur in the body of the thesis. Here also we classify the matter under each head. We list all items alphabetically, for example, under Akbar, his activities, conquests, campaigns, administrative, political, social, religious policy, personal traits and so on are furnished. A research work contains a preface, a foreword, a table of contents and an introduction, which will or precede the main work. But this work is done after the whole thesis is finished. The preface contains the reason why the work was undertaken and also a list of acknowledgements of those to whom the author is indepted for the work. The introduction deals either with the background to the subject or the problems posed in the thesis. The introduction raises the questions which are answered in the thesis. The introduction forms the challenge and the thesis offers the response. In certain works an abstract of the work is also given in a very short form which touches upon the substance on the thesis is a few sentences, about three or four hundred this words. The completes the

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research work. Usually the foreword is contributed by some great scholar connected with the subject, and he in a way review the entire work and brings out its salient features. It is normally a feather in the author's cap.

With the completion of synthetic operations only the concludiontask remain. They involve framing a formula, a generalization, a doctrina, a principle or a law. It is well known pharse that philosophy is the mother of all knowledge the same is applicable in historical study also. The end product of research is philosophy where the scholar is supposed to synthesize all his ideas in order to formulate some bold generalizations or sweeping remarks. It sums up the entire research in a few concluding passages which estimate, evaluate, event, judge personalities and explain the underline currents and forces of history. It is the fruit of hard, long and patient work, the result of keen critical and analytical study, the product of a reflective mind which is at once sensitive incisive sharp and nimble. The operations of methodology can be expressed in the form of following chart. As found it celebrated work of learned author B. Sheik Ali in his renowned history its theory and method.

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The Role of Literature Review with in Research

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Abstract:

It is an annual practice for research students to ask for literature review for their research projects. In this paper importance of literature review is given i.e. how to do a literature review and need of literature review. Literature review is the part of academic development.

Keywords: Research, Review of Literature, Hypothesis.

Introduction:

All of us heard about the story of thirsty crow, in which a crow filled the pot with pebbles having little water. The water comes up and in this way crow quenches his thrust. This is all about research also. We have to quench our thrust by getting knowledge and by exploring which is unexplored. So first of all we must know, what is research? Research is an art of scientific investigation for gaining knowledge through objective and systematic methods.

According to **Clifford Woody** research comprises defining and redefining problems, formulating hypothesis or suggested solutions; collecting, organizing and evaluating data; making deductions and reaching conclusions; and at last carefully testing the conclusions to determine whether they fit the formulating hypothesis.

The important part of any research is literature review. Without literature survey research can be think of to travel a strange and exotic place without coming out of your hotel room. It will be difficult to convince your friends that you visit an exotic place.No one believes you. It may seem to an outsider that you never even travelled at all!

It can be said that review of literature is important to understand your topic fully and to identify what has already been researched and what remains to be explored. We shall be able to deny those methods which are not appropriate for our research. Literature survey helps us to reduce the danger of reinventing the wheel.

What is literature review?

There are different types of reviews depends on their systematic behavior such as critical review, integrative review, mixed studies review, literature review, systematic review and many more. We will discuss here only the literature review as it is the sole of any research.

Fink (2005) succinctly defines a literature review as a systematic, explicit, and reproducible method for identifying, evaluating and synthesizing the existing body of complicated and recorded work by researchers, scholars, and practitioners. The more emphasized word is systematic i.e. review must be systematic.

Hart (1998) tells about the review process, focusing on the essential components of the documents themselves;

The selection of available document (both published and unpublished) on the topic which contain information, ideas, data and evidence written from a particular standpoint to fulfill certain aims or express certain views on the nature of the topic and how it is to be investigated, and the effective evaluation of these documents in relation to the research being proposed.

To perform literature review effectively we have to put it in to a place processes to ensure that task completed in an efficient manner but should have good quality. Quality means appropriate breadth and depth, clarity, effective analysis and synthesis.

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The importance of Literature Review

The review is different for different level of people e.g. if you are going to a vegetable market, first you will find that shop which have cheap and best vegetables otherwise you will purchase it costly and may be of bad quality. So survey places an important role in our life. In the context of students of undergraduate level projects are assessed according to pro forma marking schedule i.e. they are expected to show familiarity with their topic; when an undergraduate student move to postgraduate the thesis is assessed for its worthiness and literature review plays an important role in the assessment. The breadth and depth of the literature review increases. They are expected to search more and more widely, across disciplines and in great detail as compare to undergraduate students. Since the writing style and vocabulary of different discipline is different it sometimes becomes difficult for students to make a survey in other disciplines. Another important part is that how clearly and coherently is the written document is? It helps to understand the documents of other disciplines.

Bem in 1995 gives his idea about reviewing the literature that sometimes we are at the risk of finding a phone book type survey i.e. a lot of numbers but lack of plot. But if we have a systematic review of all the evidences we can easily make a decision. **Mulrow** (1995) said that if we search in this way we can find the complete truth rather a part of it and is thus a fundamentally scientific activity. The study made by these results are analyzed and summarized. Synthesizing evidence helps us to find out what we know and don't know. Good research synthesis gives us knowledge to find out the research gap. It gives us a sense of the strength of the available evidence and the quality of the studies. Literature review plays an important role in our research.

How to do a literature Review?

One of the important question is that how to start a literature review? There are so many theories given by different researchers about starting of review. The basic principle to start a literature Review is to ask questions. The question depends on the purpose of review and the intended audience. The literature review is important where a significant body of literature is already exists. If literature is not available i.e. researcher is first to examine the particular intervention or programme they need to confirm this from previously published literature.

The exact nature of your question will be shaped and influenced by the goal and focus of the review. Compare two or more intervention of particular outcome. What are the relative benefits of methods used in a particular research? What are the respective strengths and weakness of such methods? How has particular method been identified and defined? Which theory provides the best fit to findings from empirical studies?

Why review the literature?

The purpose of any literature review is to place each work in the context of its contributions to understand the subject under review. It describes the relation between each work under considerations. This gives a new ways to interpret and filled the gap in previous research. It also resolves the contradictions between previous researchers. It also prevents to scholars to produce the previous results. Literature review helps us to locate original work within the existing literature.

This is the age of internet and information technology and this phenomenon is also called information explosion. As the numbers of articles increasing and most of them are easily accessible freely so it is becoming almost impossible to navigate around even the more specialized subject domains. This is called **information overload.** Due to this we are unable to retrieve the information we need and roaming within the unwanted information. To overcome this problem we have to become **information literate.**

An information literate person is able to recognise when information is needed and has the skills to locate, evaluate and use information effectively. [CILIP, 2009, W037]

Since technologies are changing continuously, the new topics continue to appear with regularity the skills of information literacy that you will be acquiring will stand you well during your project duration.

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Conclusions:

As mentioned above there should be a specific reason for reviewing the literature. It gives us to identify new field of research. It also helps us to design your own research. Literature review is the sole of any research. So in this paper we have identified the role of literature review and methods to done the review.

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Need and Importance of Social Science Research In India

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Introduction

Research is a scientific and systematic search for relevant in formations on a specific topic or subject. Research contributes to human knowledge and it is an important process of advancing knowledge. The term research consists of two words, Re+Search 'Re' means again and again and 'Search 'means to find out something. The following process is that

Observe collection of data

Person $\longrightarrow$ Phenomena $\longrightarrow$ Conclusion

Again and again analysis of data

Therefore, Research is a process of which a person observes the phenomena again and again and collects the data and on the basis of data he draws some conclusions.

Social sciences are not exact natural sciences like physics, chemistry science. It deals with human being, human nature and manvs. Environment. Human nature and behaviour are so complex that is more difficult to understand and predict of human behaviour on social phenomena. Social research has a reference to an investigation focused on social phenomena, process and organisation which aims to discover new facts about social reality and verify old ones to analysetheir sequence, interrelationship, casual connections and law governing them by means of logical and systematize methods social science works to answer many of the questions we have about human behaviour through scientific study. Social science research seeks to understand how's and whys of human behaviour.Social sciences researcher use the mainly five steps of scientific method

- Questions or curiosity
- Hypothesis
- Test the hypothesis(through empirical research, descriptive research, experimental research correlation research depends on matter or subjects)
- Conclusion based on their data.
- Analyse result and share or publish results
- Social research is mainly three types
- Direct and Indirect-   In direct research, researcher goes to respondents himself whereas Indirect research is based on already available sources in other words direct research depends on primary sources and indirect research depends on secondary sources
- Basic and Applied research- Basic research deals with social problems any discrimination and applied research deals with in knowledge
- Qualitative and Quantitative-Quantitative research includes statistical analysis and interpretation of data whereas qualitative is analytical form of research based on discussion case study description etc.

Need and Importance of Social Science Research-

Social science research is important for social scientists in studying social relationship and seeking answer to various social problems in society. Research in social sciences is concerned both with knowledge for its own sake and with knowledge for what it can contribute to practical concern.

New direction- social research is an important source of knowledge so it gives new knowledge about unknown facts. It opens new way of knowledge and wisdom that gives new direction in social life.

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- Information- Social science research provides authentic updates and useful information's for users. Researcher and common people can to be befitted with new facts.
- Social Unity-Social researcher is the main factor for bringing social unity because social research gives remedial solution causes of social phenomena or events.
- Social Planning- If any society wants to be developed, social planning is to be needed which is the outcome of social research.
- Find to existing social problem- Social research helps in the solution of social problems social researcher finds through research causative factors of an existing social problem.
- Structural change-Social research is helpful in bringing structural changes in social life. Thesolution of social problems brings social and cultural change in society.
- Social welfare-The process of social welfare is possible due to procedure of social research through.
- Social prediction-Social research responsible in making laws and relation between social laws and their factors.
- Social Control-We apply social research order and control of society. Social control is necessary for healthy society.
- Develop new techniques – Social research modifies and develops new tools. New tools and techniques help search new information and knowledge

"This double emphasis is perhaps especially appropriate in the case of social science. On the one hand, its responsibility as science is to develop a body of principles that make possible the understanding and predication of the whole range of human interactions. On the other hand, because of its social orientation is increasingly being looked to for practical guidance in solving immediate problems of human relations."Marie(1959)

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Power of Set to Dominate Different Levels of Volleyball Competitions.

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Abstract:-

The present study assessed that in different level (district, state, national & international) of Volleyball game or competition how the skills 'set' played a dominating role was observed. The videos of semi-final and final game of these four levels were taken2014-15). these skills were measured by Volleyball Information System (VIS). The result indicated that the set skill of state level was more dominant than international national and district level skill.

Keywords: Volleyball, set skill.

Background:- **S**kills play a very important role in volleyball. To make the game more effective, it is very necessary to develop all the skills. Set is a very important skill Volleyball. The matches in which, all these skills as well as set are presented very skilfully and effectively, have become the more interesting and splendid matches. So, it should be the only aim of the volleyball players to develop these basic skills as well as set, it is the only way to increase its graph.

Method:-The present study was conducted in Hooghly district, West- Bengal state, India and International level senior male Volleyball team (2014-15). Semi-final and final game only. Criterion measure:- The skill, set measured by Volleyball Information System (VIS). The evaluation method of set- when rally continues in set there was no evaluation or success '+' and when rally ends, if there was faults then '-'. Measuring criteria and formula was Ave. per Set =Running set /total sets played(by the team). Analytical techniques:- To analysis of the dominating power of set in Volleyball in different level (district, state, national, international) competitions, one way ANOVA was computed using Microsoft excel and SPSS software version 20. The level of significant was set as 0.05.

Finding and results:- The findings data of different (district, state, national and international) level in volleyball skill, set described below:-

Table 1: Descriptive Statistics of Set of Volleyball Skill in Different Level of Competition (N = 3)						
SKILL	Level of game	Mean	Std. Deviation	Std. Error	Minimum	Maximum
SET	District	24.83	1.59	0.92	23.00	25.75
	State	25.78	0.84	0.49	25.00	26.67
	National	21.40	1.40	0.81	20.00	22.80
	International	22.86	1.54	0.89	21.25	24.33

Table 1 shows that the mean of set's average per set in district, state, national and international level senior male volleyball team was 24.83±1.59, 25.78±0.84, 21.40±1.40 and 22.86±1.54

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Graphical representation of set skill in Volleyball (Ave. per set).

Table 2: ANOVA OF SET
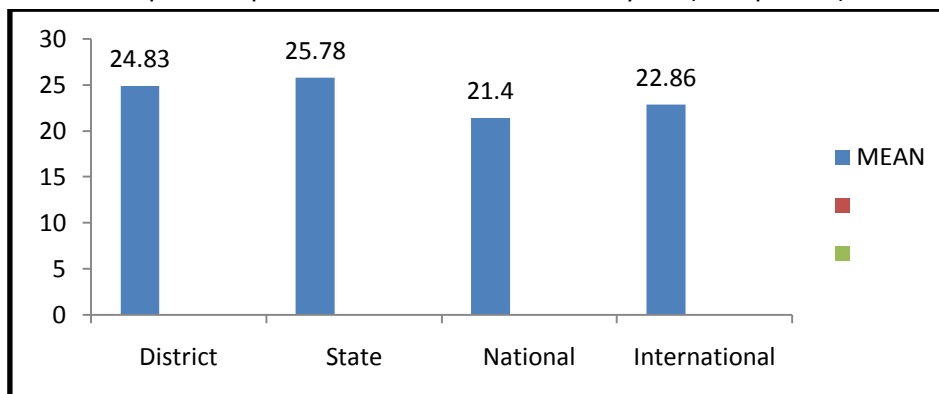
		Sum of squares	df	Mean square	F-ratio	Sig.
Set	Between Group	34.815	3	11.605	6.129*	0.018
	Within Groups	15.147	8	1.893		
	Total	49.962	11			

It seems that the between group, sum of squares was 34.815, degree of frequency (df) was 3, mean square was 11.605 and within groups, sum of square was 15.147, degree of frequency (df) was 8, mean square was 1.893 and total sum of squares was 49.962, total degree of frequency (df) was 11. The between and within groups of F-ratio was 6.129 and significant level was 0.018 so, the set of between and within groups significant at 0.05 levels.

Post-hoc test is done to comprehend which is the better group among the groups who possess the significance, (LSD) because everyone's 'N' is equal.

Table 3: Post-hoc (LSD) Test of Set

Dependent Variable	Group	Group	Mean Difference	Std. Error	Sig.
Set	District	State	0.94667	1.12349	0.424
		National	3.43333*		0.016
		International	1.97333		0.117
	State	National	4.38000*		0.005
		International	2.92000*		0.032
	National	International	1.46000		0.230
*.Significant at 0.05 level					

Table 3 indicated that the Post-hoc (LSD) test of set. It seems that the mean difference of district & state level was 0.94667 which was significant at 0.424 level. The mean difference of district & national level was 3.43333 which was significant at 0.016 level. The mean difference of district &international level was 1.97333 which was significant at 0.117 level. The mean difference of state & national level was 4.38000 which was significant at 0.005 level. The mean difference of state &international level was 2.92000 which was significant at 0.032 level. The mean difference of national &international level was 1.46000 which was

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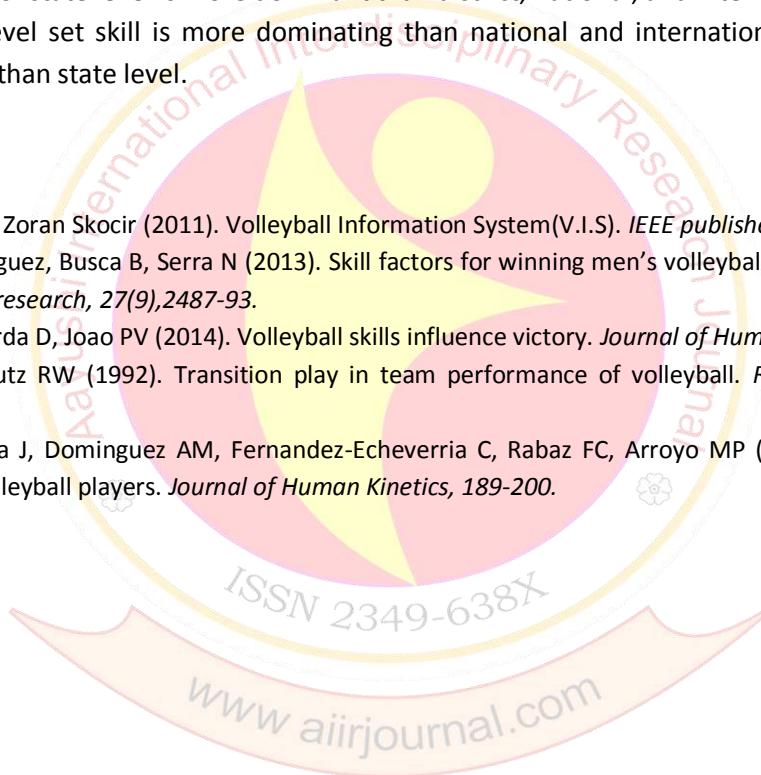| Organised By	Department of Physical Education, D.A.V.P.G.College,Lucknow	ISSN 2349-638x Impact Factor 4.574

significant at 0.230 level. The above table 3 also shows that the skill set, there were significant differences between district and national, state and national, state and international on average per set at also 0.05 level. District and state, district and international, national and international level of skills average per set was not significant at 0.05 level.

Conclusion:-

i) In international level set skill is more dominating than national level, but not more dominating than district level.

ii) In national level set skill is not more dominating than the set skill of international, state and district level's skill.

iii) The set skill of state level is more dominant than district, national, and international level's set skill.

iv) In district level set skill is more dominating than national and international level, but not more dominating than state level.

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Effect of Preparatory And Competitive Season Training Load on Selected Physiological Variables of Hockey Players

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Abstract

A planned and systematic training is required for sportsperson to confer his best performance at the time of need. To win a competition, is the aim of any sportsman and for this he has to undergo a vigorous and tough training scheduled in stages. Viewing this, the present study was undertaken to study the effects of preparatory season and competitive season training loads on selected physiological variables of Hockey players. The subjects were 20 male students comprising college Hockey team of LNIPE, Gwalior. The data obtained for Cardio-vascular endurance, Resting heart rate and Vital capacity were analyzed by one-way analysis of variance and LSD was used to assess the significant difference between the means of different stages. Significant difference at 0.05 level was seen between the variables of preparatory and competitive season training over pre-season, whereas there was insignificant difference between the variables of preparatory and competitive season training.

Key Words: Preparatory season; Competitive season; Physiological variables; Hockey team; Cardio-vascular endurance; Vital capacity

1. Introduction:

An enormous amount of research has been done for the development of physical education in general and sports performance in particular. Creation of new records is the evidence of continuous research in the field of physical education and sports. Since, the sports have become prestigious aspects to prove one's superiority; the philosophy of participation in games and sports has undergone a great change (Renwes, 1972). In present time, "Hockey" has gain enormous popularity in the world and is a vigorous and fast game which requires accelerating sprint, rough tackling, power and endurance to sustain skillful play for ninety minutes. To win a competition, it is essential that sportsman must give his best performance in the competition.Sports training is a pedagogical process which makes possible the achievement of high standard performances without any physical or mental damage through planned, systematic development of certain special skills, physical capabilities and spiritual qualities, and the adaptation of the organism (Csanadi, 1978; Young et al., 1993).

For the purpose of training, whole season is breakdown into smaller training or periods, viz, preparatory period, competition period and transitional period known as periodization. The preparatory season is normally the longest period in the training cycle and aims to create a base for better performance in the competitive season. In the beginning, abilities which are not directly related to performance in the game are developed and later, those factors are improved on which the performance directly depends. The competitive season aims at achieving top form and to maintain it for a sufficiently long period and is characterized by high to maximum training intensity, lower in volumes and predominant use of competitive and special exercises.

During training, various physical and physiological components developed with varied rate in a training cycle. The training periods differs from one another in contents, qualities and quantities of training load (Singh, 1984; Bangsbo, 1994). The training provides room for the players to ensure the capability to cope-up with the loads that competitive match play involve. Studies on the physical and physiological properties of a successful Hockey player show that due to the improvements in the speed and skills of the Hockey players, Hockey has become more dynamic (Mangine et al., 1990). Modern coaching and training methods have focused on the development of basic components of Hockey. The sportsman are able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of techniques and tactics, improvement of sports gear and equipment as well as other

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components. As in preparatory season emphasis is on the development of basic components of physical and physiological fitness variables with improvement of skills and techniques and in competitive season stress is given on achieving top form and to maintain it for a sufficient long duration, the research scholar developed an interest to find out proportionate changes taking place on the selected physiological variables of Hockey players in a training cycle at its different stages of training.

This study was conducted on Hockey match practice group of LNIPE, Gwalior. Subjects belonged to different parts of India and their age ranged from 17 to 25 years. Initially, all the students of Hockey match practice group were involved in the training; later students representing the college Hockey team for competitions were selected for this study limiting the number of subjects to 20.

2. Materials & Methods:
2.1 Criterion Measures
Following criterion measures were adopted for data collection at three different stages of training for the selected physiological variables (Barrow et al., 1979):

1. Cardio-vascular endurance was measured by Cooper's 12 min. run/walk test and recorded to nearest 50m.
2. Resting heart rate was measured as number of beat per minute in resting condition using manual method.
3. Vital capacity was measured by Wet Spirometer and recorded in liters.

The data for stage-I was collected before the commencement of the preparatory season, for stage-II at the end of preparatory season and before the commencement of competitive season, and data for the stage-III was collected at the end of competition period.

2.2 Statistical Analysis
To determine the difference between the results obtained at three different stages of training, one way analysis of variance (ANOVA) was computed for each variables. LSD test of post-hoc was used to assess the significant difference between paired means. The F-ratio was tested for significance at .05 level of confidence.

3. Results:
3.1 Cardio-vascular Endurance
It was found that there was significant difference in distance covered by the Hockey players in specific time between paired means of I and II stage, I and III stage where as there was insignificant difference between II and III stage (Figure 1) at 0.05 level with F value 314.014 against computed LSD 30.22 (Table 1).
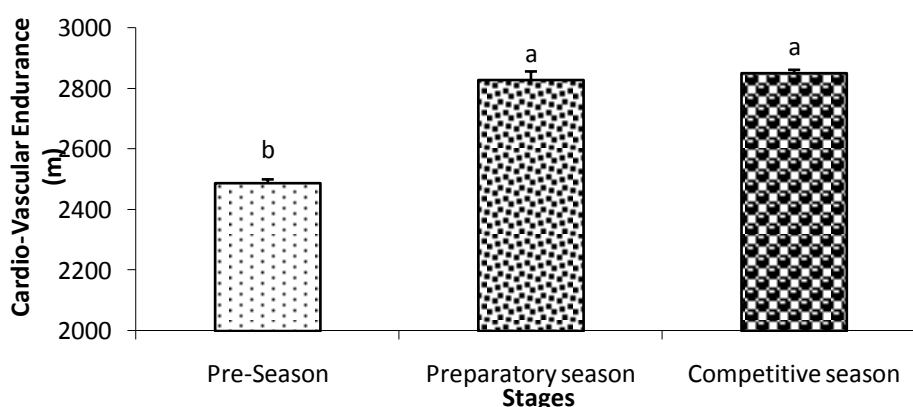

Figure1: Cardio-vascular endurance of Hockey players during different stages of training

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The mean values recorded for pre-season, preparatory and competitive season were 2487.5M, 2827.50M and 2850M respectively

Table 1. Analysis of variance of the Mean Difference of physiological variables:

Variables	F values	LSD (0.05)
Cardio-vascular Endurance(M)	341.014**	30.22
Resting heart rate(Number)	6.08*	3.82
Vital Capacity(l)	8.09*	0.26

*Significant at p<0.05, **Significant at p<0.01

3.2 Resting Heart Rate:

Figure 2 shows that there was significant difference in count of heart beat per minute between the means of I (66.7) and II (61) stage I (66.7) and (60.55) III stage at 0.05 level with F values 6.08 against computed LSD 3.82 (Table1). Also, there was insignificant difference between the paired means of II (61) and III (60.5) stage.
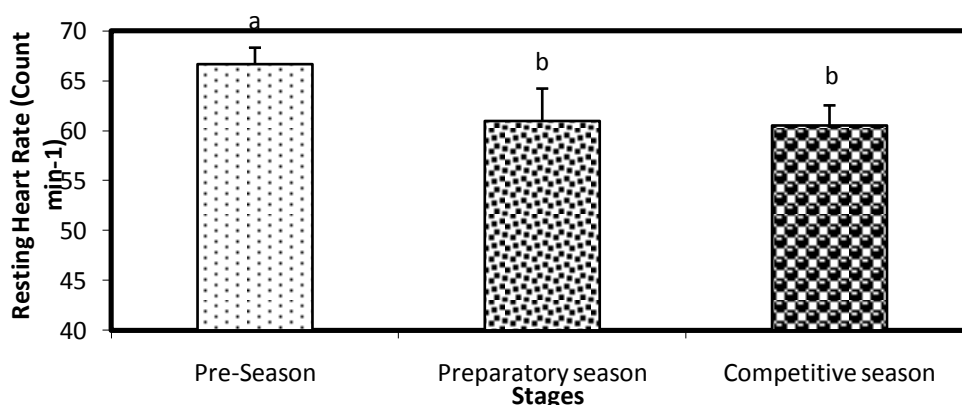
Figure2: Resting Heart Rate of Hockey players during different stages of training

3.3 Vital Capacity

There was significant difference between the paired means of I (2.86L) and II (3.32L) stage, I (2.86L) and (3.35L) III stage in amount of air expelled by the Hockey players from lungs after a maximal inspiration at .05 level with F values 8.09 against computed LSD 0.26 (Table1). It was also seen that there was insignificant difference between the paired means of II (3.32L) and III (3.35L) stage (Figure 3).
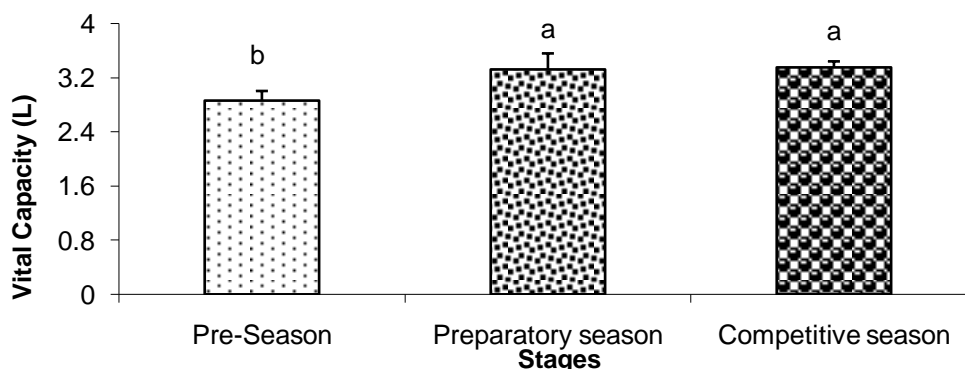

Figure3: Vital Capacity of Hockey players during different stages of training

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4. Discussion:

The analysis of data and results revealed that the selected physiological variables were improved significantly in preparatory and competitive season over pre-season but was insignificant in competitive season over preparatory season training may be due to the reason that in the initial phase of training the adaptation process is faster in comparison to later phase of training. This may be attributed to the fact that when a stimulus is able to penetrate any organic system repeatedly, the system develops optimum proficiency of the stimulus and it brings aerobic adaptation in terms of increase in myoglobin content, improved oxidation of carbohydrate and more rapid oxidation of fat which ultimately improves cardio-vascular endurance and other related functions. The results of present study are in consonance with the findings of McIntyre, Adams and others who also found similar results.

5. Conclusions:

The physiological variables viz cardio-vascular endurance, resting heart rate and vital capacity can be improved through endurance and strength dominated training designed for general fitness program. 4 week of competitive season does not seem to be sufficient for significant improvement in cardio-vascular endurance, resting heart rate and vital capacity. Training scheduled of preparatory season for 8 week was brought more change in the selected physiological variables than the training schedule of competitive season for 4 week. This may also be viewed from another angle as any improvement or change in performance is much faster in the early stage of training and the rate of improvement slows down with time. To develop physical components of Hockey performance, the teachers of physical education and coaches should use proportionate combined loads of speed, strength and endurance.

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भूमण्डलीकरण और अप संस्कृति

डॉ० संध्या सिंह

विभागाध्यक्ष, हिन्दी विभाग, डी०ए०वी० पी०जी० कॉलेज, लखनऊ

प्रस्तावना

मानव जीवन का मूलाधार स्त्री-पुरूष सम्बन्ध, उस सम्बन्ध में अर्न्तनिहित आकर्षण और प्रेम की अवधारणा और समाज और साहित्य से जुड़े इसके सरोकारों की अगर बात करें तो एक अविच्छिन्न धारा मिलती है। इस धारा ने कितने रूप बदले हैं, कब-कब बदले हैं, इसका समाजशास्त्रीय अध्ययन हमारे सामने कुछ ऐसे तथ्य रखता है जो नये प्रश्नचिन्ह लगाता है और नारी की सामाजिक संरचना में परिवेशगत स्थितियों की भूमिका पर नई रौशनी डालता है। जाहिर है हर समय का साहित्य इसे अपने कालगत आग्रहों सहित देखता रहा है, ''अक्सर यह दलील दी जाती रही है कि स्त्रियाँ सभी देशकाल में पुरूषों के अधीन रही हैं। इसका मूलाधार जैविक है और यौनिक श्रम विभाजन प्रजनन प्रक्रिया में स्वाभाविक रूप से अंतर्निहित है। स्टीवन गोल्डबर्ग और इ्वांस प्रिचर्ड जैसे नृतत्वशास्त्रियों ने स्त्री और पुरूष शरीर में भिन्न प्रकार के हॉरमोनों के होने पर बल देते हुए पितृसत्ता को अवश्यम्भावी और स्वाभाविक सामाजिक व्यवस्था बतलाया। उन्होंने मार्गरिट मीड और सिमन द बुवा आदि के उन तर्कों को पूरी तरह नकार दिया जिनके अनुसार पितृसत्ता संस्कृतिजन्य है, जैविक नहीं।...........ऋग्वेद के कुछ प्रसंग बहुपत्नीत्व दर्शाते हैं तो कुछ भातृ बहुपतित्व, दोनों ही प्रथाएं पितृसत्तात्मक विचाराधारा के अनुकूल हैं।''[9]

हमारा विवेच्य स्त्री पुरूष सम्बन्धों में भूमण्डलीकरण की अपसंस्कृति से आए बदलावों की पड़ताल है, जाहिर है इसका प्रमुख बिन्दु यह तथ्य ही निर्धारित करता है कि दोनों में यौन सम्बन्धों और प्रेम के प्रति स्वभावगत भिन्नता नैसर्गिक है या परिस्थितिजन्य। इसकी तहें ब्राह्मणीय विचारधारा के सबसे प्राचीन ग्रन्थ ऋग्वेद से ही खुलती हैं। ''ऋग्वेद किसी एक मनीषी की रचना नहीं है, उपलब्ध ऋचाओं का रचनाकाल पांच सौ वर्षों से भी अधिक समय में फैला हुआ है।''[२]

''ऋग्वेद के सातवें मंडल के ३३वें सूक्त में ऋषि वशिष्ठ और अगस्त्य की जन्म कथा का मिथक यह तथ्य रखता है कि प्रसव की प्रक्रिया में नारी देह के कर्म को अनावश्यक (और सम्भवतः अशुद्ध भी) माना गया। .... यम यमी (ग.१०) और लोपामुद्रा - अगस्त्य (१.१७६) संवाद सूक्त में स्त्री को अनियंत्रित, संभोग के लिये अति इच्छुक और पुरूष पात्र को सयंमी और उच्चतर आदर्शों को समर्पित दिखाया गया है .... अगस्त्य ''धीर'' हैं, जाप में व्यस्त है। लोपामुद्रा 'अधीरा' हैं। ....सूक्त के अन्त में कहा गया है कि ऋषि अगस्त्य ने देवताओं के आशीष से दोनों वरणीय वस्तुओं (काम और तपोबल) को प्राप्त किया। यहाँ हम उस रूढ़िबद्ध धारणा की शुरूआत देख सकते हैं जिसके अनुसार स्त्री की भूमिका मायाजाल में फांसने वाली 'प्रलोभक' की होती है, और पुरूष अपनी कामेच्छा तृप्त करने पर भी तपस्वी ही रहता है।''[३]

तसलीमा 'ऐतरेय ब्राह्मण ''शतपथ ब्राह्मण' तैत्तरीय संहिता, वशिष्ठ धर्मसूत्र, वृहदारण्यक उपनिषद्, हिरण्यकेशी गृह्य सूत्र, बोधायन धर्म सूत्र आदि से उद्धरणों की एक फेहरिस्त प्रस्तुत करती है और साथ ही इसके बरअक्स हदीस-कुरान को भी उद्धृत करती चलती हैं क्योंकि सातवीं सदी के इस्लाम के हवाले से उसे अन्य धर्मों की तुलना में स्त्री के प्रति उदार बताया जाता है। दूसरी तरफ सावित्री सूर्या, मैत्रेयी, गार्गी की विद्वता और जाबाला की स्वतंत्र स्वीकारोक्ति का हवाला दिया जाता है। ''स्त्री हि ब्रह्मा वभूविथ'' - यह वेद वाक्य ऋग्वेद (८.३३:१९) का है। इसमें स्त्री को स्वयं ब्रह्मा का स्थान दिया गया है। वैदिक व्यवस्था में बालिकाएँ भी अपने भाईयों की तरह जनेऊ पहनती थीं और गुरूकुल में उनके साथ अध्ययन करती थीं। .... विश्व की प्राचीनतम सभ्यताओं में भारतीय सभ्यता ऐसी है जिसकी सामुदायिक परम्परा अविच्छिन्न है। परन्तु जहॉ स्त्री जाति को बराबर स्थान देने की बात कही गयी थी, वे वाक्य कहावतें और आचार धीरे-धीरे हमारे समाज की स्मृति से लुप्त हो गये। स्त्रियों के प्रति निषेधात्मक उपपत्तियाँ क्यों प्रचलित की गयी - यह कहना तो मुश्किल है, परन्तु उसके परिणाम इसके लगभग डेढ़ हजार साल बाद हमें पुराणों में साफ दिखाई देते हैं।''[४]

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वराह पुराण, अग्नि पुराण, भागवत पुराण, गायत्री पंचांग, याज्ञवल्क्य स्मृति में स्त्री बाल और भ्रूण हत्या के लिये कठोर दण्ड का विधान है। यानि ये घटनाएँ समाज में शुरू हो चुकी थीं।

''शिव पुराण की उमा संहिता का चौबीसवाँ अध्याय महिलाओं की प्रकृति की व्याख्या करता है। यह अध्याय इस निष्कर्ष पर खत्म होता है कि अगर एक ओर महिला हो और दूसरी ओर मौत का देवता, यम, तेजधार तलवार, जहर, नाग और अग्नि एक साथ भी हों तब भी बुराई में महिला का ही पलड़ा भारी रहेगा। .... उधर कुरान के अध्याय सूरतुलबकर (आयत २२३) में लिखा है ''स्त्री अनाज का खेत है। तुम अपने इच्छानुसार उस खेत में खेती करो।''५ शमसुल इस्लाम और तसलीमा कुरान – हदीस से ऐसे ढेरों उदाहरण देते हैं।

कालान्तर में स्त्री की यौनिकता पर उत्तरोत्तर बढ़ते हुए पितृसत्तात्मक नियंत्रण केवल लैंगिक वर्चस्व नहीं बल्कि उत्तरोत्तर उभरते हुए सोपानमय सामाजिक स्तरीकरण की तरफ संकेत करते हैं।

इस क्रमानुगत बदलाव का एक पहलू शकुन्तला के विभिन्न चित्रणों में भी मिलता है–'' यह दृष्टि कथा के बदलते सामाजिक और नैतिक केन्द्र से अलग नहीं है। महाभारत में शकुन्तला एक महाकाव्यात्मक नायक की माँ है और मुख्य मुद्दा उसके बेटे के पितृत्व और उसे पहचानने की पिता की जिम्मेदारी से जुड़ा है। यहाँ नैतिक दायित्व शाप और अंगूठी के बाह्य तत्वों के पीछे छिप गया है। ब्रज भाषा की कथा में वह राजा के सामने नहीं झुकती। उल्टे वह राजा से इन्साफ करने के लिए कहती है। .... राष्ट्रवादी दृष्टिकोण के तहत शकुन्तला एक आदर्श पत्नी के रूप में उभारी जाती है, कहा जाता है कि यही हमारी परम्परा है। यहाँ नैतिकता का सवाल उठता है पर वह स्त्री के सदैव संयमित रहने के आग्रह के इर्द-गिर्द ही सूत्रबद्ध होता है। यह मध्यवर्गीय परिप्रेक्ष्य ही है क्योंकि निम्नवर्गीय दृष्टिकोण तो कभी इस विमर्श का अंग था ही नहीं।''६ सुप्रसिद्ध इतिहासकार रोमिला थापर ने शकुन्तला की कथा के विभिन्न साहित्यक और नाटकीय प्रस्तुतीकरण में हुए सूक्ष्म बदलावों का अन्तर्सम्बन्ध प्रस्तुतकर्ताओं के समकालीन परिवेश में निहित स्त्री की परिकल्पना से दिखाने का कार्य किया है। भक्ति आन्दोलन में ''मीराबाई कुल की कानि छोड़ कर अकुण्ठभाव से अपने व्यक्तित्व का रेखांकन करती हैं। आण्डाल अपने नैसर्गिक आवेगों को भक्ति में रूपान्तरित कर देती है। सूरदास की गोपियाँ अपने सहज प्रेम के बलबूते न केवल मर्यादा को धता बताती हैं, बल्कि शास्त्र निपुण उद्धव की बोलती भी बन्द कर देती हैं। .... भक्ति संवेदना के प्रति मर्यादा के भावतंत्र में एक दुचित्तापन दृष्टिगोचर होता है। साहित्य के इतिहास में मीराबाई का स्थान सुरक्षित है, लेकिन सिसौदिया राजपूत उन पर गर्व कम, संकोच अधिक महसूस करते हैं।''७

पश्चिमी आधुनिक सन्दर्भों में स्त्री को देखें तो सिमन द बुवा के अनुसार ''कोई स्त्री के रूप में जन्म नहीं लेती बन जाती है'' (द सेकेंड सेक्स १९४६) शेक्सपीयर के लिये 'स्त्री दुर्बलता का नाम है (हैमलेट १६०१) नीत्शे को 'स्त्री परमात्मा की दूसरी भयंकर भूल'' लगती है (डर ऐंटीक्राइस्ट) (१८८८) और फ्रायड तो समझ ही नहीं पाए कि यह स्त्री आखिर चाहती क्या है?''८

प्रथम विश्व-युद्ध से मुखर नारीवादी स्वर, सत्तर के दशक में यौनिकता के सन्दर्भों में उभरा। अस्सी के दशक में यूरोप और अमेरिका में नारीवादियों को ''अनाकर्षक, असुन्दर और यौन अक्षम'' कह कर खारिज कर दिया गया था। नब्बे के दशक का प्रारम्भ यानि भूमण्डलीकरण का उद्घोष, विश्व ग्राम, लैंगिक तटस्थता का दावा, पावर वूमन। भूमण्डलीकरण यानि सूचना की आंधी, आक्रमण, विस्फोट और उसके गर्भ से उत्पन्न मुक्त विश्व बाजार । यह आंधी दस्तक दे कर नहीं आई। हमारे घरों में दुनिया के किसी भी कोने की हलचल अपनी पूरी सुन्दरता और पूरी कुरूपता सहित उंगली की नोक पर हाजिर है। हम या तो हतप्रभ बौने बन जाते या शुतुरमुर्ग की तरह रेत में चेहरा छिपा लेते, आंधी तो आ चुकी थी। हमने सामंजस्य बिठाने की कोशिश की। सामंजस्य ने हमें दिया सूचना का बाजार, जो संवेदना के बाजार में तब्दील होता गया। बाजार एक दक्ष मनोवैज्ञानिक की तरह मानसिकता बदलने में जुट गया। उसने हमारे मॉरल फाइबर की सर्जरी कर डाली। एक्सपोजर के नाम पर हमारी स्वीकारने की क्षमता को खतरनाक हद तक बढ़ा दिया। ''हम सहजता से वह विज्ञापन देखते आ रहे हैं जिसमें किसी खास ब्राण्ड के परफ्यूम या सूट को हासिल करते ही एक युवती या कई युवतियां एक युवक को चुम्बन देने के लिये तत्पर हो जाती हैं।''९

''भारत में नारीवाद एक अप्रासंगिक पश्चिमी आयात है'' इस कथन पर प्रहार करती राधा कुमार की पुस्तक ''स्त्री संघर्ष का इतिहास'' एक सचित्र दस्तावेज प्रस्तुत करती है।

''वह राष्ट्रवादी तथा सुधार आन्दोलनों के दौरान सतह पर उभरे स्त्रियों के मुद्दों का परीक्षण करती है तथा स्वाधीनता पश्चात छठे तथा सातवें दशक में पुनः उभरने से पूर्व उनके अचानक लुप्त हो जाने की भी बारीकी से जाँच करती है।''१०

समकालीनता की जड़ें इतिहास में ही होती हैं। वर्तमान उन्हीं से खुराक लेता है। आयातित संस्कृति अपने आगमन – आक्रमण से उसे कुछ नये आयाम देती है। आज स्त्री विमर्श की दुदुंभी के बीच हर पहलू पर अकादमिक और सामाजिक चर्चा हो रही है। इसी बीच विभूति प्रकरण ने एक और उथल पुथल को परिदृश्य पर ला दिया है। परन्तु परोक्षतः उससे जुड़ा एक अहृम पहलू जो चर्चा में आ गया है, उसे आना ही था। साहित्य और साहित्य से इतर जो घट रहा है, सम्बन्धों का समीकरण उससे बेतरह प्रभावित हो रहा है। पूँजी और बाजार ने उसे स्वतंत्रता की नई परिभाषाएँ दी हैं। व्यक्तिगत सुख की परिधियों में घिरा समाज जो व्यक्ति को दे रहा है, व्यक्ति उसे दोगुना कर समाज को लौटा रहा है, यह वर्तुलाकार यात्रा चलती जा रही है।

नया ज्ञानोदय का प्रेम विशेषांक और फिर बेवफाई विशेषांक भर्तस्ना अपनी जगह है पर शुतुरमुर्ग की तरह रेत में सिर छिपाने से आँधी रूकने से रही।

आए दिन अखबारों और पत्रिकाओं के ''सोसाइटी'' और ''ट्रेन्डस'' वाले कॉलमों में हम मानव मनोविज्ञान और मानव सम्बन्धों की जांच पड़ताल वाले लेख और सर्वेक्षणों को पढ़ते हैं और बड़ी उदासीनता से उन्हें उठाकर किनारे रख देते हैं। हम पढ़ते हैं कि ''फ्री सेक्स'' के आदिम युग से समाज विवाह संस्था तक पहुँचा और अब विवाह संस्था चरमराने लगी है और हम फिर से फ्री सेक्स की अंधी दुनिया की तरफ बढ़ने लगे हैं। पर इन दोनों के बीच का एक पहलू है, जिसे हम हमेशा किनारे धकेलते और अनदेखा करते आए हैं। वह पहलू है इंसान का वह गुनाह जिसे हम प्यार के नाम से जानते हैं। द्वन्द यह है कि क्या प्यार ऐसी भावना है जिसे विवाह पूर्व ही जन्म लेने का अधिकार है। विवाह के बाद किसी एक के लिये प्रतिबद्धता उससे यह अधिकार छीन लेती है! जवाब में भिन्न-भिन्न समाजों और संस्कृतियों के नियम कुछ और कहते हैं और प्रकृति अपनी नैसर्गिक चाल चलती जाती है।

समाजशास्त्रियों के अनुसार दुनिया में अपना अस्तित्व रखने वाली १,१५४ संस्कृतियों में से १,००० संस्कृतियाँ कमोबेस बहुगामी कही जा सकती हैं। कुछ संस्कृतियों में बहुगमन का यह अधिकार सिर्फ पुरूषों को मिला है और कुछ में स्त्रियों को भी। गौरतलब है कि बहुगमन को सामाजिक स्वीकृति देने वाली इन संस्कृतियों में से अधिकांश आदिवासी संस्कृतियाँ हैं। पीछे जाकर देखें तो जब ''कामसूत्र'' रचा गया उस काल में बहुगमन एक हद तक स्वीकृत था और नैतिकता का मापदण्ड काफी लचीला था।११ बहुगमन के पक्षधर अक्सर यह हवाला देते पाये जाते हैं कि प्राचीन हिन्दू संस्कृति में बहु-विवाह को सामाजिक मान्यता प्राप्त थी, पर पुराने कल को आज के परिप्रेक्ष्य में हथियार बनाकर इस्तेमाल करने वाले अक्सर एकांगिता के शिकार हो जाते हैं, अनजाने में उनके मापदण्ड दोहरे हो जाते हैं, पुरूषों के लिये कुछ और स्त्रियों के लिए कुछ और। जबकि बहुगमन को मान्यता देने वाली वही संस्कृतियां फली-फूली हैं, जिनमें यह अधिकार दोनों को दिये गये हैं।

उपनिषद् काल में जबाला के पुत्र सत्यकाम ने जब उससे अपने पिता का नाम पूछा तो उपनिषदों की कथा के अनुसार जबाला ने कहा था–''मैं आश्रमों में ऋषियों की परिचर्या करती थी, मैं नहीं जानती, तुम किससे उत्पन्न हुए।''१२ यहाँ यह बहुत स्पष्ट नहीं है, कि वह कुंवारी थी, विधवा थी अथवा परित्यक्ता, पर उसके पुत्र को ब्राह्मण के रूप में अवश्य स्वीकारा गया। महाभारत काल तक आते-आते परिस्थितियाँ रूप बदलना शुरू कर चुकी थीं (कुन्ती कर्ण को अपना कहने का साहस उसकी मृत्यु के बाद ही जुटा पायीं) जो भारतीय संस्कृति के मध्य काल तक (जिसे हम सामन्त काल के नाम से जानते हैं) विकृति की सीमा तक पहुँच गयी।

आइये भूमण्डलीकरण और नारी सशक्तिकरण के इस युग में दूसरी तरफ के अतीत पर भी दृष्टि डालें। मार्क्स और एंगेल्स दोनों युवावस्था में प्रेम कवितायें लिखते थे। जेनी से विवाह करके मार्क्स सम्भवतः पूरा जीवन एकनिष्ठ ही बिताते, अगर एलेन न होती। कहा जाता है कि जेनी के बीमार और कुरूप हो जाने के बाद मार्क्स को एलेन ने एक संतान भी दिया, जिससे स्वयं मार्क्स सिर्फ एक ही बार मिले। सैद्धान्तिकी में ''मार्क्सवाद् परिवार का विकल्प नहीं जुटा पाया'' उसके पास यौन व्यवहार

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और प्रेम से जुड़ी मनोवैज्ञानिक समस्याओं के समाधान के लिये चिन्तन नहीं था।'' प्रेम जैसे जैविक अनुभव को ''प्रकृति की भौतिकीय परिघटना'' के तहत व्याख्यायित कर महज दैहिक जरूरत में बांध दिया गया था। ''कैपिटल'' में मार्क्स ने परिवार और स्त्री की अधीनता पर नजर डाली, पर उसकी प्राथमिकता उत्पादन के सामाजिक सम्बन्ध के अध्ययन पर ही केन्द्रित रही, न कि प्रजनन के सामाजिक सम्बन्धों पर।'' ''द होली फैमिली'' में मार्क्स ने पूँजीवादी पुरूष के नारी शोषण सम्बन्धी पाखण्ड का पर्दाफ़ाश किया और रोमानी समाजवाद के सूत्रीकरणों से अपना पिण्ड छुड़ाया। एंगेल्स ने स्त्री पुरूष के संघर्ष को भी वर्ग भेद के एक रूप की तरह देखा था और हल खोजा था कि परिवार की संस्था ही मिट जाय। बीस का दशक खत्म होते-होते एंगेल्स की मुक्त समागम की अवधारणा मानवीय क्षमता के ह्रास के रूप में देखी जाने लगी। परिवार और विवाह संस्था को पुनः जीवन मिलने लगा।[१३] सिमन द बुवा के अनुसार ''मार्क्सवाद स्त्री की पुरूष से जैविक भिन्नता के तथ्य की उपेक्षा करता है।''[१४] आखिरकार मार्क्स का मानव अघोषित रूप से पुरूष ही निकला।

अब आज के परिप्रेक्ष्य में इस समस्या की पड़ताल करने से पहले हम एक सूत्र वाक्य लेकर चले कि ''मान्यताएं देशकाल और परिस्थितिजन्य होती है जो क्रमशः संस्कारों का रूप ले लेती है।'' इस सूत्र वाक्य की रोशनी में हम पुरूषों के इस तर्क की पड़ताल करने की कोशिश करें कि ''पुरूषों का बहुगामी स्वभाव प्राकृतिक है''। यानी प्रकृति ही उन्हें बहुगमन के लिए प्रेरित करती है। इसलिये उन्हें दोष देना अनुचित है। मनोचिकित्सक डा० प्रभात शिथोले इस तर्क को गलत मानते हैं और बहुगमन की पुरूषों की प्रवृत्ति को प्राकृतिक नहीं मानकर देश काल और परिस्थितिजन्य मानते हैं। इस सत्य को स्वीकारते हुए कि आज हिन्दू समाज में अगर ६० पुरूष बहुगामी हैं तो ४० औरतें भी बहुगामी है (ये आंकड़े डा० शिथोले के अपने अनुभवों के आधार पर है) वह बहुगामी पुरूषों की संख्या ज्यादा होने की वजह उस सामाजिक संरचना में देखते हैं, जिसमें पुरूष शारीरिक, सामाजिक और आर्थिक हर स्तर पर औरतों के मुकाबले सबल है। मान्यताओं के खिलाफ जाने की जो सजा समाज औरतों को देता है, उसके मुकाबले मर्द तकरीबन अप्रभावित रह जाता है। यह एक प्रमुख कारण है जो क्रमशः संस्कार बनता चला गया है।

पेग्गी वॉन (''द मोनोगेमी मिथ'' की लेखिका) लिखती है – ''यह बात कही जाती है कि विवाहोपरान्त सम्बन्ध में लिप्त व्यक्ति को घर में सबकुछ नहीं मिल रहा है, जबकि सत्य यह है कि वह घर में सब कुछ नहीं दे रहा है''। पेग्गी इसकी वजहें व्यक्तियों के पलायन की प्रवृत्ति में देखती है। पेग्गी ''जेन्डर डिफरेन्सेज'' पर बल देते हुए कहती है- ''पुरूष के अफेयर्स सेक्सुअल होते हैं और औरतों के इमोशनल''। ''औरतों के अफेयर ज्यादातर लम्बे, असंतुष्ट वैवाहिक जीवन का परिणाम होते हैं''। यह पूछे जाने पर कि असंतुष्ट वैवाहिक जीवन के बाद भी क्यों कुछ लोग इन सम्बन्धों में लिप्त नहीं होते हैं और अच्छे वैवाहिक जीवन के साथ भी कुछ लोग क्यों इन्हें बार-बार दोहराते हैं, पेग्गीवॉन इसकी वजहें उनके ''वैल्यू सिस्टम'' उनके ''फैमिली बैकग्राउण्ड'' और उनके ''साइकोडायनेमिक स्ट्रक्चर'' में देखती हैं। सर्वेक्षणों के परिणाम बताते हैं कि अपने सम्बन्धों को न्यायोचित ठहराने के लिए औरतें पहले नम्बर पर वैवाहिक जीवन में प्यार की कमी को देखती हैं, दूसरे पर भावनात्मक अन्तरंगता और तीसरे पर शारीरिक सुख। पुरूषों में इसका उल्टा है, यहाँ शारीरिक सुख पहले नम्बर पर है। पेग्गी कहती है कि ''पति-पत्नी एक दूसरे को सुरक्षा और पारिवारिक जीवन देते हैं और अफेयर पार्टनर उत्तेजना और उद्वेग। सच्चाई यह है कि व्यक्ति यह सब कुछ एक साथ चाहता है। इसलिये वह कई सम्बन्धों में एक ही समय लिप्त हो जाता है''[१५]

क्या यह सिर्फ नये पन की ललक है। या फिर रोमांस की चाहत है। वह रोमांस जो हमारे यहां के ६० प्रतिशत विवाह सम्बन्धों में या तो जन्म ही नहीं लेता या जल्दी ही मर जाता है। यह जरूरत कितनी शरीरिक है और कितनी भावनात्मक! यहाँ भी हम पुरूष और स्त्री के अन्तर को अनदेखा नहीं कर सकते। समाज हमें नियमों का एक आवरण देता है, वह आवरण बहुत झीना है। नियम तोड़े ही जाते हैं पर जब सीमा रेखाओं का उल्लंघन इस हद तक हो जाता है कि नियमों का आवरण उसे ढकने में असमर्थ हो जाता है, तब विवाह संस्था और परिवार की संरचना पर फिर से सोचने की जरूरत महसूस होने लगती है। परिवार का निर्माण उस समय हुआ जब मनुष्य ने अश्म युग से निकल कर सामाजिक युग में प्रवेश किया। परिवार की जड़ें मजबूत बनाने के लिये विवाह संस्था बनी। परिवार समाज की इकाई और परिवार की धुरी है स्त्री। यही स्त्री आज ''दूसरी औरत'' बनती जा रही है। एक लेख में पढ़ा था ''औरत सोलह की पैदा होनी चाहिये और तीस की मर जानी चाहिये'' ऐसी बातों के पीछे एक लम्बी विचार प्रक्रिया, एक लम्बी जीवन पद्धति की विकृतियां हैं। कब कोमल, कमनीय, युवा आकर्षक होना स्त्री

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के गुण और पुरूष को रिझाना, खिजाना और बांधना उसकी योग्यताएं मानी जाने लगी''[१६] पता नहीं पर स्त्री या तो हेय मानी गयी या पूज्य, इस अतिरेक में सन्तुलित विकास कहां होना था ।

अपनी आत्मकथा के तीसरे खण्ड का समापन करते हुए फ्रांस की प्रख्यात लेखिका सिमन द बुवा ने लिखा है - ''कैसा अजीब है कि आज भी लोगों का स्त्री के बारे में वही विचार है जो पचास साल पहले मेरे स्वर्गीय पिता का था, वे कहते थे और क्या? औरत वही जो उसका पति उसे बना दे''। [१७] यह वक्तव्य है सिमन द बुवा का, जिसकी पुस्तक ''द सेकेण्ड सेक्स'' ने सारे संसार में तहलका मचा दिया था और उनके विचारों ने नारी मुक्ति आन्दोलनों को नयी दिशा दी थी। आइये देखें लगभग उसी समय भारत में क्या हो रहा था। १९४२ में छपी ''श्रृंखला की कड़ियाँ'' में महादेवी वर्मा लिखती हैं - ''इस समय हमारे समाज में केवल दो प्रकार की स्त्रियां मिलेंगी, एक वे जिन्हें इसका ज्ञान भी नहीं है कि वे भी एक विस्तृत मानव समुदाय की सदस्य है और उनका भी एक स्वतंत्र व्यक्तित्व है। दूसरी वे जो पुरूषों की समता करने के लिये उन्हीं के दृष्टिकोण से संसार को देखने में जीवन के चरम लक्ष्य की प्राप्ति समझती हैं''। [१८]

छह दशक बीतने को आये और आज शोभा डे को लिखना पड़ रहा है ''औरतों के शब्द कोष में तीन अक्षरों का सबसे अप्रिय शब्द है (।हम) उम्र। क्योंकि यह जुड़ा होता है एक और तीन अक्षरों वाले शब्द से - सेक्स। यह दोनों साथ चलते हैं, पर आदमियों के लिये नहीं। पैंतीस की होते होते औरत अपने आकर्षण और कमनीयता को लेकर संदेह में पड़ जाती हैं और चालीस की होते-होते वे अपने आपको चुका हुआ महसूस करने लगती हैं, और आदमी! उनकी ताकत की भावना (जो निःसंदेह सेक्स से सम्बद्ध हैं) उनकी सफलता और दौलत के अनुपात से बढ़ती हैं। उनका बटुआ (ससमज) कितना भरा है यह मायने रखता है। एक ''अच्छा आदमी'' सत्तर साल की उम्र में अचानक यह निर्णय लेता है कि वह रोमांस के लिये तैयार है और वह अपनी पत्नी के मुकाबले एक जवान औरत से सम्बन्ध बना लेता है। और पत्नी सोचती है कि उससे गलती कहाँ हो गयी। पति कहता है ''तुमने अपना फर्ज निभाया पर उसमें प्यार कहाँ था''?[१९] यह प्यार एक को जीवन का सुन्दरतम सुख देता है और यही प्यार दूसरे की आस्थाओं को आमूल चूल हिला डालता है, उसे नये सिरे से अपने संसार का निर्माण करने के लिये सन्नद्ध होना पड़ता है। पेग्गीवान कहती हैं - ''यह कुछ ऐसा ही होता है मानो आप किसी देशभक्त से विवाह करके संतुष्ट जीवन बिता रहे हो और अचानक आपको पता लगे कि वह विदेशी जासूस है।''२०

हाँ, व्यक्ति आज आत्मकेन्द्रित होते जा रहे हैं, इसलिये प्यार भी आत्मकेन्द्रित होता जा रहा है। यहीं से असुरक्षा की भावना जन्म लेती है और यही असुरक्षा शायद पहली औरत को ''दूसरी औरत'' बनने को उकसाती है। कहीं किसी और से ''प्यार'' करने वाला यह ''दूसरा आदमी'' अपनी पत्नी पर ज्यादती कर रहा है, और कहीं किसी और से ''प्यार'' करने वाली यह ''दूसरी औरत'' अपने पति पर और कहीं यह दोनों अपने-अपने ''प्यार'' में लिप्त कुंठित और विध्वंसक बच्चों की पौध समाज को भेंट में दे रहे हैं। यह आज का सच बनता जा रहा है। आज का साहित्य इसे भरपूर प्रतिबिम्बित कर रहा है। कहते हैं प्यार ''मजबूरी'' है और विवाह ''धर्म''। यह ''प्यार'' की मजबूरी आज बहुतों को धर्मच्युत होने को बाध्य कर रही है। हम अपने शुरूआती मुद्दे पर फिर पहुँचते हैं कि प्यार की भावना एक प्राकृतिक भावना है और विवाह और परिवार गैर प्राकृतिक संस्थायें हैं। अगर यह संस्थायें आज अपने अर्थ खो चुकी हैं और इनके दिन लद गये हैं तो क्या हमने विकल्पों की तलाश शुरू कर दी है? या हम फिर से आदिम युग की तरफ लौटने को सन्नद्ध है? बड़ा विस्फोटक प्रश्न है। क्योंकि विकास के सारे क्रिया कलाप इसके बाद के चरण हैं।

विख्यात चिन्तक नाओमी वुल्फ के अनुसार ''यह सच है कि लाखों महिलायें पुरूष की यौन हिंसा का शिकार होती है, लेकिन यह पूरा सच नहीं है, क्योंकि एक सच यह भी है कि लाखों महिलायें पुरूषों के साथ खुशहाल जीवन बिताती हैं। .... स्त्री और पुरूष का सम्बन्ध ''स्त्री की शक्ति'' को कम नहीं करता, बल्कि उसकी पुष्टि करता है''। [२१]

प्यार यानी भावनाओं का लेखा जोखा, शरीर का भूगोल यानी तृष्णाओं की आदिम प्रवृत्ति और सभ्यता के सोपान यानी सच्चाईयों के आंकड़े। प्यार जो सबसे खूबसूरत भावना है उस पर से आने वाली नस्लों का विश्वास न उठ जाये और इन्सानी सभ्यता का इतना बड़ा नुकसान न होने पाये इसका दायित्व हम पर है, हमें भावनाओं को छूते हुए और सच्चाईयों से गुजरते हुए एक रास्ते का निर्माण करना ही होगा, जिस पर हमारी अगली पीढ़ी सम्पूर्ण व्यक्तित्व बनकर चले, वंचित बौने बन कर नहीं।

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दायित्व साहित्य के कंधों पर भी है। सत्य को लिखने की प्रतिबद्धता और आग्रह और उस सत्य को ग्रहण करने का नीर-क्षीर विवेक और संवेदनशीलता दोनों मिलाकर ही बात बनेगी।

अगर बात अभी तक बनी नहीं है तो जाहिर है यह संक्रमण का युग ही है जो लम्बा खिंचता जा रहा है और संक्रमण काल और अधिक विवेक की मांग करता है क्या कलम विवेकवान हाथों में है?

संदर्भः

१. वैदिक ग्रंथों में नारी की संरचना सुवीरा जायसवाल पृ० ३६ तद्भव जुलाई-२००६

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३. – तदैव – पृ ४२

४. कथकली बागची, मिनी फिलिप-स्त्रियाँ लुप्त क्यों हो रही हैं – पृष्ठ-१०२, स्त्री के लिए जगह, सम्पादक-राजकिशोर।

५. शम्सुल इस्लाम- क्योंकि औरतें तुम्हारी खेती हैं, पृष्ठ-६६, वही

६. हंस-मार्च २००१ पृ० ५८ – ५६

७. स्त्री के लिए जगह-शुद्र-पशु-नारी पुरूषोत्तम अग्रवाल पृ० १३७

८. ऑक्सफोर्ड डिक्शनरी ऑफ कोटेंशंस एण्ड प्रोर्बब्स, (२००७), ऑक्सफोर्ड यूनिवर्सिटी, प्रेस पृ० २६६.३०१

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११. पारिवारिक समाजशास्त्र – डॉ० राम बिहारी सिंह तोमर, चौखम्बा प्रकाशन, वाराणसी।

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२१. हंस – मार्च – २००१ः प्रगति सक्सेना पृ० ७७

हिन्दी की शैक्षिक गुणवत्ता के विकास पर नवीन सूचना एवं प्रौद्योगिकी का प्रभाव

डॉ० क्षमा मिश्रा

असिस्टेन्ट प्रोफेसर, हिन्दी विभाग,

श्री जय नारायण स्नातकोत्तर महाविद्यालय,लखनऊ

विश्व में वैज्ञानिक व तकनीकी विकास के फलस्वरूप आज नित नवीन प्रयोग हमारे सामने आ रहें हैं।वर्तमान समय में जब विज्ञान व तकनीक ने विश्व के लगभग सभी क्षेत्रों में अपना वर्चस्व स्थापित कर लिया है ,तब साहित्य की प्रगति के आधारभूत तत्वों के निर्धारण के समय भी हम इसे अनदेखा नहीं कर सकते । सूचना व प्रौद्योगिकी के प्रयोगों का प्रभाव विष्व की भाषाओं के परिवर्तित स्वरूप पर परिलक्षित हो रहा है। डॉ० नगेन्द्र ने भी माना है कि ''भूत से उच्छिन्न और भविष्यत् से पराङ्मुख आधुनिकता की धारणा वाग्विलास मात्र है।'' आज हमें आधुनिकता की इस दौड़ में यदि सम्मिलित होना है, तो विज्ञान, सूचना व प्रौद्योगिकी से विमुख नहीं रहा जा सकता।

हिन्दी साहित्य की सुदीर्घ परम्परा पर दृष्टिपात करें तो हम समय –समय पर प्रभावी वाहय तत्वों के प्रभाव को स्पष्टतः देख सकते है । १६वी षती से अद्यतन विज्ञान , तकनीक ,सूचना प्रौद्योगिकी का जाल निरन्तर विस्तृत होते हुए आज एक बहुत बडे 'वर्ल्ड वाइड वेब 'के रूप में फैल चुका है । यद्यपि अन्य भाषाओं की अपेक्षा हिन्दी पर इसका प्रभाव कुछ विलम्ब से पडा परन्तु हिन्दी इससे पूर्णतया अछूती रही हो ऐसा कहना तर्कसंगत न होगा। जब अंग्रेजी भाषा शिक्षण के क्षेत्र में एल० एस० पी० /ई ०एस ०पी ०जैसी भाषा शिक्षण की संकल्पनायें प्रकट हुई तब भारत में भी हिन्दी के प्रयोजनपरक स्वरूप की संकल्पना पर कई गोष्ठियों ,संगोष्ठियॉ आयोजित की गयीं । फलस्वरूप हिन्दी की नितान्त नयी छवि सामने आयी ,जिसे अनुप्रयोगात्मक ,व्यावहारिक ,कामकाजी ,या प्रयोजनपरक हिन्दी के रूप में जाना गया। हिन्दी के इस रोजगारपरक रूप में भी विविध स्वरूप यथा–साहित्यिक ,प्रशासनिक ,वाणिज्यिक ,व तकनीकी रूप सामने आते हैं। इसप्रकार प्रयोजनपरकता से जहॉ एक ओर हिन्दी की उपयोगिता में वृद्धि हुई, वहीं हिन्दी से सम्बद्ध भाषाभाषियों का आर्थिक स्तर भी उन्नत हुआ और उन्हें हीनता ग्रंथि से विमुक्त होकर समाज में प्रतिष्ठा प्राप्त हुई । पचास करोड व्यक्तियों की भाषा की गुणवत्ता पर तो प्रष्न चिहन लगाया ही नही ंजा सकता पर उसके उचित दोहन की आवश्यकता को भी नकारा नहीं जा सकता, जिससे उसकी वास्तविक सामर्थ व प्रगति का प्रमाण प्राप्त हो । विज्ञान ,सूचना प्रौद्योगिकी के संसाधनों ने इस भाषा को मात्र स्वान्तः सुखाय ,साहित्य रचना का माध्यम न मानकर इसकी प्रयोजनपरकता द्वारा बेकारी से जूझते हिन्दी भाषा भाषी वर्ग को एक जीविकोपार्जन की आधार स्वरूप भाषा प्रदान की है ।

साहित्य की बात करें तो विज्ञान व तकनीक के प्रभाव के कारण कहानी ,उपन्यास जैसी विधाओं में जहॉ विज्ञान –कथा , व साइंस फिक्शन जैसे नये रूप सामने आये हैं , जो पाठकों का एक बडा वर्ग खडा कर रहें हैं ,तो वहीं प्रतिष्ठित साहित्यकार व कवियों की कल्पना भी इनसे विलग रह कर भावाभिव्यक्ति नहीं पा रही है । कहीं –कहीं तो पूरी कविता ही कम्प्यूटर की भाषा में लिख दी गयी है । विज्ञान के जिन आविष्कारों ने शिक्षा की गुणवत्ता पर प्रभाव डाला है, उनमें रेडियो ,दूरदर्शन ,कम्प्यूटर ,इण्टरनेट सर्वप्रमुख हैं ।

स्वतंत्रता प्राप्ति के पष्चात हिन्दी को राजभाषा का गुरूतर दायित्व सौंपा गया । शासनादि से सम्बद्ध व्यावहारिक कार्यों में देवनागरी लिपि में लिखित हिन्दी को स्वीकार किया गया । इस भाषा रूप की षैली साहित्यिक शैली से पृथक थी परन्तु व्याकरण के नियमों के अनुसार ही इसका निर्धारण उचित माना गया, यद्यपि अस्पष्ट व दुर्बोध भाषा शब्दों के प्रयोग न करने पर बल दिया गया । इस प्रकार कार्यालयी या प्रयोजन परक हिन्दी का जो रूप उभरा उसमें प्रचलित पारिभाषिक शब्दों को अपनाने की समस्या उठ खडी हुई। जिसके समाधान में संस्कृत के शब्द भण्डार ने पर्याप्त सहायता प्रदान की, परन्तु कहीं कहीं शब्द चयन व निर्धारण की समस्या अंग्रेजी व अरबी –फारसी शब्दों के प्रयोग द्वारा हल हुई ।

१६६० में संविधान के अनुच्छेद ३५१ में राजभाषा हिन्दी की समृद्धि के लिए दिये गये निर्देशों के अनुपालन के आधार पर ही केन्द्रीय हिन्दी निदेशालय की स्थापना शिक्षा मंत्रालय (जो अब शिक्षा विभाग ,मानव विकास मंत्रालय है)के अधीन की गयी । अपने चार क्षेत्रीय कार्यालयों की सहायता से यह संस्था तभी से पुस्तकों व पत्रिकाओं के प्रकाशनादि द्वारा ,पत्राचार पाठयक्रमों

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द्वारा हिन्दी को अखिल भारतीय स्वरूप प्रदान करने ,उसे जन जन से जोडने का व हिन्दी को वैश्विक धरातल पर प्रतिष्ठा दिलाने का निरन्तर प्रयास कर रही है। इसकी प्रकाशन योजना के अन्तर्गत द्वैमासिक पत्रिका **'भाषा '** ,**'वार्षिकी'** ,**'साहित्यमाला'** ,तथा मासिक पत्रिका **'यूनेस्को दूत '** का प्रकाशन किया जा रहा है । 'भाषा' शैक्षिक उन्नयन की दृष्टि से विशेष उल्लेखनीय पत्रिका है इसके द्वारा निम्न उददेश्यों की पूर्ति का प्रयास किया जा रहा है, वे इस प्रकार है–

क –शिक्षा ,कला , विज्ञान, अनुसंधान ,कानून , शासन आदि के लिए अन्य भारतीय भाषाओं से शब्द ग्रहण कर हिन्दी को समृद्ध करना ।

ख-हिन्दी को सब प्रकार की अभिव्यक्ति का सशक्त और प्रभावशाली साधन बनाने के उददेश्य से उसकी प्रकृति के अनुकूल प्रादेशिक भाषाओं का सहयोग लेना ।

ग-समस्त भारतीय भाषाओं के बीच समानता की खोज करना और आदान प्रदान का द्वार मुक्त करना ।

इसी क्रम **में ''साहित्यमाला''** में भारतीय साहित्य की विविध विधाओं पर आधृत ग्रंथों में अधिकारिक विद्वानों ,समीक्षकों से सर्वेक्षण लेख तैयार कराये जाते हैं तथा संस्था द्वारा हिन्दी सिखाने के लिए स्वयं शिक्षकों के साथ ही व्याख्यान पर आधारित कैसेट ,व्याकरण , शब्द कोष भी तैयार किये जा रहें हैं ।

बीसवीं सदी कालचक्र पर जब अपना प्रथम चरण रखने ही वाली थी कि उससे पूर्व विज्ञान जगत में 'विद्युत –चुम्बकीय तरंगों 'तथा 'रेडियो संचार ' का आविष्कार हो चुका था । **भारत में रेडियों का नियमित प्रसारण २३ जुलाई १९२७ ई० से आरम्भ हुआ** तभी से मनोरंजन ,सूचना ,शिक्षा ,कलात्मक व सांस्कृतिक अभिव्यक्ति ,सार्वजनिक जीवन की महत्वपूर्ण गतिविधियों व प्रवृत्तियों पर प्रकाश डालना व सरकार की राष्ट्रीय एवं अन्तरराष्ट्रीय नीतियों को प्रस्तुत करना इसके उददेश्य रहें हैं। भारत में इसके आरंभ से ही **''स्कूल ब्राडकास्ट''** कार्यक्रम पर जोर दिया जा रहा है ,१९८७ तक देश के २६ प्रसारण केन्द्रों से हिन्दी के और ३० केन्द्रों से संस्कृत के पाठ प्रसारित किये जा रहें थे । मीडियम वेव , शार्ट वेव तकनीक के पष्चात साफ ,स्वच्छ प्रसारण के लिए आवृति माड्युलेशन –एफ एम –सेवा का आरंभ हुआ । बीसवीं सदी का उत्तरार्द्ध और इक्कीसवीं सदी का पहला चरण साइबर स्पेस का युग है ,जिसमें पहले के सूचना प्रौद्योगिकी संबंधी माध्यमों का प्रतिरूप कम्प्यूटर की स्क्रीन के रूप में हमारे समक्ष आया । **रेडियो द्वारा भारत के प्रथम शैक्षिक चैनल जो कि एफ एम चैनल था,का प्रसारण मार्च २००० में आरंभ हुआ ।** **''ज्ञानवाणी''** नामक इस चैनल का संबंध भारत सरकार के मानव संसाधन विकास मंत्रालय के शिक्षा विभाग से है। जिससे एन०सी०ई०आर०टी० व एन०आई०ओ०एस० तथा राज्य मुक्त विष्वविद्यालय जैसी संस्थाएं संबंद्ध थीं । इग्नू पहले भी अपना **''ज्ञानदर्शन''** नामक चैनल प्रसारित कर रहा था, अतः उसके शैक्षिक प्रसारण क्षेत्र के अनुभव के कारण ही मंत्रालय ने यह कार्य इस विश्वविद्यालय को सौंप दिया । भारत के ४० षहरों में इस चैनल का प्रसारण किया गया । कोयम्बटूर ,लखनऊ व विशाखापत्तनम में शीघ्र ही शैक्षिक प्रसारण की फ्रीक्वेंसी उपलब्ध कराने का लक्ष्य रखा गया था । **सर्वप्रथम ''ज्ञानवाणी'' जिसे आगामी दो वर्षे में अर्थात २००२ तक ४० शहरों तक प्रसारित करने का लक्ष्य रखा गया था परन्तु अभी तक ३७ शहरों में यह प्रसारित हो रहा है तथा आगे आने वाले समय में १५ अन्य स्थानों से इसके प्रसारण का प्रस्ताव मंत्रालय के विचाराधीन है ।** इस चैनल के माध्यम से आज बहुत बडी संख्या में छात्र छात्रायें अपनी ज्ञानवृद्धि कर रहें हैं । २००३ तक इलाहाबाद ,बैंगलौर,भेापाल,कोयम्बटूर,लखनऊ एवं विशाखापटटनम में एफ एम चैनलो द्वारा प्रसारण प्रारंभ हो चुका था तथा शीघ्र ही ४० अन्य शहरों में भी इसकी प्रसार परिधि का विस्तार हुआ ।

शिक्षा के क्षेत्र में दूरदर्शन के सेटेलाइट चैनलों का विषेष योगदान रहा ,समाज की विकासात्मक व शैक्षिक आवश्यकताओं की पूर्ति के लक्ष्यों से युक्त विशेष शैक्षिक चैनल ''ज्ञानदर्शन–१ व २'' है। ज्ञानदर्शन ।। इंटरएक्टिव एजूकेशन पर आधारित चैनल है, जिसमें तकनीक की अत्याधुनिक व्यवस्था का प्रयोग कर दूरस्थ शिक्षा को बहुआयामी व गुणवत्तापरक बनाने के प्रयास किये जा रहें हैं। **वर्चुअल क्लास रूम** की अवधारणा भी एक ऐसी ही कोशिश है जिसमें अत्याधुनिक तकनीक द्वारा शिक्षक अपनी सेवायें अध्येताओं को प्रदान कर रहें हैं । जो ज्ञान ,जागरूकता ,व अभ्यास के मूलमंत्र पर आधारित हैं। आज दूरदर्शन चार चैनलों का ऐसा गुलदस्ता है जो अहर्निश प्राथमिक ,द्वितीयक ,उच्चतर व तकनीकी शिक्षा दे रहा है।

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सम्प्रति **वीडियोकांफ्रेसिंग ,ऑडियोक्राफेसिंग ,कम्प्यूटर कांफ्रेंसिंग , इण्टरनेट द्वारा** शैक्षिक सूचनाओं के त्वरित संप्रेषण का उद्देश्य पूर्ण किया पा रहा हैं। **मोबाइल बेस्ड लर्निंग , वेब बेस्ड लर्निंग , टेक्नोलाजी बेस्ड लर्निंग** आज संचार व्यवस्था के सर्वाधिक तेज गतिवान माध्यम हैं, जिन्होंने शिक्षा प्राप्त करने के लिए उन्मुख सुविधा व साधन वंचित लोगों को अवसर प्रदान किये हैं , शिक्षा को आधुनिक तकनीकी प्रविधियों से जोडकर उनके द्वार पर जाकर ज्ञान की दस्तक दी है । महात्मा गाँधी अंतरराष्ट्रीय हिन्दी विश्वविद्यालय ने हिन्दी साहित्य को इण्टरनेट पर उपलब्ध करवाने हेतु एक योजना पर कार्य आरंभ किया है । यू० जी० सी० समर्थित इस योजना में १६५० तक के कॉपीराइट युक्त हिन्दी साहित्य के चुनिंदा एक लाख पृष्ठ ''हिन्दी समय डॉटकॉम'' नामक वेबसाइट में उपलब्ध कराये गय हैं । ये एक अत्यंत महत्वाकांक्षी एवं सराहनीय योजना है । इन प्रयासों के अतिरिक्त व्यक्तिगत स्तर पर भी हिन्दी के उन्नयन के उल्लेखनीय प्रयास हो रहें हैं । आज के प्रतिष्ठित साहित्यकारों द्वारा ब्लॉग लिखने की परंपरा भी इसी क्रम में हिन्दी के शैक्षिक उन्नयन में सहायक सिद्ध हुई है ।

हिन्दी शिक्षण की गुणवत्ता में भी हम इन तकनीकों के प्रयोग द्वारा एक नवीन क्रान्ति का आह्वान कर सकते हैं। यद्यपि दूसरे विषयों की तुलना में हिन्दी भाषा का परम्परागत स्वरूप व विधागत वैशिष्ट्य उसे भारतीय संस्कृति का एक अभिन्न अंग बना देता है, तथा नयी विज्ञान व तकनीकी प्रगति का बहुलांष पाश्चात्य संस्कृति की ही देन रहा है। अतएव इस प्रगति से हिन्दी जैसे विषय को सम्बद्ध करना यद्यपि दुष्कर कार्य था, परन्तु बुद्धिजीवियों व नवीन ऊर्जा से आपूरित नयी पीढी के कर्मठ हिन्दी सेवियों ने इस दिशा मे आशातीत प्रगति कर दिखाई है। शिक्षण में रोचकता, नवीनता व जिज्ञासा द्वारा नयी विधियों का प्रयोग सराहनीय है।

इस प्रकार आकाशवाणी ,दूरदर्शन के पश्चात उपग्रह ,कम्प्यूटर और इलेक्ट्रानिक्स के द्वारा शिक्षा का तीव्र गति से आधुनिकीकरण हुआ है । आज गति और विस्तार की एकरूपता ने विश्व को हस्तामलकवत अप्रत्याशित ऐसा नूतन स्वरूप प्रदान किया है जिससे सभी ज्ञानपिपासु चमत्कृत ,स्तब्धहोकर अपरिमित ज्ञान भण्डार के द्वार पर पहुँच चुके है। वस्तुतः शैक्षिक , आर्थिक , नैतिक ,सामाजिक उत्थान के लिए हमें एकजुट होकर सूचना प्रौद्योगिकी का प्रयोग करना होगा तथा नकारात्मक विचारों को त्यागकर सकारात्मक दृष्टि से पिछडेपन व अज्ञानता के रोडों को चूर चूर कर विश्व की वैज्ञानिक ,तकनीकी प्रगति के साथ कदम से कदम मिलाकर भविष्य के पथ को सुगम बनाना होगा ।'

संदर्भ सूची –

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संस्कृति के स्तम्भ : स्वस्तिक एवं ऊँ

डॉ0 सान्त्वना द्विवेदी
असिस्टेन्ट प्रोफेसर –संस्कृत,
डी0ए0वी0पी0जी0कॉलेज, लखनऊ।

स्वस्तिक चिह्न विश्व के एक छोर से दूसरे छोर तक अनेकों जातियों द्वारा मंगल चिह्न के रूप में माना जाता है। स्वस्तिवाचक हुये बिना हिन्दुओं का कोई धार्मिक कार्य सम्पन्न नहीं होता। जिस प्रकार स्वस्तिक हमारी संस्कृति का महत्वपूर्ण आधार है उसी प्रकार ऊँ का भी महत्वपूर्ण स्थान है। स्वस्तिक चिह्न चिरन्तन, सत्य, शाश्वत, शान्ति और अनंतदिव्य ऐश्वर्यसम्पन्न सौंदर्य का मांगलिक चिह्न तथा प्रतीक है। स्वस्तिक हठ योग का एक आसन भी है। यह एक यंत्र का नाम भी है जो शरीर में गड़े हुये शल्य आदि को बाहर निकाल लेता है। चुतष्पथ या चौराहा के लिए भी इसका प्रयोग होता है।

सामुद्रिकशास्त्र के अनुसार स्वस्तिक एक मांगलिक चिह्न है जो बहुत शुभ माना जाता है तथा गणेशपूजन से पहले मांगलिक द्रव्यों से विशेष अवसरों व उत्सवों पर अंकित किया जाता है। भगवान श्रीराम व श्रीकृष्ण के चरणों में भी स्वस्तिक चिह्न अंकित था।

वेदों में प्रकाश, कल्याण, दीर्घायं के अर्थ में विशेष–स्थानों पर स्वस्ति शब्द का प्रयोग मिलता है। इस प्रकार स्वस्तिक मंगल और कल्याण के प्रतीकरूप में स्वीकार्य है।

स्वस्तिक चिह्न में किसी धर्म विशेष की नहीं, बल्कि सभी धर्मो एवं समस्त प्राणिमात्र के कल्याण की भावना निहित है इसीलिए हिन्दू में ही नहीं अपितुविश्व के सारे धर्मो ने इसे परम पवित्र मंगल करने वाला चिह्न माना है। प्रत्येक शुभ और कल्याण कार्य में स्वस्तिक का चिह्न सर्वप्रथम प्रतिष्ठित करने का आदिकाल से ही नियम है। गणेशपुराण में कहा गया है कि स्वस्तिक भगवान गणेशजी का स्वरूप है। मांगलिक कार्य में इसकी स्थापना अनिवार्य है। इसमें विघ्नों को हरने और सारे अमंगल दूर करने की शक्ति निहित है जो इसकी प्रतिष्ठा किये बिना मांगलिक कार्य करता है वह कार्य निर्विघ्न सफल नहीं होता। इसी कारण किसी भी मांगलिक कार्य के शुभारंभ से पहले स्वस्तिक चिह्न बनाकर स्वस्तिवाचन करने का विधान है। यजुर्वेद में कहा गया है–

स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति न पूषा विश्ववेदाः।
स्वस्तिनस्ताक्ष्र्यो अरिष्टनेमिः स्वस्ति नो बृहस्पतिर्दधातु।। [1]

अर्थात महान कीर्ति वाले भगवान इन्द्र हमारा कल्याण करें, विश्व के ज्ञान स्वरूप पूषादेव हमारा कल्याण करे। जिसके हथियार अरिष्ट भंग करने में समर्थ है ऐसे गरूड़ हमारी रक्षा करें। बृहस्पति देव हमारे घर में कल्याण की प्रतिष्ठा करें। स्वस्ति को सतिया नाम से भी जाना जाता है। सतिया को सुदर्शन चक्र का प्रतीक भी माना जाता हैं। यह धनात्मक के नाम से भी जाना है। जो सम्पन्नता का प्रतीक है। स्वस्तिक चारों ओर लगाये गये बिन्दुओ का चार दिशाओ का प्रतीक माना गया है। वेदो मे स्वस्तिक को ख अर्थात आकाश का प्रतीक माना जाता है। यह सम्पूर्ण ब्रह्माण्ड का भी प्रतीक है। शास्त्रानुसार स्वस्तिक की आठ भुजाए–पृथ्वी, अग्नि, जल, वायु, आकाश, मस्तिष्क भाव आदि की प्रतीक माना जाती हैं मुख्य चार भुजायें चारों दिशायें, चार युग सतयुग त्रेता द्वापर व कलियुग, चार वर्णो ब्राह्मण, क्षत्रिय, वैश्य व शूद्र चार आश्रम– ब्रह्मचर्य, गृहस्थ,वानप्रस्थ व सन्यास, चार पुरुषार्थ –धर्म अर्थ, काम, मोक्ष, ब्रह्मा के चार मुख और चार हाथ के प्रतीक चार वेद–ऋजुर्वेद,सामवेद, व अथर्ववेद तथा चार नक्षत्रो –पुष्प चित्रो , श्रवण व रेवती आदि की प्रतीक भी माना जाती है।

ऋग्वेद की एक ऋचा में स्वस्तिक को सूर्य का प्रतीक माना गया है। अमरकोष में इसे पुण्य, मंगल, क्षेम एवं आशीर्वाद के अर्थ में लिया गया है। आचार्य यास्क ने स्वस्तिक को अविनाशी ब्रह्मा की संज्ञा दी है इसे श्री अर्थात् धन की देवी लक्ष्मी का प्रतीक चिह्न भी माना जाता है। इस प्रकार भारतीय संस्कृति में स्वस्तिक का चिह्न

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अपने में अनेक प्रतीकों को समेटे हुये चारो दिशाओं के अतिपति देवताओं, अग्नि, इंद्र वरुण व सोम की पूजा के लिए और सप्तर्षियों से आशीर्वाद प्राप्त किया जाता है। अतः इसके महत्व को समझ कर हमें श्रद्धापूर्वक इसे अपनाना चाहिये।

हिन्दू संस्कृति में ऊँ का उच्चारण अत्यन्त महिमापूर्ण और पवित्र माना गया है। इसके उच्चारण में अउ म् अक्षर आते है, जिसमे 'अ' वर्ण सृष्टि का द्योतक है, 'उ' वर्ण स्थिति दर्शाता है 'म' 'लय' का सूचक है जो ब्रह्मा, विष्णु और महेश का बोध कराता है और इन तीनों शक्तियों का एक साथ आवाहन होता है। ये अक्षर –ऋग्वेद, यजुर्वेद और सामवेद, का भी प्रतिनिधित्व करते हैं। ऊँ की समस्त धर्मा व शास्त्रों का स्रोत है। नाद (ध्वनि) का मूल स्वरूप ऊँकार माना गया है। ऊँ ही नादब्रह्म हैं। ऊँ पराबीजाक्षर है इसी कारण हर शुभ कार्य करने से पहले इसका उच्चारण अनिवार्य है। बीजाक्षर को अत्यन्त रहस्यमय परम शक्तिशाली माना गया है। इसलिए अनादिकाल से साधको में ऊँकार के प्रति अगाध श्रद्धा रही है। ऊँ नादब्रह्म ही संपूर्ण मे गूंज रहा है, जिससे तारामंडल नक्षत्र, ग्रह आदि एक दूसरे से दूरी बनाए परस्पर आकर्षण में एक लय में घूम रहे है।

ऊँ की महिमा के संबंध में अनेक ग्रन्थों में उल्लेख किया गया है
कठोपनिषद् में यमदेव नचिकेता से कहते है–

> सर्वे वेदा यत् पदमानन्ति तपादि सर्वाणि च यद् वदन्ति।
> यदिच्छन्तो ब्रह्मचर्य चरित तत्ते पद संग्रहेण ब्रवीम्योमित्येतत्।[2]

अर्थात सभी वेदों ने जिस पद की महिमा गायी, तपस्वी लोगों ने तपस्या करके जिस शब्द का उच्चारण किया उसी महत्वपूर्ण शक्तियोंको मैं तुम्हें साररूप में बताता हूँ। हे नचिकेता! वेदों का सार तपस्वियों का वचन, ज्ञानियों का अनुभव का अनुभव ऊँ इति एतत्' केवल ऊँ ही है।वह अक्षर (ओंकार/ऊँ) ही तो ब्रह्म है और यह अक्षर परब्रह्म है। इसी अक्षर को जानकर मनुष्य जो कुछ चाहता है। उसको वही मिल जाता। यही अत्युत्तम आलम्बन है, यही ब्रह्म लोक में महिमान्वित होता है। [3]

माण्डूक्य उपनिषद में कहा गया हैं–

> युंजीत प्रणवे चेतः प्रणवों ब्रह्म निर्भयम्।
> प्रणवे नित्ययुक्तस्य न भयः विद्यते क्वचित्।।[4]

अर्थात् चित्त को ऊँ में समाहित करो। ऊँ निर्भय ब्रह्मपद है। ऊँ नित्य समाहित रहने वाले पुरुष का कहीं भी भय नहीं होता। भगवान श्रीकृष्ण ने कहा है–

> ओमित्येकाक्षरं ब्रह्म व्याहरनमामनुस्मरन्।
> यः प्रयाति त्यजन्देहं स याति परमां गतिम्।।[5]

तन के द्वारा प्राण को मस्तक में स्थापित करके योगधारण में स्थित होकर जो पुरुष ऊँ एक अक्षर रूप ब्रह्म का उच्चारण और उसके अर्थस्वरूप मुझे निर्गुण ब्रह्म का चिन्तन करता हुआ शरीर त्याग करता है। वह पुरुष परम गति को प्राप्त होता है। आगेश्रीमद्भगवद् गीता में ही कहा गया है। कि वेद मंत्रो का उच्चारण करने वाले श्रेष्ठ पुरुषो कीं शास्त्र विधि से नियत यज्ञ, दान और तपरूप क्रियायें सदा ऊँ इस परमात्मा को उच्चारण करके ही प्रारम्भ होती हैं।[6]

गोपथ– में कहा गया की ऊँ लगाये बिना किसी मंत्र का उच्चारण करने पर मंत्र निष्फल हो जाता हैं। मंत्र के आगे ऊँ का उच्चारण मंत्र की शक्ति में वृद्धि कर देता है। ऊँ शिव है और मंत्र शक्ति रूप। इसलिए इन दोनो का एक साथ उच्चारण मंत्र में सिद्धि देने वाला है। प्रत्येक स्रोत, उपनिषद्, गायत्री मंत्र, यज्ञ में आहुतियाँ देने वाले मंत्र, सभी अर्चनाये, भगवान को याद करने वाले मंत्र सब ऊँ से ही आरम्भ होते हैं।

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ऊँ को पूर्ण श्रद्धाभाव के साथ ऊंचे दीर्घस्वर में उच्चारण करना चाहिये। इसके उच्चारण से ध्वनि में कंपनशक्ति पैदा होती है। भौतिकशरीर के अणु–अणु पर इसका प्रभाव पडता हैं। मन में एकाग्रता शक्ति जागृत होती है। वाणी में मधुरता आती हैं। सभी संसारी विचारो का लोप हो जाता हैं। जीवनशक्ति ऊर्ध्वगामी होती है। अतः मन को स्वस्थ बनाने के लिए हमें शान्त मन से कुछ समय ऊँ का उच्चारण अवश्य करना चाहिये। वैज्ञानिकों का कहना है कि हमारे सिर में स्थित मस्तिष्क के कई अंग, योग व प्राणायम द्वारा खिंचाव मे नही लाये जा सकते इस लिए ऊँ का उच्चारण उपयोगी है।

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शैक्षिक विचारकों एवं धर्म के संदर्भ में नैतिकता एवं इसकी शिक्षा

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कालेज ऑफ टीचर एजुकेशन, औरंगाबाद (महाराष्ट्र)

प्रस्तुत शोध पत्र में नैतिकता के अर्थ एवं महत्व व उसके स्वरूप को स्पष्ट किया गया है और विभिन्न भारतीय एवं पाश्चात्य दार्शनिकों के अनुसार नैतिकता की व्याख्या की गई है। इसके अतिरिक्त विभिन्न धर्मों में नैतिकता के मूल तत्व को भी बताया गया है। इन सभी विषयों पर वृहद चर्चा की गई है। अंत में नैतिकता के विकास में शिक्षा की भूमिका को स्पष्ट किया गया है।

वर्तमान समाज में आधुनिकता के कारण ही औद्योगीकरण, नगरीकरण, पूँजीवाद, प्रजातंत्र, तकनीकी तंत्र, धर्मनिरपेक्षता, स्वतंत्रता, सामाजिक न्याय, वैश्वीकरण, उदारीकरण एवं निजीकरण आदि मूल्यों का उदय हुआ है, जिससे भारतीय संस्कृति एवं सामाजिक संरचना में अत्यधिक परिवर्तन हुए है। भारतीय समाज में बहु–समूह (हिन्दू, मुस्लिम, सिक्ख, ईसाई एवं आदिवासी) है, प्रत्येक समूह की अपनी अलग–अलग परम्पराएँ है। आधुनिकीकरण का प्रभाव सभी पर पड़ रहा है लेकिन यह प्रभाव कभी भी एक समान नही पड़ता। हिन्दू सामाजिक व्यवस्था पर अलग और मुस्लिम सामाजिक व्यवस्था पर अलग, गाँवों में अलग और शहरों में अलग। अतः आधुनिकीकरण की प्रक्रिया में या तो परम्पराओं का आधुनिकीकरण हो जाता है या वे आधुनिकता के प्रभुत्व में आकर ओझल हो जाती हैं। आधुनिकता के द्वारा जहाँ एक ओर समाज में प्रजातंत्र, समानता, स्वतंत्रता, सामाजिक न्याय, धर्मनिरपेक्षता एवं मानवाधिकार आदि मूल्य विकसित हुए हैं वहीं दूसरी ओर कई अत्यन्त आवश्यक मूल्यों का ह्रास भी हो रहा है। आधुनिकता का यह अर्थ नही है कि नैतिक मूल्यों की अवहेलना की जाय। आधुनिकता तभी जीवनदायक शक्ति के रूप में बनी रह सकती है, जब वह आत्मिक शक्ति से प्रेरणा ग्रहण करे।हम आज देख रहे है कि चारों तरफ हिंसा, अराजकता और भ्रष्टाचार की भयावह स्थिति व्याप्त है। शायद ही ऐसा कोई दिन गुजरता हो, जब समाचार पत्रों में उर्पयुक्त आशय की सुर्खिया मुख्या पृष्ठ पर न दिखाई देती हो। वर्तमान समय में अपराधों का ग्राफ दिनों–दिन बढ़ता जा रहा है। सामाजिक जीवन अस्त–व्यस्त हो रहा है। गरीबों, असहायों का शोषण बढ़ रहा है। व्यक्ति स्वार्थी, अवसरवादी, भोगी, चाटुकार व कर्त्तव्य विमुख हो रहा है। मानव जीवन अशान्त हो गया है। आज संसार जिस तीव्र गति से प्रगति कर रहा है, उस रफ्तार से यदि किसी चीज़ में सर्वथा गिरावट आई है तो वह है नैतिक मूल्यों में आता तीव्र क्षरण। आज अनेक प्रकार के प्रलोभन हमारे विवेक तथा स्वाभिमान को निगल रहे हैं। अधिकाधिक धन अर्जित करने की लालसा मनुष्य पर इस कदर हावी होती जा रही है कि वह अच्छे–बुरे की परख किए बिना रात–दिन दौलत कमाने में लगा हुआ है। आज समाज में परिस्थितियाँ बदलती जा रही हैं, वैयक्तिक एवं सामाजिक मूल्यों का ह्रास हो रहा है। बुद्ध और गाँधी की इस धरती पर हिंसा बढ़ती जा रही है। जहाँ पर सत्यवादी हरिश्चन्द्र सरीखे व्यक्ति हुए वहाँ आज भ्रष्टाचार का साम्राज्य व्याप्त है। इसका क्या कारण है? इसका सबसे महत्वपूर्ण कारण हमारे जीवन में नैतिक मूल्यों का ह्रास होना है। अतः हमें नैतिकता के सही अर्थ, स्वरूप एवं उसके महत्व को समझने की आवश्यकता है। इसके साथ ही यह भी जानना चाहिये कि विभिन्न शैक्षिक चिंतको ने इसके सम्बन्ध में क्या विचार व्यक्त किये है। विभिन्न धर्मों के अनुसार नैतिकता के क्या तत्व बताये गये है और विद्यार्थियों के नैतिक विकास में भूमिका शिक्षा की क्या भूमिका हो सकती है।

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नैतिकता का अर्थः–

शाब्दिक अर्थः–नैतिकता शब्द ''नैतिक'' का भाववाचक संज्ञा रूप है। नैतिक शब्द नीति से बना है जिसका तात्पर्य–मार्ग दर्शन ले जाने की क्रिया या ले चलना होता है। कुमार्ग से हटाकर सद्मार्गों पर ले चलना ही नीति है–चाहे वह राजनीति हो, धर्मनीति हो या अन्य कोई नीति हो। नीति शब्द के लिए अंग्रेजी में (Moral) शब्द प्रयुक्त होता है। जिसका अर्थ होता है उचित–अनुचित व्यवहार को बताने वाले सिद्धान्त।

ऐसा व्यवहार जिसके अनुकूल चलने से अपनी तथा दूसरों की रक्षा हो सके। अंग्रेजी में नैतिकता को Morality मोरैलिटी कहते है। जो लैटिन शब्द 'मोरस' से बना है जिसका अर्थ–प्रथाएँ लोकरीतियाँ या शिष्टाचार है।

सामान्य अर्थः– नैतिकता वह गुण है जिससे समाज के प्रत्येक व्यक्ति तथा समाज का हित होता रहे। व्यक्ति के व्यवहार को समाज के अनुकूल बनाने के लिए कुछ ऐसे नियम होते हैं जिन पर चलकर व्यक्ति अपना तथा समाज का हित करता है इन नियमों के योग का नाम नैतिकता है। ''समाज अपने सदस्यों से जिन व्यवहारों को करने की आशा रखता है अथवा जो व्यवहार सामाजिक मूल्यों के अनुरूप होते है, उन्ही व्यवहारों को करना समाज के सदस्यों की नैतिकता कहलाती है। सत्यता, परोपकार, त्याग, संयम आदि गुण नैतिकता की कसौटी है। समाज में कुछ इस प्रकार के विचार या नियम विकसित होते हैं जिनके आधार पर हमें यह पता चलता है कि क्या उचित है और क्या अनुचित है। इसमें अच्छे–बुरे का ज्ञान सम्मिलित है, अच्छा वह है जो नियमानुसार है और बुरा वह है जो नियमानुसार नहीं है।नैतिकता एक प्रकार की आचार संहिता है। नैतिक नियम कर्त्तव्य–परायणता, न्याय तथा सत्यता के सिद्धान्तों पर आधारित होता है। अतः नैतिकता आचरण से संबंधित है। सद्व्यवहार समस्त मानव जीवन को विकसित करने वाला गुण है।

विभिन्न विचाराकों के अनुसार नैतिकताः–नैतिकता का अर्थ जान लेने के पश्चात हमें यह जान लेना भी आवश्यक है कि विभिन्न भारतीय एवं पाश्चात्य विचारकों ने नैतिकता को किस प्रकार परिभाषित करने का प्रयास किया है।

भारतीय विचारकों के अनुसारः–डा0 एस0 राधाकृष्णनः ''वह नैतिकता को व्यक्ति के बौद्धिक, सामाजिक एवं आध्यात्मिक उन्नति के विकास का आधार मानते थे। उनके विचार से नैतिकता सद्गुणों का समन्वय मात्र नहीं है बल्कि यह एक व्यापक गुण है तथा इसका प्रभाव मनुष्य के सभी क्रियाकलापों पर पड़ता है और इससे हमारा व्यक्तिव भी प्रभावित होता है।'' **(शर्मा, 1999)**

महात्मा गॉधीः–''इन्होनें नैतिकता को परिभाषित करते हुए कहा है कि ''नैतिक कार्य में सदा सार्वजनिक कल्याण की भावना विद्यमान रहती है। उनका लाभ उसको या उसके परिवार को ही नहीं मिलता वरन् उसमें प्रत्येक मानव के लिए दया भाव निहित होता है। कार्य अच्छा हो, यह पर्याप्त नहीं, उसके करने के पीछे इरादे का होना भी आवश्यक है। कोई दया से द्रवित होकर दरिद्र को भोजन करा देता है और कोई मान प्रतिष्ठा की प्राप्ति के लिए भोजन कराये तो पहले का कार्य नैतिक हुआ तथा दूसरे का कदापि नहीं।'' **(चौधरी, 2008)**

मदन मोहन मालवीयः– इनका विचार था, कि ''नैतिकता मनुष्य की उन्नति का मूल आधार है। नैतिकता से रहित व्यक्ति पशुओं से भी निकृष्ट है। नैतिकता के अभाव में मनुष्य अथवा देश का पतन निश्चित है। अतः नैतिकता हमारा व्यापक गुण है और किसी भी कीमत पर हमें इसे नहीं छोड़ना चाहिए।'' अतः नैतिकता को दूसरे शब्दों में इस प्रकार भी परिभाषित कर सकते हैं, ''नैतिकता उस व्यापक गुण को कहते हैं जिससे व्यक्ति समाज में उन्नति सम्मान एवं प्रतिष्ठा प्राप्त करना है और दूसरों के लिए उदाहरण बन जाता है।'' **(शर्मा, 1999)**

चक्रवती राजागोपालाचार्यः–विद्यार्थियों का चरित्र निर्माण नैतिक शिक्षा से ही संभव है और उसी के आधार पर राष्ट्र का विकास व निर्माण हो सकता हैं। **(शर्मा, 1999)**

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प्रो0 बैजनाथ शर्मा जी के शब्दों में:—''नैतिकता की परिभाषा यह हो सकती है कि परहित की भावना से की गयी सभी क्रियायें एवं कार्य नैतिक तथा स्वार्थ की संकुचित सीमा में जकड़ी हुयी समस्त क्रियाऐं और कार्य अनैतिक कहे जा सकते है।'' **(शर्मा, 1999)**

पाश्चात्य विचारकों के अनुसारः—
कान्ट—''शास्त्र नियमों के पालन में ही नैतिकता विद्यमान रहती है और नैतिक प्रशिक्षण के द्वारा ही पाशविक स्वभाव की मानवीय स्वभाव में परिवर्तित कर अनुशासित करना ही नैतिकता है।'' **(शर्मा, 1999)**

डा0 रिकमैन—इन्होनें अपनी पुस्तक **''ईयर बुक ऑफ एजुकेशन (1912)''** में यह विचार व्यक्त किया है कि—''नैतिकता के सम्बन्ध में छोटे रास्ते न तो छोटे होते हैं और न नैतिक। नैतिकता किसी में उपजाई नहीं जा सकती है वरन् यह तो अपने ढंग से तथा अपने समय से ही विकसित होती है। नैतिकता व्यवहार के किसी स्तर के अनुसार व्यवहार करना नहीं है वरन् यह तो अपने ढंग से तथा अपने समय से ही विकसित होती है। नैतिकता व्यवहार के किसी स्तर के अनुसार व्यवहार करना नहीं है, यह तो हमारे मस्तिष्क में स्थापित अच्छे सम्बन्धों की जिन्हें हम सभी के व्यवहारों तथा कार्यों में देखते हैं इस सब की अभिव्यक्ति है।'' **(शर्मा, 1999)**

डीवी—डीवी का नैतिक शिक्षा के बारे में मत है कि ''संसार में प्रक्रिया व परिवर्तन चलते रहते हैं अतः मूल्य कभी अपने आदर्श रूप से स्थिर नहीं रह सकते है वे तो व्यक्ति के व्यक्तिगत सामाजिक कार्यों तथा गतिविधियों से निरस्त होते है। अतः विचार कार्यों से ही उद्भूत होने चाहिए एवं कार्यों के अधीन भी।'' **(शर्मा, 1999)**

हरबार्ट—''निरन्तर प्रवृत्तियों का दमन एवं उच्चतर विचारों का सृजन ही नैतिकता है।''
मैकाइवर—''नैतिकता का तात्पर्य नियमों की उस व्यवस्था से है जिसके द्वारा व्यक्ति का अन्तःकरण अच्छे और बुरे का बोध प्राप्त करता हैं।'' **(मुखर्जी एंव अग्रवाल, 1997)**

प्रो0 किंग्सले डेविस—''नैतिकता कर्त्तव्य की भावना अथवा उचित व अनुचित पर बल देती है।''
अथवा
''नैतिकता कर्त्तव्य की वह आन्तरिक भावना है जिसमें उचित—अनुचित का विचार सन्निहित हो।'' **(मुखर्जी एंव अग्रवाल, 1997)**

हरलॉक (1956):—हरलाक ने नैतिकता को परिभाषित करते हुए लिखा है—''सामाजिक समूहों की आचार संहिता के अनुरूप व्यवहार करना ही नैतिकता है।''

नैतिकता के सम्बन्ध में विभिन्न विद्वानों के मतों का विश्लेषण करने पर हम इस निष्कर्ष पर पहुचँते है कि जिन गुणों के कारण मानव को मानव कहा जाता है उन गुणों को अपने व्यवहार, आचरण एवं चरित्र में लाना ही नैतिकता है। अतः नैतिकता का अभिप्राय सद्व्यवहार, सदाचार एवं सच्चरित्रता से ही है।

नैतिकता के स्वरूप के विषय में विभिन्न दार्शनिकों के मतः—नैतिकता के विषय में विभिन्न भारतीय एवं पाश्चात्य दार्शनिकोंके मत भिन्न—भिन्न हैं, जो इस प्रकार हैं—
भारतीय दार्शनिकों के अनुसारः—महात्मा गाँधीः—हरबर्ट महोदय की भाँति गाँधी जी ने भी शिक्षा का प्रमुख उद्देश्य नैतिक या चरित्र निर्माण करना बताया। उन्होनें अपनी आत्मकथा में चरित्र निर्माण के उद्देश्य को प्रथम स्थान दिया है। उन्होनें लिखा कि ''समस्त ज्ञान का उद्देश्य चरित्र—निर्माण का आधार होना चाहिये। व्यक्तित्व पवित्रता को समस्त चरित्र—निर्माण का आधार होना चाहिये। चरित्र के बिना शिक्षा और पवित्रता के बिना चरित्र व्यर्थ है। इन्होनें जीवन की सुख—समृद्धि के लिए श्रम, नैतिकता एवं चरित्र के महत्व को स्वीकार किया है। ये इन्हें ही मानव जीवन के मूल्य मानते थे। इन्होनें इसकी प्राप्ति के एकादश व्रत (सत्य, अहिसां, ब्रहमचर्य, अस्वाद, आस्तेय, अपरिग्रह, अभय, अस्पृश्यता, कायिक श्रम, सर्वधर्म समभाव एवं विनम्रता) के पालन पर बल दिया।
रविन्द्रनाथ टैगोरः— टैगोर ने मनुष्य को एक नैतिक प्राणी बताया है और कहा है कि वह प्रकृति से ही नैतिक है। नैतिकता को लोग क्यों स्वीकार करते हैं। टैगोर का विचार है कि मनुष्य को संसार के कर्मों को छोड़कर

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सन्यासी जीवन व्यतीत नहीं करना चाहिये बल्कि उसे संसार में रहकर अपना कर्म करना चाहिए और आध्यात्मिक आनन्द प्राप्त करना चाहिये। टैगोर ने नैतिक जीवन व्यतीत करने के लिए नियन्त्रण एवं स्वतन्त्रता दोनों को महत्व दिया है। ये मानवतावादी व्यक्ति थे। ये मानव को अच्छा मानव बनाने पर बल देते थे। अच्छे मानव का इनका अपना सम्प्रत्यय था, एक ऐसा मानव जो विश्व भर के मानवों में भेद नही करता। इसके लिए गुरूदेव ने नैतिक नियमों, ब्रह्मचार्य, अनुशासन, ध्यान और साधना आदि की चर्चा की है और उनके पालन के लिए आन्तरिक शक्ति, आन्तरिक स्वतंत्रता, आत्मानुशासन और ज्ञान को आवश्यक माना है।

स्वामी विवेकानन्दः– नैतिकता से इनका तात्पर्य सामाजिक नैतिकता और धार्मिक नैतिकता दोनो से था और चारित्रिक विकास से था जो मनुष्य को सत्य मार्ग पर चलने में सहायक हो और उसे असत्य मार्ग पर चलने से रोके।

महायोगी श्री अरविन्द घोषः– श्री अरविन्द का विचार है कि मनुष्य की आर्थिक व्यवस्था में मानसिक प्रकृति नैतिकता पर टिकती है और मन की वह शिक्षा जो नैतिकता एवं भावनात्मकता से दूर है, मनुष्य जाति की प्रगति के लिए हानिकारक है।

डा0 सर्वपल्ली राधाकृष्णनः– इनका स्पष्ट मत था कि संसार में वास्तविक सुख, शान्ति, भौतिक–समृद्धि की प्राप्ति से नही, आध्यात्मिक विकास से प्राप्त की जा सकती है, नैतिक आचरण से प्राप्त की जा सकती है। वे सामाजिक नैतिकता के स्थान पर धार्मिक नैतिकता के पक्षधर थे। उनका तर्क था कि सामाजिक नैतिकता संकीर्ण होती है और धार्मिक नैतिकता संसार को एक मानती है, सम्पूर्ण मानव जगत को एक मानती है और विश्व कल्याण में विश्वास करती है। वे मनुष्यों को धार्मिक नैतिकता एवं धार्मिक मूल्यों पर आधारित आचरण करने पर बल देते थे।

आचार्य विनोबाभावेः– यह गॉधी जी के सच्चे अनुयायी थे। ये गॉधी जी के एकादश व्रत का स्वयं पालन करते थे और लोगों को इने पालन का उपदेश देते थे। ये इन्हें ही मानव जीवन का मूल्य मानते थे। इनका विश्वास था कि जब तक मनुष्यों में मानवीय एवं आध्यात्मिक मूल्यों का निर्माण नहीं किया जाता और उनका नैतिक विकास नही किया जाता तब तक हम उनसे उचित आचरण की आशा नहीं कर सकते।

गोपाल कृष्ण गोखलेः– गोखले जी नैतिक नियमों के पालन को आवश्यक मानते थे और चरित्र बल की श्रेष्ठता स्वीकार करते थे। गोखले सत्य, ईमानदारी और सेवा को मानव जीवन का आधारभूत मूल्य मानते थे।

गिजु भाईः– गिजु भाई धर्म और नैतिकता को मनुष्य जीवन का आधार मानते थे। इनकी दृष्टि से हर मनुष्य को सत्य, अंहिसा एवं ईमानदारी का पालन करना चाहिए और प्राणी मात्र के प्रति प्रेम, स्नेह, करूणा, दया एवं परोपकार का भाव रखना चाहिए। नैतिकताविहीन मनुष्यों को यह मनुष्य नही मानते थे।

राजाराम मोहन रायः–ये प्रेम, दया, दान एवं परोपकार को मानव जीवन के मूल्य मानते थे। ये विश्वबन्धुत्व के हामी थे, नैतिकता को भी विश्व नैतिकता के रूप में लेते थे, एक ऐसी नैतिकता के रूप में लेते थे जो मनुष्य को विश्वभर के मनुष्यों के हित की ओर अग्रसर करती हो। ऐसे ही मनुष्यों को ये चरित्रवान मनुष्य मानते थे।

इनके अनुसार संसार के सभी मनुष्यों को एक–दूसरे से प्रेम करना चाहिए, एक दूसरे की सहायता करनी चाहिए और दीन–हीनों की सहायता करनी चाहिए। इसी को मानवीय नैतिकता और सच्चा आचरण मानते थे।

पाश्चात्य दार्शनिकों के अनुसारः–

सुकरातः– सुकरात मूल रूप से आचार शास्त्री थे। इनका मुख्य चिन्तन क्षेत्र नैतिकता, सदाचार और न्याय जेसे विषय थे। ये नैतिक नियमों–सत्य, न्याय, ईमानदारी एवं सदाचार आदि को शाश्वत मानते थे, उनकी दृष्टि से इनका स्वरूप किसी व्यक्ति अथवा राष्ट्र द्वारा निश्चित नही किया जा सकता। ये तो शाश्वत है जिनके स्वरूप को आत्मा द्वारा देखा समझा जा सकता हैं ये इन शाश्वत नैतिक नियमों एवं मूल्यों के वास्तविक स्वरूप को समझने एवं इनका पालन करने पर बहुत बल देते थे।

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प्लेटोः– सत्यं, शिवम और सुन्दरम को शाश्वत मूल्य मानते थे। उनके अनुसार इसकी प्राप्ति के लिए मनुष्य को नैतिक जीवन व्यतीत करना चाहिए। इसके लिए ये मनुष्य में चार सद्गुणों–संयम, धैर्य, ज्ञान एवं न्याय का होना आवश्यक मानते थे। प्लेटो कहते है कि इन गुणों को प्राप्त करने मे तृष्णा सबसे बड़ा बाधक तत्व है। यह हमें अनैतिकता की ओर खींचती है अतः आवश्यक है कि विवेक से इस पर नियंत्रण किया जाये। पुनः प्रश्न यह उठता है कि तृष्णा पर विवेक की विजय कैसे हो सकती है। प्लेटो कहते है कि मनुष्य को सामाजिक हित के लिए स्वंय के हित का त्याग करना चाहिए। ऐसा करने से मनुष्य अनैतिक कार्यो से बच जाएगा और उसमें विवेक की जागृति होगी तथा यह विवेक उसे वास्तविक सुख की उपलब्धि कराएगा।

प्लेटो राष्ट्रभक्त नागरिकों के निर्माण पर बल देते थे। इनका स्पष्ट मत था कि प्रत्येक नागरिक को राज्य द्वारा बनाए गए नियमों का पालन करना चाहिए। इसे ये राज्य नैतिकता कहते थे और राज्य से ये अपेक्षा करते थे कि वह ये नियम राज्य, समाज और व्यक्ति सभी के हितो को सामने रखकर बनाये। सच बात यह है कि ये राज्य को भी नैतिक नियमों से चलाने के पक्ष में थे। अतः ये शिक्षा द्वारा राज्य के शासन को चलाने वालो को मानवीय नैतिकता और सामान्य नागरिकों को राज्य नैतिकता की शिक्षापर बल देते थे। प्लेटो ने स्पष्ट किया कि जहाँ तक सद्गुणों की बात है उनकी आवश्यकता तो व्यावहारिक दृष्टि से भी है परन्तु व्यावहारिक दृष्टि से आवश्यक नैतिकता और आध्यत्मिक उन्नति के लिए आवश्यक नैतिकता में अन्तर होता है। व्यावहारिक दृष्टि से मनुष्य को राज्य द्वारा निश्चित नियमों का पालन करना होता है, प्लेटो का तर्क है कि मनुष्य राज्य नैतिकता का पालन करते हुए ही आध्यात्मिक नैतिकता की ओर बढ़ता है। अर्द्ध–सत्यम, अर्द्ध–शिवम एवं अर्द्ध–सुन्दरम से पूर्ण सत्यम, पूर्ण शिवम एवं पूर्ण सुन्दरम की ओर बढ़ता है। प्लेटो.का तर्क है कि पूर्ण सत्यम, पूर्ण शिवम एवं पूर्ण सुन्दरम की प्राप्ति का अर्थ है आत्मा–परमात्मा की प्राप्ति।

अरस्तूः–अरस्तू किन्हीं शाश्वत मूल्यों एवं नैतिक नियमों में विश्वास नहीं करते थे। इन्होंने अपनी पुस्तक **'निकोमेकियन इथिक्स'** में स्पष्ट किया है कि सद्गुणों को सीमा में नही बॉधा जा सकता। यही कारण है कि इन्होंने सद्गुणो की कोई सूची प्रस्तुत नहीं की है। इन्होंने स्पष्ट किया कि जीवन की भिन्न–भिन्न परिस्थितियों में भिन्न–भिन्न प्रकार का आचरण करना होता है और कोई भी एक आचरण एक परिस्थिति में सही होता है, यह जरूरी नहीं कि वह दूसरी परिस्थिति में भी सही हो, हॉ किसी भी परिस्थिति में किसी भी व्यापक नियम को ध्यान में रखकर आचरण करना चाहिए। अरस्तू के अनुसार यह व्यापक नियम मध्यम मार्ग होना चाहिए। उदाहरणार्थः–सामान्यतः साहस को अच्छाई माना जाता है और पलायन को बुराई। अरस्तू के अनुसार इनका निर्णय हमें परिस्थिति के अनुसार करना होगा कि हमें किस परिस्थिति में साहस से काम करना चाहिए और किस परिस्थिति में पलायन करना चाहिए और यह निर्णय करने के लिए मनुष्य को व्यावहारिक ज्ञान होना आवश्यक है।

कमेनियसः– कमेनियस इस भौतिक जीवन को सुखपूर्वक जीने और आध्यात्मिक जीवन की प्राप्ति दोनो के लिए मनुष्यों को सबसे बड़ा सद्गुण और नैतिकता का होना आवश्यक मानते थे। ये मानव सेवा को मनुष्य को सबसे बड़ा सद्गुण इस जीवन को दुख दूर होते हैं वे सूखपूर्वक रहते है और ईश्वर भी ऐसे मनुष्यों से प्रसन्न होता है और उन्हें अपने पास स्थान देकर अनन्त आनन्द देता है। नैतिकता के विकास से कमेनियमस का तात्पर्य मनुष्यों को अनैतिक कार्यो से रोकने और नैतिक कार्यो की ओर उन्मुख करने से था। कमेनियस धार्मिक नैतिकता के पक्षधर थे।

पेस्टालॉजीः– इन्होनें धार्मिकता और नैतिकता के पालन पर बल दिया है परन्तु ये धर्म के बाह्य आडम्बरों में विश्वास नहीं करते थे। इनकी दृष्टि से धर्म और नैतिकता का सम्बन्ध हृदय से है, जब तक मनुष्य के हृदय में प्रेम, दया, करूणा एवं सेवाभाव का विकास नही होता और वह जीवन में इनका पालन नहीं करता, उसे धार्मिक एवं नैतिक नहीं कहा जा सकता है।

जान फ्रैडरिक हरबार्टः–हरबार्ट मनुष्यों में पाँच नैतिक सद्गुणों एवं मूल्यों का होना आवश्यक मानते थे।

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1. सद्इच्छा (ज्ञान एवं विष्वास में सामंजस्य)
2. सद्भावना (सामाजिकता)
3. समानता (मनुष्यों की अभेदता)
4. न्याय (नियमों का पालन)
5. पूर्णता (आत्म–ज्ञान)

इनकी दृष्टि से आन्तरिक स्वतन्त्रता ही सद्गुण है और यह सद्गुण अच्छे–बुरे का निर्णय करने की शक्ति है। हरबर्ट के अनुसार सद्गुण के पाँच तत्व होते है (1) अर्न्तदृष्टि (2) पूर्णता का विचार (3) सद्भावना का विचार (4) अधिकार का विचार (5) समवृति (समभाव)। मनुष्य में ये तत्व अच्छे कार्य के अभ्यास से उत्पन्न होते हैं इसलिए मनुष्य को सदैव अच्छे कर्म करने चाहिए।

हरबर्ट के अनुसार सम्पूर्ण शिक्षा नैतिकता पर आधारित होनी चाहिए। नैतिकता का तात्पर्य अच्छाई को ग्रहण करना और बुराई को त्यागने से है जिसका ज्ञान हमें अन्तः प्रज्ञा से होता है।

हरबार्ट ने नैतिकता को धर्म का कलेवर नही दिया जिससे अन्धविश्वास एवं संकीर्णता की वृद्धि होती है बल्कि उसने नैतिकता के लिए सामाजिक स्तर पर कुछ आदर्ष व मान्यता बताई है जिन्हें वह सद्गुण के नाम से सम्बोधित करता है।

हरबार्ट नैतिकता व सद्गुणों की व्याख्या सामाजिक मान्यता के सन्दर्भ में करता है और नैतिकता व सद्गुणों से सम्पन्न व्यक्ति को चरित्रवान व्यक्ति मानता है, हरबार्ट इसी नैतिकता व सद्गुणों के विकास की प्रक्रिया को शिक्षा मानता है जिसके द्वारा व्यक्ति की उच्च प्रवृत्तियाँ निम्न प्रवृत्तियों पर विजय प्राप्त करती हैं। इसी दृष्टिकोण को सामने रखते हुए हरबार्ट ने शिक्षा को परिभाषित करते हुए लिखा है–''जिसके द्वारा हमारी ऊँची प्रवृत्तियाँ, निम्न प्रवृत्तियों पर विजय प्राप्त करती है, उसी का नाम शिक्षा है, शिक्षा नैतिकता की विचारधारा में सन्निहित है। **(शर्मा, 1999)**

जान डीवीः– डीवी अपने जीवन के प्रारम्भिक काल में आदर्षवाद से प्रभावित थे उस समय इन्होंने धार्मिक एवं नैतिक शिक्षा के महत्व को स्वीकार किया था। परन्तु अपने जीवन के अन्तिमकाल में ये जेम्स के प्रयोजनवाद से प्रभावित हुए। उस समय ये प्रत्येक ज्ञान एवं क्रिया को वास्तविक जीवन की कसौटी पर कसने लगे, मानव जीवन के लिए उसी उपयोगिता की दृष्टि से देखने–समझनें लगे और उसी ज्ञान एवं क्रिया का समर्थन करने लगे जिसकी मानव जीवन में उपयोगिता हो। इन्होनें स्पष्ट किया कि इस जीवन की दृष्टि से धार्मिक नैतिकता में कोई ऐसे तत्व है जिनकी व्यष्टि एवं समाज के वास्तविक जीवन में कोई उपयोगिता है तो उसमें बच्चों को अवष्य प्रशिक्षित किया जाए, परन्तु धर्म के नाम पर नही, सामाजिक क्रियाओं में भाग लेते अनुभवों के आधार पर। ये ऐसी सामाजिक नैतिकता के हामी थे जिससे व्यष्टि एवं समाज दोनों का हित हो। इनकी दृष्टि से स्वतन्त्रता, समानता एवं भ्रातृत्व मूलभूत सामाजिक मूल्य एवं नैतिकता है।

रूसोः– मनुष्य से सरल एवं शुद्ध आचरण की अपेक्षा करते थे, उससे प्रेम एवं सहयोग के साथ रहने की अपेक्षा करते थे और उससे एक–दूसरे से झूठ न बोलने, फरेब न करने एवं एक–दूसरे का शोषण न करने की अपेक्षा करते थे। इसे रूसो ने एक शब्द–सत्संकल्प में अभिव्यक्त किया है। सत्संकल्प को ये सबसे बड़ा मूल्य मानते थे।

हरबर्ट स्पेन्सरः–ये प्राकृतिक एवं सामाजिक नैतिकता के हामी थे। इनका तर्क था कि धर्म हमें अन्ध विश्वासों की ओर ले जाता है, वास्तविक नैतिकता का विकास प्राकृतिक एवं सामाजिक क्रियाओं में भाग लेते हुए स्वयं होता है, परन्तु आज संसार के अधिकतर शिक्षा–शास्त्री धर्म के महत्व को स्वीकार करते हैं और धर्म आधारित नैतिकता ही स्थायी नैतिकता होती है।

कार्ल हेनरिक मार्क्सः–मार्क्स धर्म और धार्मिक शिक्षा के कठोर विरोधी थे। ये किसी शाश्वत नैतिकता में विश्वास नहीं करते थे। ये धर्म आधारित नैतिकता के स्थान पर समाज आधारित नैतिकता के पक्ष में थे,

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बहुहिताय नैतिकता के पक्ष में थे। इनकी दृष्टि से नैतिकता का आधार सामाजिक और आर्थिक व्यवस्था होना चाहिए। श्रम को ये सबसे बड़ा नैतिक मूल्य मानते थे।

फ्रोबेलः— शाश्वत नैतिक नियमों एवं मूल्यों में विश्वास करते थे। इनकी दृष्टि से नैतिकता व्यक्ति, समाज एवं राष्ट्र सापेक्ष नहीं होती, देशकाल सापेक्ष नहीं होती, यह ईश्वर द्वारा निश्चित होती है, शाश्वत होती है, सार्वभौमिक एवं सार्वकालिक होती है। इनकी दृष्टि से सत्य, शिवम एवं सुन्दरम शाश्वत मूल्य है मनुष्य का आचरण इन्ही पर आधारित होना चाहिए।

प्रो0 हाइटहेडः— नैतिकता से इनका तात्पर्य ईसाई नैतिकता से था जिसका मूल ईश प्रार्थना एवं मानव सेवा है। मानव सेवा को ये मनुष्य जीवन का सबसे बड़ा मूल्य मानते थे। इनका तर्क था कि ईश प्रार्थना मनुष्य को दुष्कर्मों से बचाती है और सतकर्मो की ओर प्रवृत करती है और मानव सेवा में सतकर्मा का सम्पादन होता है। व्हाइटहेड का यह भी विश्वास था कि मानव सेवा को जीवन का मूल्य मानने वाला व्यक्ति अन्य सभी मानवीय मूल्यों, सत्यता एवं ईमानदारी आदि का सदैव पालन करता है।

सभी धर्मो के अनुसार नैतिकताः— विश्व के प्रायः सभी सम्मुख धर्मो में तात्विक दृष्टि से एकता पायी जाती है। सभी धर्म एक ही प्रकार के नैतिक नियमों पर आधारित है। आदिकाल से ही मनुष्य धार्मिक जीवन को पवित्र एवं श्रेष्ठतर मानता चला आया है। मानव सभ्यता के क्रमिक विकास के साथ ही इस धरती पर अनेक धर्मो का जन्म हुआ। भारत में हिन्दू, मुस्लिम, जैन, बौद्ध और सिक्ख धर्म प्रमुख है जबकि एशिया और यूरोप में ईसाई, इस्लाम, यहूदी, ताओ, फारसी, बहाई आदि धर्मो का उदय हुआ। इन सभी धर्मो ने प्रेम, करुणा, अहिंसा, परोपकार, त्याग और ज्ञान के माध्यम से समय—समय पर मानव जाति के अभ्युदय के लिए नया मार्ग प्रशस्त किया तथा उन्हें अवलोकित किया। वस्तुतः प्रेम, करुणा, सत्य, अहिंसा, दया, परोपकार जैसे कुछ महत्वपूर्ण तत्व प्रायः सभी धर्मो में समान रूप से पाये जाते है। यही समस्त धर्मो का मूल्य तत्व है। विश्व के कुछ प्रमुख धर्मो की प्रमुख बातों को निम्नांकित शब्दों द्वारा स्पष्ट किया गया है।

इस्लाम धर्म के मूल तत्वः— (1) सत्य बोलना (2) चोरी न करना (3) बुरे कार्यो से दूर रहना (4) ईश्वर पर विश्वास (5) दान देना (6) सभी के साथ भाई—चारे का व्यवहार करना (7) बच्चों को प्यार करना (8) समानता का व्यवहार करना (9) वृद्धों की आज्ञा का पालन करना (10) अपने पड़ोसी की सहायता करना।

हिन्दू धर्म के मूल तत्वः— (1) शुद्ध आचरण (2) सद्व्यवहार (3) नैतिकता और नीति धर्म का पालन (4) अहिंसा का पालन (5) उदारता, दया, विनम्रता तथा सदाचार (6) चोरी न करना (7) धार्मिक सहिष्णुता (8) सर्वधर्म समभाव (9) सम्पूर्ण प्राणियों के प्रति कल्याण की भावना (10) ज्ञान को महत्व न देना।

बौद्ध धर्म के मूल तत्व :— (1) ब्रह्मचर्य जीवन का पालन (2) चोरी न करना (3) असमय भोजन न करना (4) अहिंसा का पालन (5) सत्य वचन (6) कामिनी कंचन का त्याग (7) कुविचारों का त्याग (8) सुगंधित पदार्थो का त्याग (9) मध्यम मार्ग का अनुसरण (10) समता को स्थापित करना।

जैन धर्म का मूल तत्वः— (1) सत्य वचन (2) अंहिसा का पालन (3) पराई वस्तु को ग्रहण न करना (4) धन संग्रह न करना (5) किसी का बुरा न चाहना (6) चोरी न करना (7) यम—नियम पर बल देना।

ईसाई धर्म के मूल तत्वः— (1) नैतिकता में दृढ़ विश्वास (2) ईश्वर के प्रति निष्ठा रखना (3) समाज में दीन—हीनों की सेवा करना (4) प्रेमवत् व्यवहार करना (5) सत्य बोलना (6) सभी के प्रति मैत्री भाव रखना (7) सात्विक जीवन अपनाना।

सिक्ख धर्म के मूल तत्वः— (1) सत्य बोलना (2) चोरी न करना (3) गुरु को सर्वोपरि महत्व देना (4) सभी व्यक्तियों को समान देखना (5) दान, दया और विनम्रता का पालन करना (6) सत्य प्रेम करुणा और अहिंसा के द्वारा ईश्वर की प्राप्ति करना।

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पारसी धर्म के मूल तत्वः–(1) चरित्र की श्रेष्ठता (2) उत्तम विचार व श्रेष्ठ वचन (3) चरित्र की शुद्धता (4) ईमानदारी (5) निःस्वार्थ रहना (6) समानता का व्यवहार (7) सदभावना, प्रेम तथा सहयोग करना। (8) त्याग, एकता उदारता का आदर्श प्रस्तुत करना।

कन्फ्यूशियस धर्म के मूल तत्वः–(1) चरित्र की पवित्रता (2) विचारों व कर्मो में दृढ़ता (3) सदाचार का पालन (4) स्वावलम्बन, परोपकार, उदारता, प्रेम और त्याग का पालन (5) समाज सेवा

इसके अतिरिक्त एन0 एल0 गुप्त के अनुसार हिन्दू, इस्लाम, सिख, जैन, बौद्ध आदि धर्मों में निम्न मूल्य उभयनिष्ठ है–(1) चोरी न करना (2) सहनशीलता (3) आत्मानुशासन (4) सत्य (5) अहिंसा (6) ब्रह्मचर्य (7) शुचिता (8) तप (9) ईश्वर–भक्ति (10) क्षमा (11) करूणा (12) सादा जीवन (13) स्पष्टवादिता (14) साहस (15) मित्रता (16) संतोष (17) सत्संग (18) निःस्वार्थता (19) मनन (20) सेवा भाव (21) घृणा से मुक्ति (22) परोपकार (23) समानता (24) कर्त्तव्य–परायणता (25) वस्तुओं का संग्रह न करना (26) पवित्र अध्ययन (27) आध्यात्मिक बुद्धिमानी (28) इन्द्रिय–नियंत्रण (29) धर्म परायणता (30) भव्यता (31) नम्रता (32) शान्ति (33) पाखण्ड से स्वतंत्रता (34) परनिन्दा भाव की अनुपस्थिति।

अतः सभी धर्मों में सत्कर्मो, सदाचार, सेवाभाव आदि की प्रधानता दी गयी है। विश्व के सभी धर्मों में दया, समानता, प्रेम, एकता, सदाचार, सत्य, इन्द्रियों पर नियन्त्रण, पवित्रता, ब्रह्मचर्य, सादगी, संयम, नीति परायणता आदि पर समान रूप ध्यान दिया गया है। वस्तुतः विश्व में एकता, प्रकृति के साथ संतुलन, दूसरों के प्रति मानवीय संवेदनशीलता, सद्गुणों का विकास, नीतिपरायणता, नैतिकता, न्याय प्रधान–समुदाय, कर्त्तव्यनिष्ठा, नागरिक मंगल तथा कल्याण लाने के लिए धर्म की ही भूमिका को महत्वपूर्ण माना गया है।

नैतिकता का महत्वः–नैतिकता हमारे व्यक्तिगत और सामाजिक जीवन में बड़ा महत्व रखती है। नैतिकता का आचरण किये बिना जीवन का समुचित विकास नहीं हो सकता तथा पशु एवं मनुष्य में कोई अन्तर नही रह जाता। मनुष्य की नैतिकता ही उसे पशु समाज से ऊचाँ उठाती है। प्राचीन काल से लेकर आजतक महापुरूष नैतिक शिक्षा पर इसलिए बल देते रहे हैं, क्योंकि इससे व्यक्ति और समाज का अन्ततः लाभ है। यहाँ नैतिकता की कुछ महत्वपूर्ण उपयोगिताओं का उल्लेख किया जा रहा है।

- **नैतिकता व्यक्ति की रक्षक है**ः–व्यक्ति का अस्तित्व या जीवन ही नैतिकता पर आधारित है। जब परिवार में बच्चा पैदा होता है तो उसकी रक्षा के लिए माता–पिता को अनेक कष्ट सहने पड़ते है। माता–पिता यह कष्ट किसी लाभ की आशा से नहीं सहन करते हैं बल्कि वे दया, ममता, प्रेम या कर्त्तव्य के कारण अपनी सन्तानों का पालन करते है। इसी भावना से प्रेरित होकर अनेक अनाथ बच्चों का पालन–पोषण भी किया जाता है। यदि माता–पिता या अन्य दयालु व्यक्तियों में नैतिकताकी भावना न हो तो व्यक्ति शैशवावस्था में ही नष्ट हो जाये।

- **नैतिकता व्यक्ति के विकास का माध्यम है**ः–समाज में नैतिक नियमों के प्रचलित होने के कारण व्यक्ति को अपने व्यक्तित्व के विकास का अवसर मिलता है। यदि समाज का प्रत्येक व्यक्ति अपने से निर्बल को मारे, प्रत्येक व्यक्ति दूसरे की सम्पत्ति का हरण करने का प्रयास करे, किसी की सहायता न करे तो समाज में अव्यवस्था फैल जायेगी। अतः नैतिक नियमों का पालन करके ही व्यक्ति अपने एवं दूसरों के विकास में सहयता देता है।

- **नैतिकता सामाजिक संगठन का अजेय स्रोत है**ः–समाज में श्रम विभाजन के आधार पर सब लोग अपना कार्य करते है, इसलिए समाज में व्यवस्था है। व्यक्ति दण्ड या भय से कोई कार्य नहीं करते वरन् व्यक्तियों का नैतिक बोध एवं कर्त्तव्य बोध ही उन्हें कार्य के लिए प्रेरित करता है। इसी सन्दर्भ में हम **राजीव लोचन शर्मा** के शब्दों में कह सकते हैः–''जिस समाज में जितनी अधिक नैतिकता होगी उतना ही वह समाज अधिक सुसंगठित होगा। जिस समाज में नैतिकता का ह्रास हो जाता है वहाँ अराजकता फैल जाती है। ऐसा समाज विघटित समाज कहलाता है। समाज का संगठन दण्ड या भय से नहीं चलता बल्कि मुख्यतः नैतिक शक्ति से चलता है।' **(शर्मा, 1982)**

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- **नैतिकता संस्कृति की मूल प्रेरक हैः**— किसी व्यक्ति के पास धन और शारीरिक शक्ति बहुत है, लेकिन वह सुसंस्कृत नहीं है तो समाज में उसका कोई सम्मान नहीं होगा। इसी प्रकार कोई समाज आर्थिक एवं जनशक्ति की दृष्टि से पिछड़ा है तो वह उन्नत समाज नहीं कहलायेगा। कला, साहित्य, दर्शन, विचार, धर्म आदि संस्कृति के तत्व है। साहित्य, कला आदि का मुख्य प्रेरणा स्रोत, सत्यं, शिवं एवं सुन्दरम् को कहा गया है अर्थात साहित्य, कला, धर्म एवं समाज में सत्य कल्याणकारी और आनन्ददायक विचारों के प्रसार में सहायक है।

- **नैतिकता मानवीय एकता का आधार हैः**— संसार के लोग अनेक दृष्टियों से एक दूसरे से भिन्न है। उन सबको एकता के सूत्र में जोड़ने वाला सूत्र नैतिकता है। नैतिकता हमें बताती है कि संसार के समस्त मनुष्य एक परामात्मा की सन्तान है। वे शारीरिक दृष्टि से भिन्न–भिन्न प्रतीत होती है, परन्तु उनमें आत्मा एक ही प्रकार की है। नैतिक शिक्षा के कारण ही जातीय, प्रजातीय, देशीय भेद–भाव की दीवारें टूटी है। बुद्ध, ईसा, मोहम्मद, नानक, गाँधी आदि की नैतिक शिक्षाओं से सम्पूर्ण मानवता एक सूत्र में आबद्ध हुई है।

- **नैतिकता का वैयक्तिक महत्वः**—नैतिकता का वैयक्तिक महत्व भी है। नैतिक नियमों का पालन करने से समाज में सम्मान प्राप्त होता है। बुरे विचार दूर होते हैं और व्यक्ति सदा निश्चिन्त, निर्भय तथा सुखी रहता है। उसके मन को शान्ति एवं संतोष प्राप्त होता है। जो व्यक्ति नैतिक नियमों जैसे–ईमानदारी, सच्चाई, परिश्रम, लगन, सहयोग एवं प्रेम के द्वारा संसार में कुछ भी कर पाने में समर्थ होते हैं। इन्हीं गुणों के कारण उन्हें समाज में सम्मान प्राप्त होता है।

- **सामाजिक नियंत्रण में नैतिकता का महत्वः**—वर्तमान जीवन में सामाजिक नियंत्रण की स्थापना में धर्म की अपेक्षा नैतिकता का महत्व बढ़ता जा रहा है। हमारा सामाजिक जीवन जैसे–जैसे शिक्षित एवं प्रगतिशील बनता जा रहा है, धर्म से सम्बन्धित हमारी रूचि कम होती जा रही है और नैतिक नियमों के प्रति हम लगातार जागरूक होते जा रहे हैं। अधिकांश समुदाय में कर्म का रूप भिन्न होता है लेकिन नैतिकता का महत्व इसी से स्पष्ट है कि हम समाज में जिन नैतिक नियमों का पालन करते है, संसार के लगभग सभी समाजों में उनकों अपने जीवन का आधार माना जाता है। यही कारण है कि व्यक्तिव के आन्तरिक पक्ष का विकास करने में प्रत्येक समाज में अनेक संस्थाएं व संघ नैतिक नियमों का प्रचार करते हैं। आज व्यक्तिव की सफलता बहुत कुछ इस बात पर निर्भर करती है कि व्यक्ति कितनी मात्रा में नैतिकता का पालन करता है। सामाजिक नियंत्रण में नैतिकता का महत्व का प्रमुख कारण यह है कि नैतिकता कभी रूढ़िवादी नहीं होती। व्यक्ति को यह विश्वास रहता है कि नैतिकता का पालन करने से वह प्रगतिशील बन सकता है, तथा इसी से उसी समाज में प्रशंसा हो सकती है। व्यक्ति जब कभी नैतिक नियमों की अवहेलना करता है तब समाज उसका परिहास करता है। साथ ही साथ उसका सामाजिक बहिष्कार किया जाने लगता है, निश्चय ही यह दण्ड गंभीर है। इसलिए व्यक्ति आसानी से नैतिक नियमों की अवहेलना नहीं करता, जिससे व्यक्ति के व्यवहारों में सन्तुलन बना रहता है। वास्तविकता यह है कि नैतिकता की धारणा उचित–अनुचित की भावना से सम्बन्धित है। उचित–अनुचित का बोध हमारी आत्मा की आवाज़ होती है। इस प्रकार आत्मा की आवाज़ को प्रधानता मिलने के कारण व्यक्ति में आत्मबल उत्पन्न हो जाता है। स्वाभाविक है कि नैतिकता इस प्रकार व्यक्तिव को संगठित बनाकर समाज में नियंत्रण स्थापित करके समाज को दृढ़ बनाती है।

नैतिकता के विकास में शिक्षा की भूमिकाः—नैतिकता के विकास में शिक्षा की अत्यधिक महत्वपूर्ण भूमिका होती है। किसी व्यक्ति या समाज या देष का उत्थान शिक्षाके द्वारा ही सम्भव है। आज समाज में हिंसा, भ्रष्टाचार, अपराध, आत्महत्या, बेईमानी, घूसखोरी, अनुशासनहीनता एवं कर्त्तव्यहीनता आदि दिनोंदिन बढ़ती जा रही है। ऐसी स्थिति में हमारे युवाओं में नैतिकता का विकास शिक्षा के माध्यम से अच्छे ढंग से किया जा सकता है। व्यक्ति नैतिक मूल्यों को परिवार के बाद मुख्य रूप से विद्यालय में ही सीखता है। विद्यालय विस्तृत समाज के अन्दर लघु समाज है। अतः जिन मूल्यों और दृष्टिकोणों का राष्ट्रीय जीवन के लिए महत्व है, उनको विद्यालय जीवन में प्रतिबिम्बित किया जा सकता है। विद्यालय के शिक्षक, सहपाठी और वातावरण आदि सभी कुछ बालक के नैतिक विकास में कुछ न कुछ योगदान अवश्य देते हैं। उनके नैतिक व्यवहारों को विद्यालय के अध्यापकों का व्यक्तित्व प्रभावित करता है।विद्यालयों में खेल–कूद का आयोजन होने से छात्रों में नैतिकता का

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विकास उचित रीति से होता है। खेलकूद से उनमें न्याय, सहयोग, सामूहिक भावना, सहनशक्ति इत्यादि नैतिक गुणों का विकास होता है।

कोठारी आयोग ने भी कहा कि शिक्षाके द्वारा विद्यार्थियों के सामाजिक, नैतिक और आध्यात्मिक मूल्यों का विकास करके, उनके चरित्र का निर्माण किया जा सकता है। इसके लिए प्रत्येक विश्वविद्यालय में तुलनात्मक धर्म नामक विभाग की सृष्टि की जानी चाहिए। इस विभाग द्वारा यह खोज की जानी चाहिए कि इन मूल्यों की प्रभावशाली ढंग से किस प्रकार शिक्षादी जा सकती है।

चरित्र का प्रशिक्षण एवं नैतिक मूल्यों का विकास सरकार के कानूनों द्वारा नही हो सकता। हमें एक दूसरे की सहायता करना, दान देना, दूसरों के प्रति करूणा भाव रखना, दूसरों का सम्मान करना इत्यादि नैतिक व्यवहार करने के लिए सरकार के कानून बाध्य नहीं कर सकते। इनका विकास परिवार एवं शिक्षा संस्थाओं में ही हो सकता है।

आज आवश्यकता इस बात की है कि व्यक्ति में नैतिक गुणों का विकास हो जिससे वे स्वार्थ में न डूबा रहे। व्यक्ति धन एवं शक्ति का सुदपयोग अपने लिए एवं समाज के लिए करे। कोई भी देश तभी प्रगति कर सकता है या कोई भी समाज तभी आगे बढ़ सकता है जब उसके सदस्य शिक्षित, सदाचारी, अनुशासनप्रिय, कर्त्तव्यभावना से युक्त तथा देश–प्रेम की भावना से ओत–प्रोत हों। शिक्षाके माध्यम से ही व्यक्ति नैतिकता के महत्व एवं आवश्यक को समझ सकता है। शिक्षाही विद्यार्थियों में उचित–अनुचित की समझ, आत्मसयंम, आत्मविश्वास एवं आत्म–सम्मान आदि गुणों का विकास कर उन्हें नैतिक व्यवहार करने की प्रेरणा दे सकती हैं।

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वर्तमान शिक्षा व्यवस्था में मूल्य परकता की आवश्यकता

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शिक्षा का मूल उद्देश्य 'शिक्षते उपादीयते विद्यामया सा शिक्षा' अर्थात् जिसके द्वारा ज्ञान उपादान किया जाए वह शिक्षा है। शिक्षा का मूल उद्देश्य व्यक्ति को एक अच्छा मनुष्य बनाना है जो श्रेष्ठ जीवन मूल्यों से युक्त हो, उसमें ''वसुधैव कुटुम्बकम्'' की भावना तथा द्रुतगति से बदलते युग के साथ मानव कल्याण और उसके विकास हेतु सदा तत्पर रहने की क्षमता हो।

मूल्य परक शिक्षा की अवधारणा प्राचीन है। किंतु वर्तमान में मूल्य परक शिक्षा के नाम पर जो क्रियाएं–प्रतिक्रियाएं देखने को मिल रही हैं। उनसे लगता है कि देश, समाज और व्यक्ति असमंजस और डांवाडोल स्थिति में है। यह स्थिति क्यों हुई का विश्लेषण करें तो यह ज्ञात होता है कि मूल्य विहिनता को समाप्त करने के लिए हमने शिक्षार्थी को एक प्रयोगशाला के रूप में और शिक्षक को प्रयोगकर्ता के रूप में मान लिया। शिक्षा के महत्त्वपूर्ण घटक विद्यार्थी को विभिन्न प्रयोगों द्वारा मूल्यों के विकास का केन्द्र मान लिया। शिक्षा प्रदान करने वाले शिक्षाचार्यों ने भी शिक्षा देने के नाम पर केवल बौद्धिक व्यायाम या कोरा ज्ञान दिया है। जिससे शिक्षार्थी की बुद्धि का विकास तो हुआ पर संस्कार विकसित करने वाली मानसिकता का विकास नहीं हो पाया।

हमारे शिक्षालयों में पढ़ाने वालों की संख्या बहुत है परन्तु विद्या का दान करने वालों की संख्या नगण्य है। पढ़ाने वाले और विद्यादान करने वालों में व्यापक अन्तर है। एक केवल विषय को समझाकर ही रह जाता है और दूसरा उसका प्रयोग भी बतलाता है। जबकि वर्तमान में हमें विद्यार्थी को ऐसी शिक्षा देना है। जिससे वह कर्त्तव्य और अकर्त्तव्य के बीच अन्तर जानकर नैतिक और अनैतिक कार्यों की समीक्षा कर सकने की योग्यता उत्पन्न कर सके तथा संस्कार के अनुसार आचरण कर भविष्य निर्माण कर सके। किंतु वर्तमान शिक्षा ने विद्यार्थी को शाश्वत मूल्यों से नहीं जोड़ा और उन्हें मानसिक रूप से अपाहिज बना दिया। वर्तमान शिक्षा के नाम पर उन्हें सिर्फ कुछ भाषा, कुछ गणित, कुछ भूगोल, कुछ कैमिस्ट्री, कुछ फिजिक्स, इतिहास सिखाते हैं। किन्तु कभी सोचा है कि क्या हम उन्हें जीवन की कोई शिक्षा देते हैं ? क्या जीवन की कला सिखाते हैं ? क्या वर्तमान शिक्षा मानसिक परिपक्वता देती है। जीवन को विचारपूर्ण और मौलिकता देती है ? जी नहीं बिलकुल भी नहीं। हम आज तक विद्यालयों में जो शब्दों का ज्ञान ग्रहण करते आये हैं। अगर उसे शिक्षा कहते हैं तो उस शिक्षा का परिणाम ये है कि शिक्षार्थी आज अपनी ही समस्याओं से ग्रस्त होकर दिशाविहिन हमारे सामने खड़ा है। वर्तमान शिक्षा प्रणाली वर्ग विषमता फैला रही है और देश के भावी भविष्य को स्वार्थी, अहंकारी, प्रतिस्पर्धी, महत्त्वाकांशी न्याय और अन्याय में सौदेबाजी करने वाला बना रही है। वर्तमान शिक्षा प्रणाली में दायित्व बोध की सोच को प्रमुखता देने की आवश्यकता है। देश का भविष्य जो विद्यालयों में अपने भविष्य का निर्माण कर रहा है, उसका मानवता के प्रति, राष्ट्र के प्रति, समाज के प्रति, अर्थव्यवस्था के प्रति, शिक्षा के प्रति क्या दायित्व है ? ये दायित्व बोध अगर हमने उनमें जगा दिया तो शिक्षा का अर्थ सार्थक हो जायेगा और यही दायित्व बोध मानव मूल्यों की शिक्षा होगी और यही हमारी शिक्षा का दर्शन भी है।

वर्तमान में शिक्षा में मानव मूल्यों को बढ़ाने वाली भारी भरकम शब्दावली का बोझ तो लिए हुए है किन्तु मूल्य परक शिक्षा को नैतिक शिक्षा मानकर मूल्य परक शिक्षा की मूल अवधारणा से हटकर मात्र उपदेशात्मकता द्वारा मूल्यों के विकास की दुहाई देते हैं। मूल्यपरक शिक्षा का आशय कदापि नहीं है कि नैतिक शिक्षा की तरह पाठ्यपुस्तकं तैयार कर कालांश निर्धारित कर शिक्षण अधिगम की व्यवस्था की जाए। जैसा कि हम वर्षों से नैतिक एवं आध्यात्मिक शिक्षा के लिए उपक्रम करते आए हैं। उसकी आवृत्ति करना मूल्यपरक शिक्षा की संकल्पना को आघात पहुँचना होगा अर्थात मूल्यों का संबंध भावनात्मक परिवर्तन से है, न कि किताबी दृष्टांतों से। सिद्धान्त और व्यवहार चिंतन प्रक्रिया को आगे बढ़ा सकते हैं, इससे निश्चित ही परिवर्तन आयेगा।

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शिक्षा अनुशासन देने को नहीं, आत्म विवेक देने को है। समाज में जो सत्ताधिकारी है वे समाज के ढाँचे को कभी बदलना ही नहीं चाहते, क्योंकि उनकी सत्ता स्वार्थ, शोषण उस ढाँचे पर ही निर्भर होता है। यही ढाँचे को शिक्षक विद्यार्थी के मनों में बिठाता है। शिक्षा भविष्योन्मुख होनी चाहिए, अतीतोन्मुख नहीं तभी विकास हो सकता है। कोई भी सृजनात्मक प्रक्रिया भविष्योन्मुख ही हो सकती है। शिक्षा को ज्ञान का प्रसार कहा जाता है। निश्चय ही उसे ज्ञान का प्रसारक होना चाहिए। लेकिन वर्तमान शिक्षा भय सिखाती, प्रलोभन सिखाती, प्रतिस्पर्धा सिखाती और तो और शिक्षा महत्त्वकांक्षा के ज्वर में दीक्षा देती अर्थात् यह अज्ञान का प्रसार है। कार्यों के साथ पद और प्रतिष्ठा जोड़ने से सारी दुनिया महत्वाकांक्षा की विक्षिप्तता में पड़ गई। एक शिक्षक राष्ट्रपति होने से बड़ा नहीं हो जाता, हाँ किन्तु एक राष्ट्रपति अपना पद छोड़ शिक्षक हो तब शायद शिक्षक के लिए सम्मान की बात हो सकती है और यही बात शिक्षा में मूल्यों को स्थापित करेगी। क्या ऐसी शिक्षा नहीं हो सकती जो कि महत्त्वाकांक्षा पर आधारित न हो ? निश्चित ही जीवन मूल्य गलत है, अन्यथा मनुष्य के जीवन में यह अशांति, यह अर्थहीनता, यह विभ्रांति क्यों होती। यह हिंसा, ईर्ष्या, अधर्म सब क्या अकारण है ? नहीं जीवन मूल्य गलत है और उसका ही यह सहज परिणाम है।

बच्चों को कहा जाता है राम जैसे बनो, बुद्ध जैसे बनो, गाँधी बनो। इससे भारी भूल क्या होगी ? क्या कोई किसी और जैसा बन सकता है ? शिक्षा जिस दिन भी व्यक्ति की अद्वितीय और बेजोड़ निजता के सत्य को स्वीकार करेगी उस दिन शिक्षा में मूल्यपरकता की एक बड़ी क्रांति का सूत्रपात हो जाएगा। जैसे सूर्योदय होने पर सूर्य ज्योति सभी सतहों पर समान रूप से प्रकाश फैलाती है उसी प्रकार हमारे भीतर हृदय में भी ज्ञान की ज्योति प्रत्येक विचार की ऊँचाई, चौड़ाई और गहराई को प्रकाशित और ऊर्जावान करेगी तभी मानव मूल्यों की शिक्षा का काम सार्थक हो सकेगा। इसके लिए शिक्षक को जागना होगा। इसके अतिरिक्त कोई भागीरथी नहीं है जो कि शिक्षा में मूल्यों की गंगा को पृथ्वी पर ला सके। शिक्षक होना बड़ी साधना है। शिक्षक वही है जो प्रसुप्त समस्याओं को जगा देता है और जिज्ञासा को जागृत कर देता है और बच्चों को उनके स्वयं के अनुसंधान के लिए साहस और अभय से भर देता है। शिक्षक ही सभ्यता का दीपक जलाए रखने में सक्षम है। हमारे देश के निर्माण में उनका योगदान बहुमूल्य रहा है और अभी भी रह सकता है यदि वे अतीत की परम्पराओं का पालन कर मनुष्य, समाज और राष्ट्र के उत्थान पर ध्यान दें। यह बहुत बड़ा उत्तरदायित्व है, यदि शिक्षक इसे पूरा कर सकेगा तो नये जीवन मूल्य और एक नयी मनुष्यता का जन्म हो सकता है।

अंत में यही कहूँगी कि इन सब तथ्यों में अहम प्रश्न यह है कि जिस शिक्षण प्रणाली की परीधी में मानव समाज का निर्माण हो रहा है, वहीं प्रदूषण व्याप्त है। जिस प्रकार गंगा का उद्गम हिमालय से होता है, अगर हिमालय पर ही प्रदूषण व्याप्त हो जाए तो नीचे के स्तर पर कितने ही प्रयत्न किए जाए तो गंगा को प्रदूषण मुक्त किया जाना सम्भव नहीं है।

शिक्षा के क्षेत्र में कलुषित प्रवृत्तियों का दमन कर देश को एक सूत्र में बांधना है तो हमें जागना होगा और लोगों को भी जगाना होगा तथा सामाजिक और नैतिक वातावरण में सुधार लाने के लिए प्रयत्नशील होना होगा। तभी हमारी इस शिक्षा यात्रा का प्रयोजन सार्थक हो सकेगा।

शिक्षा में नवाचार

सीखने की प्रक्रिया मनुष्यों के मनोवैज्ञानिक एवं सामाजिक विकासक्रम का एक निर्धारक तत्त्व है. शिक्षा के ध्येय को मूलतरू ज्ञात के प्रसार एवं अज्ञात के प्रति अनुसंधानात्मक अभिरुचि के विकास में समाहित किया जा सकता है. बीसवीं सदी तक के सामाजिक एवं वैज्ञानिक विकास की गति इतनी तीव्र नहीं थी कि पारम्परिक शिक्षण की प्रणालियाँ और व्यवस्थाएँ उसे संभाल न सकें परन्तु इक्कीसवीं सदी ने कुछ युगांतरकारी परिवर्तनों से अपनी यात्रा आरम्भ की है।

पहला बड़ा परिवर्तन कंप्यूटर का आगमन है जिसने एक तरफ तो ज्ञान की एक पूरी शाखा का विकास करके ज्ञात की सीमाओं को बढ़ा दिया है और शिक्षकों का भार 'न्यूनतम समय में आधुनिकतम प्रणालियों की

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उपयोग क्षमता के विकास की आवश्यकता' के साथ बढ़ गया है. कहना न होगा कि सिखाने और सीखने की गतिवृद्धि के लिए अत्यंत कारगर उपाय के रूप में कंप्यूटर स्लाइड शो, फ्लैश फिल्मों आदि के साथ अनिवार्य होता जा रहा है।

दूसरा बड़ा परिवर्तन तथ्यों और संदेशों के महासमुद्र में खोज और अभिव्यक्ति की सेवा देनेवाली साइटों का आगमन है. गूगल और फेसबुक मानवीय मस्तिष्क की तथ्यात्मक समृद्धि को अनावश्यक और अतीत की बात बनाने में जुटे हैं. ऐसा लगने लगा है कि छात्रों को आंकड़े और अन्य वस्तुनिष्ठ तथ्यों के लिए स्मृति पर निर्भर कराना स्मरण शक्ति का दुरुपयोग बनता जा रहा है. 'ज्ञान का विस्फोट' जो सूचना के विस्फोट का उपादान बनाकर प्रकट हुआ है, कोई भी शिक्षण प्रणाली उससे विरक्त रहकर समय के साथ नहीं चल सकती।

तीसरा बड़ा और भविष्योन्मुख परिवर्तन अत्याधुनिक तकनीक और विचारधाराओं के साथ विश्व की एकीकृत सामाजिक स्थिति है. इतिहास परिप्रेक्ष्य के साथ बदल जाता है और 'ग्लोबल विलेज' में अंतर्राष्ट्रीय भावनाओं के साथ वस्तुनिष्ठ चिंतन का विकास आवश्यक हो गया है. कहना न होगा कि शिक्षकों का समुदाय अब ज्ञान की खिडकी नहीं रह गया है, छात्रों के पास ज्ञान के अन्य बेहद विकसित और समर्थ स्रोत उपलब्ध हो गए हैं और शिक्षण में एटीट्यूड, तर्कविकास और मानवीय गुणों का बीजारोपण अधिक महत्त्वपूर्ण होते जा रहे हैं।

शिक्षण पद्धतियों में रचनात्मक अवदान

परिवर्तन ईच्छाओं के विपरीत होने पर विरोध आकर्षित करता है और भारतीय शिक्षण व्यवस्था में यह एक गुणात्मक अवरोध है कि शिक्षकों को उच्चतर व्यवस्था का आदेशपाल बनाकर स्वविकास की प्रक्रिया से दूर कर दिया गया है. भारत के ग्रामीण छात्रों को शिक्षकों के रूप में अनिच्छुक निर्देशक ही उपलब्ध होते हैं. यह तथ्य अधिक प्रभावी तरीके से सामने आता है जब हम देश के आर्थिक रूप से पिछड़े हुए राज्यों में सुपर ३० जैसे उदाहरण देखते हैं. एक शिक्षक के इंस्ट्रक्टर से मेंटर बनने के बीच की दूरी छात्रों को अज्ञात भविष्य के गर्त से निकाल कर सफलता का स्वाद दिला सकती है. इस बदलाव में जाति, धर्म, लिंग, आर्थिक स्थिति जैसे दूसरे सामाजिक मुद्दों की भी अपनी महत्ता है. समाज के समीकरण इस रूप से परिवर्तित हो रहे हैं कि निम्नतम वर्ग भी अपनी मासिक आय का सबसे ज्यादा हिस्सा (प्रतिशत में) शिक्षा पर खर्चा कर रहा है।

आज शिक्षा के प्रति चेतना का निर्माण कोई कठिन समस्या नहीं है, बल्कि गुणात्मक शिक्षा की बढाती हुई मांग को पूरा करना ही हमारी सबसे बड़ी चुनौती है. हमें यह भी देखना चाहिए कि गुणात्मक सुधार की प्रक्रिया के अपने खतरे भी है और कीमत भी. उदाहरण के लिए प्रयोगों ने यह सिद्ध कर दिया है कि अभ्यास की कमी और अर्जित भाषा के उपयोग के कारण छात्रों की अंक गणितीय कुशलता बाधित होती है. वहीँ विज्ञान की प्रायोगिक कक्षाएँ निश्चित तौर पर अधिक महंगी होंगी. कंप्यूटर समायोजित शिक्षण देश की बहुत्त बड़ी छात्र– जनसंख्ब्ध को अनुपलब्ध है और छात्रों पर प्रभाव की अनिश्चितता को देखते हुए उन पर नवाचार के अधिक प्रयोग भी नहीं किए जा सकते. यहाँ सिम्युलेशन या अल्पकालिक प्रयोग के द्वारा कुछ परिणाम मानकों की स्थितियों का ही मूल्यांकन उचित है. कुछ परिणाम मानकों के रूप में निम्न वर्गीकरण उपयोगी हो सकता है।

प्रत्यक्ष मानक – उपस्थिति, कक्षा के दौरान प्रश्नों की संख्या, क्रमिक मूल्यांकन के परिणाम, कक्षा के परिणाम में वार्षिक वृद्धि आदि।

शिक्षा अनुसंधान का अर्थ

व्यापक अर्थ में अनुसंधान (त्मेमंतबी) किसी भी क्षेत्र में 'ज्ञान की खोज करना' या 'विधिवत गवेषणा' करना होता है। वैज्ञानिक अनुसंधान में वैज्ञानिक विधिका सहारा लेते हुए जिज्ञासा का समाधान करने की कोशिश की जाती है। नवीन वस्तुओं की खोज और पुराने वस्तुओं एवं सिधांतों का पुनरू परीक्षण करना, जिससे की नए तथ्य प्राप्त हो सके, उसे शोध कहते है।

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वैश्वीकरण के वर्तमान दौर में उच्च शिक्षा की सहज उपलब्धता और उच्च शिक्षा संस्थानों को शोध से अनिवार्य रूप से जोड़ने की नीति ने शोध की महत्ता को बढ़ा दिया है। आज शैक्षिक शोध का क्षेत्र विस्तृत और सघन हुआ है।

परिचय

व्यक्ति का शिक्षा से दो रूपों में संबंध बनता है। एक वह शिक्षा से अपने बोध को विस्तृत करता है, दूसरे वह अपने अध्ययन से दीक्षित होकर शिक्षा के क्षेत्र में कार्य करते हुए शिक्षा में या अपने शैक्षिक विषय में कुछ जोड़ता है। इस प्रकार प्रथम सोपान शिक्षा से ज्ञान प्राप्त करना है, दूसरा ज्ञान में कुछ नया जोड़ना है। शोध का संबंध इस दूसरे सोपान से है। पी–एच.डी. / डी. फिल या डी.लिट् / डी.एस–सी. जैसी शोध उपाधियाँ इसी अपेक्षा से जुड़ी हैं कि इनमें अध्येता अपने शोध से ज्ञान के कुछ नए आयाम उद्घाटित करेगा।

स्नातक–स्नातकोत्तर स्तर का ज्ञान छात्र के बोधात्मक स्तर तक सीमित होता है। वह उस विषय के समस्त सर्वमान्य सिद्धान्तों, अवधारणाओं, मतों, नियमों, उपकरणों से परिचय प्राप्त करता है। प्रकारान्तर से ज्ञान का यह स्तर शिक्षार्थी के बोध का विस्तार है। इससे ऊपर का स्तर मात्र स्वयं के बोध का विस्तार नहीं है अपितु उस ज्ञान की सीमा का विस्तार है। अर्थात् जब हम किसी विषय के शास्त्र से पूर्ण परिचित होकर और अध्ययन–मननशील होते हैं तो हम ज्ञान के आलोक में अपने को विकसित करने के उपरान्त, अब ज्ञान को विकसित करने की प्रक्रिया में होते हैं। शोध के स्तर पर रिसर्च, 'पुनः खोज' नहीं है अपितु 'गहन खोज' है। इसके द्वारा हम कुछ नया अविष्कृत कर उस ज्ञान परंपरा में कुछ नए अध्याय जोड़ते हैं।

शिक्षा अनुसंधान की परिभाषा

रैडमैन और मोरी ने अपनी किताब "दि रोमांस ऑफ रिसर्च" में शोध का अर्थ स्पष्ट करते हुए लिखा है, कि नवीन ज्ञान की प्राप्ति के व्यवस्थित प्रयत्न को हम शोध कहते हैं।

एडवांर्ड लर्नर डिक्शनरी ऑफ करेंट इंग्लिश के अनुसार– किसी भी ज्ञान की शाखा में नवीन तथ्यों की खोज के लिए सावधानीपूर्वक किए गए अन्वेषण या जांच– पड़ताल को शोध की संज्ञा दी जाती है।

अनुसंधान के महत्व

- अनुसंधान हमारी आर्थिक प्रणाली में लगभग सभी सरकारी नीतियों के लिए आधार प्रदान करता है।
- अनुसंधान के माध्यम से हम वैकल्पिक नीतियों चिंतन करना और साथ ही साथ इन विकल्पों में से प्रत्येक के परिणामों की जांच कर सकते हैं।
- रिसर्च सामाजिक रिश्तों का अध्ययन करने में सामाजिक वैज्ञानिकों के लिए भी उतना ही महत्वपूर्ण है।
- यह बौद्धिक संतुष्टि प्रदान करता है।
- अनुसंधान ज्ञान की खातिर के लिए ज्ञान का फव्वारा है।
- यह एक तरह का औपचारिक प्रशिक्षण है।
- यह एक बेहतर तरीके से एक के क्षेत्र में नए घटनाक्रम को समझने के लिए सक्षम बनाता है।
- अनुसंधान नए सिद्धांत का सामान्यीकरण मतलब हो सकता है।
- अनुसंधान नई शैली और रचनात्मक के विकास का मतलब हो सकता है।

संदर्भ ग्रन्थ सूची

- डॉ0 शर्मा आर0ए0शिक्षा अनुसंधान के मूल तत्व एवं शोध प्रक्रिया पेज नं0 (23–28)
- शिक्षाकर्ण सिंहशिक्षा के दार्शनिक परिप्रेक्ष्य पेज नं0 129
- डॉ पुनीता पचौरी शिक्षा की समेकित अवधारणा पेज नं0 132

अनुसंधान का स्वरूप एवं महत्त्व

डॉ. अजीत प्रियदर्शी
एसोसिएट प्रोफेसर, हिन्दी विभाग, डी.ए.वी. (पी.जी.) कालेज, लखनऊ।

अनुसंधान द्वारा सत्य की खोज की जाती है तथा यह ज्ञान के सृजन का सर्वोत्तम माध्यम भी है। प्राचीन एवं मध्यकालीन भारत में 'शोध' शब्द का प्रयोग 'निर्मल–निशंक ज्ञान', 'प्रमाणीकृत ज्ञान', 'दोष निवारण', 'अन्वेषण', 'विचारणा' एवं 'सूक्ष्म छानबीन वाली अवधारणा' के अर्थों में होता रहा है। आधुनिक समय में 'रिसर्च' शब्द अनासक्त एवं वस्तुपरक वैज्ञानिक अध्ययन निष्ठा का सूचक है। ज्ञान की प्राप्ति हेतु व्यवस्थित प्रयत्न को विद्वानों ने 'अनुसंधान' (Research) की संज्ञा दी है। 'एडवान्स्ड लर्नर डिक्शनरी ऑफ करेन्ट इंग्लिश' के अनुसार– "किसी भी ज्ञान की शाखा में नवीन तथ्यों की खोज के लिए सावधानीपूर्वक किये गये अन्वेषण या जाँच–पड़ताल अनुसंधान (रिसर्च) है।"

अनुसंधान में नवीन तथ्यों की खोज अथवा अद्यतन तथ्यों और सिद्धान्तों का पुनः परीक्षण और नवीन दृष्टि से आख्यान जरूरी है। उपलब्ध तथ्यों या सामग्री का आलोचनात्मक परीक्षण करके स्पष्ट निर्णय या निष्कर्ष प्रस्तुत करना आवश्यक है। नवीन शब्द मौलिकता का द्योतक है। मौलिकता या तो तथ्यों के अन्वेषण में हो सकता है या आख्यान दृष्टि में। ज्ञान क्षेत्र का विस्तार भी नवीनता के ही अन्तर्गत है।

देश–विदेश के विभिन्न विश्वविद्यालयों की अनुसंधान–विषयक नियमावली में अनुसंधानार्थी के लिए 'तथ्यों की खोज', 'तथ्यों की नवीन व्याख्या', 'आलोचनात्मक क्षमता' और 'मौलिक स्थापना' को अनिवार्य माना गया है। 'अनुसंधान क्या है?' का मोटे तौर पर उत्तर है– 'ज्ञान का विस्तार'। 'अनुसंधान में क्या होना चाहिए' इसका उत्तर होगा– 'ज्ञान–सीमा' का विस्तार होना चाहिए।

सत्यान्वेषण की प्रबल मनोवृत्ति, सूक्ष्म निरीक्षण, चिन्तन और तर्कबुद्धि, बौद्धिक ईमानदारी और खुला मन, पूर्वाग्रह का अभाव, सहिष्णुता, वस्तुनिष्ठता, अध्यवसाय और कर्त्तव्यबोध, विषय में तत्परता जैसे गुण अनुसंधानकर्ता में अपेक्षित हैं।

अनुसंधान के प्रमुख चार सोपान होते हैं :–

(i) समस्या या विषय का चयन, (iii) गहन चिंतन–अध्ययन

(ii) प्रासंगिक तथ्यों का चयन, (iv) तार्किक विश्लेषण निष्कर्ष की प्रस्तुति।

विषय का अनवरत चिंतन, तत्सम्बन्धी सामग्री का अन्वेषण तथा निरीक्षण–परीक्षण, तथ्यों की छानबीन और उपयोगी तथ्यों का संकलन, संकलित तथ्यों का वर्गीकरण एवं विश्लेषण, उनके आधार पर सत्यों का तर्कसम्मत स्थापना एवं अनुसंधान प्रबन्ध के रूप में इन समस्त प्रयत्नों का सुष्ठु शैली में निबन्धन, ये सब अनुसंधान के सोपान हैं।

स्वरूप की दृष्टि से, हिन्दी भाषा एवं साहित्य विषयक अनुसंधान के दो प्रकार हैं :– तथ्यप्रधान अनुसंधान और आलोचना प्रधान अनुसंधान। पहले तरह के अनुसंधान में नये तथ्यों की खोज पर विशेष ध्यान दिया जाता है, दूसरे तरह के अनुसंधान में उपलब्ध तथ्यों या सामग्री का पुनर्मूल्यांकन किया जाता है। अनुसंधान स्वभावतः विज्ञान प्रधान, बुद्धि प्रधान, चिंतन–मनन और तर्क प्रधान है। उसकी सम्पूर्ण प्रविधि वैज्ञानिक है। इसलिए उसमें तथ्यअनुसंधान और वस्तुनिष्ठता के प्रति विशेष आग्रह है। तथ्यों के संग्रह, वर्गीकरण और विश्लेषण में वैज्ञानिकता का निर्वाह आवश्यक है। निष्कर्षों की स्थापना में तर्कसंगति आवश्यक है।

भाषिक और साहित्यिक अनुसंधान कार्यों में विभिन्न अनुसंधान–पद्धतियों का अनुगमन किया जाता है, जिनमें से प्रमुख पद्धतियाँ हैं– सर्वेक्षण पद्धति या तथ्यानुसंधान पद्धति, काव्यशास्त्रीय पद्धति, समाजशास्त्रीय

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अध्ययन पद्धति, भाषा वैज्ञानिक / शैली वैज्ञानिक पद्धति, मनोवैज्ञानिक पद्धति, समस्यामूलक पद्धति, तुलनात्मक पद्धति, वर्गीय अध्ययन पद्धति, क्षेत्रीय अध्ययन पद्धति, आगमन निगमन पद्धति, आदि।

अनुसंधान का महत्त्व

अनुसंधान मानव–ज्ञान का विस्तार एवं दिशा प्रदान करता है, ज्ञान–भंडार को विकसित एवं परिमार्जित करता है। अनुसंधान से व्यक्तित्व का विकास होता है। अनुसंधान–सामाजिक विकास का सहायक है। अनुसंधान व्यक्ति की जिज्ञासामूलक प्रवृत्ति की संस्तुष्टि करता है। अनुसंधान अनेक कार्य–विधियाँ एवं उत्पादों को विकसित करता है। अनुसंधान पूर्वाग्रहों के निदान और निवारण में सहायक होता है। अनुसंधान नये सत्यों के अन्वेषण द्वारा अज्ञान मिटाता है। यह सत्य की प्राप्ति हेतु उत्कृष्टतर विधियाँ और श्रेष्ठ परिणाम प्रदान करता है।

अनुसंधान की समुचित उपादेयता हेतु परिणाम तथा सुझावों को विस्तृत रूप से प्रस्तुत किया जाना आवश्यक है। यह नर्णय लिया जाना चाहिए कि अनुसंधान के परिणाम और संस्तुतियों के अनुसार शिक्षा में गुणवत्ता विकास के लिए क्या–क्या कार्य किये जाने हैं।

अनुसंधान करके वास्तविक स्थिति का ज्ञान प्राप्त किया जाता है, तदुपरान्त उद्देश्यों की प्राप्ति हेतु सुगम मार्ग सुझाया जाता है। स्तरीय अनुसंधान कार्यों से उच्च शिक्षा में सहायक सामग्री का बेहतर निर्माण होता है और उक्त बेहतर पाठ्य–सामग्री से प्राप्त शिक्षा–दीक्षा से व्यक्ति के व्यक्तित्व का समुचित विकास होता है। अनुसंधान के परिणामों और संस्तुतियों को लागू करने के लिए सरकार को कार्ययोजना निर्मित करनी चाहिए, जिससे उस क्षेत्र / विषय के विद्यार्थियों तथा उक्त विषयक समस्या का समुचित निदान मिल सके। विभिन्न अनुसंधानों की रिपोर्ट पुस्तकालयों तथा विभागों के रिकार्ड में रखी जानी चाहिए तथा सम्बन्धित बेवसाइट पर ऑनलाईन करनी चाहिए। अनुसंधान रिपोर्ट का सारांश आम जन की भाषा–शैली में भी लिखा जाए। जिससे सामान्य पाठक उसे पढ़ने और समझने में रूचि ले सकें और संस्तुतियों को उपयोग में ला सकें। अनुसंधान से ज्ञात हुआ है कि अनुसंधान कार्यों की गुणवत्ता में कमी आई है (सिंह, नरेन्द्र कुमार 2009)। अनुसंधान कार्यों की गुणवत्ता बनाये रखने हेतु विश्वविद्यालय अनुदान आयोग तथा अन्य संस्थानों द्वारा सतत प्रयास किये जा रहे हैं। अंग्रेजी माध्यम में किये जाने वाले अनुसंधान अध्ययन रिपोर्ट का सारांश हिन्दी तथा क्षेत्रीय भाषाओं में भी प्रकाशित किया जाय, जिससे अधिक से अधिक लोग इसका अध्ययन करके लाभान्वित हो सकें।

हिन्दी में संदर्भ ग्रन्थों की बड़ी कमी है, जो संदर्भ ग्रन्थ हैं, वे भी अपूर्ण और दोषपूर्ण हैं। इस कमी को दूर करने और हिन्दी विषय में अनुसंधान के लिए प्रमाणिक आधार के निर्माण हेतु बहुत जरूरी है कि तथ्यानुसंधान को भी प्रोत्साहित किया जाए। भारत के विभिन्न प्रदेशों के साथ ही विदेशों में उपलब्ध हिन्दी विषय की सामग्री, हिन्दी साहित्य में उल्लिखित या संकेतित पुस्तकों / हस्तलिखित पोथियों, मेरा सुझाव है कि हिन्दी की विभिन्न बोलियों का मौखिक–लिखित साहित्य, पुराकथाओं, पौराणिक कथाओं का स्रोत–संदर्भ, प्रमाण पुष्ट अनुक्रमणिका आदि से सम्बद्ध विषयों पर व्यवस्थित योजना के अनुसार तथ्य अनुसंधान कराया जाय, जिसके आधार पर परवर्ती अनुसंधानकर्ता आलोचनात्मक अनुसंधान प्रबन्ध प्रस्तुत करें।

संदर्भ–ग्रन्थ :

1. अनुसंधान : प्रविधि और क्षेत्र, राजमल बोरा, राधाकृष्ण प्रकाशन, नयी दिल्ली।
2. अनुसंधान और सिद्धान्त, नगेन्द्र, नेशनल पब्लिशिंग हाउस, नई दिल्ली।
3. अनुसंधान प्रविधि, विनय मोहन शर्मा, नेशनल पब्लिशिंग हाउस, नई दिल्ली।
4. अनुसंधान–स्वरूप एवं मानक व्यावहारिक कार्यनिधि, बैजनाथ सिंहल, वाणी प्रकाशन, नई दिल्ली।
5. Research Design : Qualitative and Quantitave Approaches – J. Cresswell, Sage, Landon.
6. The Art of Literary Research – (eds.) R.A. Altick & J.J. Fenstevmaker.
6- The craft of Research – W.C. Booth, G.G. Colomb & J.M. Williams, The University of Chicago Press, Chicago & Landon.

इतिहास लेखन के विविध आयाम एवं उनका महत्व

डा0 अनुराधा विनायक
एसोसिएट प्रोफेसर एवं अध्यक्ष
प्राचीन भारतीय इतिहास एवं पुरातत्व विभाग
बी0एस0एन0वी0पी0जी0 कॉलेज,
चारबाग, लखनऊ, उ0प्र0, भारत

पुरातन समाज एक स्त्रोत के रूप में निरन्तर कार्यरत रहता है जिसकी जड़े भविष्य की दिशाओं में, अपनी मजबूती को प्रगट करती रहती है। जीवन की परिपूर्णता के लिये हमें सदैव संभावनाओं पर विचार करना चाहिये जिससे हम अपने को पुराने से जोड़ कर रखें।

मानव सभ्यता के जनक के रूप में भारत देश के इतिहास ने सभ्यता को एक नवीन दिशा प्रदान की है। समय के प्रवाह एवं प्रहार ने भी भारतीय इतिहास के गौरव को धूमिल नही होने दिया है। उसका मूल स्वरूप स्थायी बना रहा। समन्वयवादिता एवं सहिष्णुता की मनोवृत्ति ने भारतीय इतिहास को दृढ़ता प्रदान की है।

इतिहास अतीत का स्मरण करने उसे समझने और इस ज्ञान को अन्य लोगों तक पहुँचाने का प्रयास है। इस सन्दर्भ में कुछ प्रश्न विचारणीय हो जाते हैं–

(1) क्या घटित हुआ?
(2) कब घटित हुआ?
(3) कैसे घटित हुआ?
(4) क्यों (कारण) घटित हुआ?
(5) कहाँ घटित हुआ?

उपरोक्त प्रश्नों का उत्तर देना ही इतिहास लेखन की मुख्य क्रिया एवं मूल चिन्ता है। पाश्चात्य विचारकों की यह अवधारणा व्यर्थ सिद्ध हुई है कि भारत में इतिहास का बोध नहीं है। कार्लमार्क्स के अनुसार इतिहास के पास ही परिवर्तन लाने की ताकत है। इतिहास लेखन के प्रकारों और अध्ययन के लिये समय–समय पर नई विचार धाराओं का आविर्भाव होता रहा है। सामान्य स्तर पर यह समझना जरूरी है कि इतिहासकार को अतीत की जानकारियाँ एकत्रित करनी चाहिए और उन्हे तिथिवार कम में संजोना चाहिये। दूसरे शब्दों में इतिहासकार किसी विशेष घटना के होने की व्याख्या करता है। यहाँ यह समझना बहुत आवश्यक है कि किसी परिस्थिति में क्या हुआ? वास्तविकता क्या रही होगी? जो हुआ जैसे हुआ उसका विश्लेषण करके, क्यों हुआ का उत्तर खोजने का प्रयास करते है। यही कारण है हमें भिन्न–भिन्न विचार धाराये देखने को मिलती है।

इतिहास में अतीत वर्तमान और भविष्य का समावेश होता है। किसी भी घटना से सम्बन्धित व्याख्या करने के लिये सभी आयामों का एक साथ मिला कर समझने की आवश्यकता पड़ती है। प्रत्येक देश के समाज और इतिहास को समझने के लिये, हर वर्ग के विचारो को समझना पड़ता है। मानव का प्रारम्भिक इतिहास मौखिक है अर्थात बोला हुआ है जो कंठस्थ करके प्रायः गीतों या कविताओं में निहित है। भारत में इनका रूप भाट, चरण तथा कथा वाचक के माध्यम से हुआ। जब लिखने की परम्परा शुरू हुई तो इतिहास कुछ अंश तक स्थायी हो गया। जो इतिहास लेखन में एक नये चरण की शुरूआत कही जा सकती है।

हेरोडोटस जिन्हे इतिहास का जनक माना जाता है, उन्होंने अपने कार्य के वर्णन के लिये History शब्द का प्रयोग किया जो यूनानी शब्द इस्तारिया से बना है। पाँचवी सदी ईसा पूर्व में

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हेरोडोटस और थुसीदीदेस ने यूनानी में लिखा थुसीदीदेस के द्वारा रचित कार्य सैन्यवादी गतिविधियों पर है। लीवी ने रोम के इतिहास को 142 पुस्तकों में दर्ज किया। इसमें ईसा से पहले 9वीं शताब्दी तक का वृतान्त है। हेरोडोटस ने सम्पूर्ण रोचक और आकर्षक रूप से वृतान्तों को प्रस्तुत किया। इतिहास लेखन के अन्तर्गत मुख्य रूप से निम्न तथ्यों पर विचार किया जाता है–

(1) इतिहास वृत्त (The Annals)

(2) ऐतिहासिक दस्तावेज।

(3) राजघरानों का इतिहास।

(4) उत्तरवर्ती काल।

उपरोक्त तथ्यों को लिखने के लिये सामान्य सिद्धान्तों का सहारा लेना आवश्यक है जो निम्न रूप से समझे जा सकते है–

(1) वंशीय कालचक्र।

(2) आधिकारिक इतिहास।

(3) मानक इतिहास।

(4) वस्तुपरकता तथा निष्ठा।

(5) वंशावलियाँ एवं उनके जानने के स्त्रोत।

इसके लिये अतीत की कल्पना करने या तत्कालीन परिस्थितियों को समझना तथा उनके स्वरूप के विषय में जानकारी प्राप्त करना भी आवश्यक है। अतएव तिथि–निर्धारण करना भी परम आवश्यक माना गया। कालान्तर में हिस्टोरिया और क्रोनिका पे दो शब्द इतिहास के क्रम निर्धारण में प्रयुक्त किये गये। इन्होंने इतिहास को 'हिस्टोरियाग्राफी' का अर्थ दिया। काल विभाजन, अतीत और वर्तमान की क्रमबद्धता जोड़ने में सरलता एवं व्यवहारिकता का समावेश हुआ। इतिहास के दृष्टिकोण को समझने के लिये यह समझना परम आवश्यक है कि घटनाओं की व्याख्या उचित ढंग से हो जिसका प्रमुख आधार अनुभव ही होता है। इस संदर्भ में ई0एच कार के विचार महत्वपूर्ण है जिन्होंने इतिहास की आम अवधारणा को समझने पर बल दिया। ज्ञान को निरीक्षण के जरिये समझने की, नितान्त आवश्यकता होती है इस संदर्भ में आगस्त कोंत (1798–1857) की विचारधारा महत्वपूर्ण है। उन्होंने तीन तथ्यों पर बल दिया–

(1) मानव मस्तिष्क द्वारा घटित परिस्थिति का सूक्ष्म अवलोकन।

(2) इतिहास की परिवर्तनशील धारा को समझने का प्रयास।

(3) उपलब्ध प्रमाणों पर भरोसा करना।

लेओपोल्ड फॉन रानके (1795–1886) उन्नीसवीं शताब्दी के जर्मन इतिहास द्वारा इतिहास लेखन की नई परम्परा का प्रारम्भ हुआ जो आज भी इतिहास लेखन का प्रमुख तरीका माना जाता है। समय के साथ ही विचार धाराओं में परिवर्तन हुआ और इतिहास लेखन में नये आयाम नजर आये–

(1) विशिष्ट मानसिकताओं का इतिहास।

(2) समाज में स्थित समूहों का इतिहास।

(3) तुलनात्मक इतिहास।

मानव की जिज्ञासा ने अन्वेषणों में पर्याप्त रुचि उत्पन्न की। इसी कारण मनोवृत्तियों के अध्ययनों में उल्लेखनीय वृद्धि हुई। इसी प्रकार से समाज के विविध क्षेत्रों में हुये विकास, पतन, परिवर्तन मूल्यों की अध्ययन किया गया। तथ्यों के समझने की चेष्टा आरम्भ हुई। तब ही तुलना करने की स्थिति प्रारम्भ हुई। तुलना ही प्रत्येक की विशिष्टताओं को उजागर करती है जिसके

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परिणामस्वरूप व्यापक अध्ययन संभव हो सकता है। इसमें समय और कालक्रम की अवधारणा पर विचार करना पुनर्विचार करना आवश्यक है। क्रमिक इतिहास का निर्धारण महती आवश्यकता है। विभिन्न युगों में मनोवृत्तियों, सामाजिक मूल्यों या पारिवारिक संरचनाओं में परिवर्तन बहुत स्वाभाविक है। इसी लिये इतिहास लेखन के मुख्य तत्व–तथ्य स्त्रोत दस्तावेज, अभिलेख अन्य रिकार्ड जाँच एवं परख के दायरे में आते है।

19वीं शताब्दी के उतरार्ध में वैज्ञानिक घटक वर्तमान और अतीत के बीच एक महत्वपूर्ण सेतु के रूप में प्रयोग किया गया। इतिहास लेखन के क्रम में यह योग्यता प्राप्त करना महत्वपूर्ण है तभी कोई निर्णय स्वयं लिया जा सकता है। जातीय और राज्यवादी पूर्वाग्रह के बावजूद ब्रिटिश उपनिवेशवादी इतिहासकारों द्वारा एकत्रित किये गये आंकड़ो को संग्रहित करने का प्रचलन एक प्रमुख स्त्रोत के रूप में इकट्ठा होने लगा। इस संदर्भ में कलकत्ता, बम्बई, मद्रास (1857–1855) में तीन विश्वविद्यालयों की स्थापना महत्वपूर्ण है जहाँ पर इतिहास का अध्ययन प्रारम्भ हुआ।

इतिहास लेखन इतिहास व्यक्ति, घटना सभी से जुड़ा हुआ है। इसीलिये इतिहासकार की बौद्धिक सोच ही प्रमुख मानी जाती है। इसलिये विचारधारा महत्वपूर्ण हो जाती है जो निम्न रूप में परिलक्षित होती है।

(1)राष्ट्रवादी इतिहास लेखन।
(2)उपनिवेशवादी बनाम राष्ट्रवादी इतिहास लेखन।
(3)प्राचीन और महायुगीन राष्ट्रवादी इतिहास लेखन।
(4)आधुनिक युग का राष्ट्रवादी इतिहास लेखन।
(5)सम्प्रदायवादी प्रवृत्तियों का उद्घाटन।
(6)मार्क्सवादी दृष्टिकोण।
(7)सामन्तवादी दृष्टिकोण।
(8)डी0डी0 कोसाम्बी एवं नया दृष्टिकोण।
(9)भारतीय राष्ट्रवादी दृष्टिकोण।
(10)सम्भ्रान्त के लिये इतिहास लेखन।
(11)जनोन्मुखी इतिहास लेखन का आरम्भ।
(12)विभिन्न प्रमुख इतिहासकारों के मत एवं आलोचनायें।

वस्तुतः एक पीढ़ी का संचित ज्ञान दूसरी पीढ़ी तक सहज भाव से प्रवाहित होता रहता है और अपने साथ नवीन एवं छोटी बड़ी धाराओं को अपने में समाहित भी करता रहता है। परम्परागत ढंग से फले और फूले तत्व अपनी विशिष्ट सभ्यता और संस्कृति को संजोये रखते है।

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आधी आबादी की कार्यक्षेत्र में बढ़ती हिस्सेदारी : समाजशास्त्रीय अध्ययन

डॉ निरुपमा सिंह

एसोसिएट् प्रोफेसर—समाजशास्त्र विभाग
डी0 ए0 वी0 पी0 जी0 कॉलेज,लखनऊ

किसी भी देश के आर्थिक विकास के महत्वपूर्ण संकेतकों में एक संकेत है, वहां के कार्य बल में औरतों की भागीदारी। विकसित देशों में महिलाओं की प्रतिभा और क्षमता का उचित उपयोग हो रहा है। महिलाओं को वर्तमान में आकर्षक वेतन के साथ-साथ सारी सुविधाएं मुहैया कराई जा रही हैं जिससे वह निश्चिंत होकर अपना काम पूरा कर सकें। स्त्रियों में शिक्षा का प्रसार होने व औद्योगीकरण के फलस्वरुप उन्हें भी समाज के आर्थिक जीवन में प्रवेश करने के अवसर प्राप्त हुए हैं। इससे आधी आबादी की पुरुषों पर से आर्थिक निर्भरता कम होने लगी है। उन्हें वर्तमान में स्वतंत्रपूर्वक अपने व्यक्तित्व के विकास के लिए अवसर प्राप्त हो रहे हैं।

सूचना प्रौद्योगिकी के माध्यम से आज ग्रामीण एवं नगरीय, दोनों क्षेत्रों में रहने वाली स्त्रियां आर्थिक, राजनीतिक और सामाजिक क्षेत्रों में समाज के समक्ष अपने कौशल को दिखाने का अवसर प्राप्त कर रही हैं। शिक्षा के लाभ और सूचना क्रांति ने उन्हें वह स्तर दिलाने में अपनी महत्वपूर्ण भूमिका निभाई है जिसका उन्हें अधिकार है। भारत में भी इस दिशा में अच्छा कार्य हो रहा है। यह सब इसलिए संभव हुआ है क्योंकि आज भारतीय महिलाओं की प्रतिभा और उनकी क्षमता पर भरोसा किया जा रहा है। उनकी मेहनत और लगन को देखते हुए अब बड़ी बड़ी कंपनियों से लेकर सरकारी क्षेत्रों में भी महिलाओं की भागीदारी बढ़ाने का प्रयास किया जा रहा है।

तमाम मुश्किलों और चुनौतियों के बाद विदेशी कंपनियां अपने साथ महिलाओं की भागीदारी बढ़ाने के लिए अपनी नीतियां तक बदल रही हैं। किंतु इसके साथ ही कामकाजी महिलाओं के समक्ष अनेक चुनौतियां आज भी विद्यमान हैं। घर परिवार की जिम्मेदारी के साथ कार्यालय की जिम्मेदारी निभाना आसान काम नहीं है। फिर भी वर्तमान में भारतीय महिलाएं अपनी जिम्मेदारियों का निर्वहन अच्छे से कर रही हैं। कुछ समय पहले पेप्सिको की मुख्य कार्य अधिकारी **इंदिरा नूई** का यह बयान कि महिलाओं को सब कुछ नहीं मिल सकता। यह इस बात का बेहतरीन उदाहरण है कि कारोबारी दुनिया में असाधारण कैरियर बनाने वाली महिला ने सार्वजनिक स्थल पर यह स्वीकार किया कि जिंदगी में ऐसा समय भी आता है कि जब पेशेवर और पारिवारिक जीवन के बीच संतुलन साधना मुश्किल हो जाता है। उन्होंने बड़ी ईमानदारी के साथ स्वीकार किया कि अपराधबोध के एहसास के साथ उन्होंने परिवार की अपेक्षा काम को थोड़ी ज्यादा तरजीह दी, दरअसल बड़ी जिम्मेदारियां संभालने के बाद देर तक दफ्तर में रुकना और कभी भी किसी अन्य देश में जाने के लिए तैयार रहने जैसी शर्तें, महिलाओं के लिए पूरी करना आसान नहीं होता क्योंकि उन्हें परिवार की भी देखभाल करनी होती है।

कारोबारी जगत में अपनी साख स्थापित कर चुकी महिलाएं भी जब मातृत्व अवकाश के बाद काम पर वापस आती हैं तो उनके लिए वापसी की राह पहले के मुकाबले ज्यादा चुनौतीपूर्ण हो जाती है। एक शोध में सामने आया है कि बाल बच्चों वाली महिलाओं को, अविवाहित महिलाओं के मुकाबले 14 फ़ीसदी कम वेतन मिलता है। जानकारों का कहना है कि भारत के विभिन्न सेक्टर में महिला टैलेंट की कमी नहीं है। महत्वपूर्ण खबर है कि अपने देश में आईटी सेक्टर के प्रतिष्ठित संस्थानों में काम करने वाली महिलाओं की संख्या एक तिहाई को पार कर गई है। इस आंकड़े का विकास की व्यवस्था के नजर से अलग महत्व तो है ही पर इसके साथ ही कैरियर के प्रति सचेत युवा महिलाओं को उत्साहजनक माहौल प्रदान करना भी है। टाटा ग्रुप की टाटा कंसल्टेंसी सर्विसेज में महिलाओं का आंकड़ा एक लाख को पार कर गया है। इस दृष्टि से टीसीएस भारत में प्राइवेट सेक्टर में सबसे अधिक महिलाओं को काम देने वाली कंपनी बन गई है। IBM में 130000 महिलाएं हैं और पुरुषों की संख्या 300000 है। इंफोसिस में और विप्रो में महिलाओं की संख्या 54553 और 45273 है। वही ध्यान देने वाली बात यह भी है कि बीएसई लि0 में चोटी की 100 कंपनियों के

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बोर्ड में महिलाओं की संख्या बहुत कम है। शायद इसीलिए अब भारत में महिलाओं की भागीदारी बढ़ाने का प्रयास हो रहा है। हाल के दिनों में स्टैंडर्ड चार्टर्ड बैंक कम्युनिटी बिज़नेस एंड क्रेन फील्ड स्कूल ऑफ मैनेजमेंट की वीमेन ऑन कारपोरेट बोर्ड इन इंडिया नामक रिपोर्ट के अनुसार कनाडा, अमेरिका में महत्वपूर्ण पदों पर 15% महिलाएं हैं। ब्रिटेन में संख्या करीब 12% है। इतना ही नहीं हांगकांग व आस्ट्रेलिया भी भारत से आगे है।

दरअसल दुनिया में तेज गति से उभरती अर्थव्यवस्था वाले भारत में अब इस तरफ ध्यान देने की जरूरत है। यह ध्यान में रखना होगा कि शिक्षित महिलाएं इस देश की गतिशील अर्थव्यवस्था के मुख्य आधारों में एक हैं। आज हालात बदल गए हैं पेशेवर रुझान के साथ लड़कियां शिक्षण संस्थानों में दाखिला ले रही हैं और उसी रुझान के साथ ही जॉब मार्केट में उतर रही हैं। हावर्ड बिजनेस रिव्यू में छपे एक शोध के मुताबिक भारत में 85% महिलाएं महत्वकांक्षी है जबकि चीन में 65 प्रतिशत। भारत की 76 प्रतिशत महिलाएं खुद को नौकरी में टॉप पर देखने की आकांक्षा रखती हैं। इंडिया इंक का जोर, बिजनेस कंपनियों में अधिक से अधिक महिलाओं का प्रतिनिधित्व बढ़ाने पर है। उसकी एक प्रमुख वजह यह भी है कि महिलाएं हर क्षेत्र में बेहतर प्रोफेशनल बनकर सामने आती हैं। सरकारी नौकरियों मे अभी भी उच्च पदों पर बहुत कम महिलाएं है कुछ समय पूर्व जारी दिल्ली आर्थिक जनगणना रिपोर्ट 2013 के अनुसार कामकाजी महिलाओ क्या राष्ट्रीय औसत 25.26 प्रतिशत है पर दिल्ली में यह आंकड़ा 12.19 प्रतिशत है।

यूपीए सरकार ने सरकारी नौकरियों में महिलाओं की हिस्सेदारी बढ़ाने के मकसद से एक मुहिम छेड़ी थी। इसके तहत केंद्र सरकार के किसी भी मंत्रालय स्वायत्त संस्थान या संबंधित एजेंसियों द्वारा कराई जाने वाली सभी प्रकार की प्रतियोगी परीक्षा साक्षात्कार के लिए महिलाओं को शुल्क से छूट प्रदान की गई है। फिलहाल सरकार से लेकर प्राइवेट सेक्टर में महिलाओं की भागीदारी बढ़ाने के लिए अनेक नीतियों में बदलाव किए जा रहे हैं। उत्तर प्रदेश में अक्टूबर 2015 में हुए ग्राम पंचायत चुनाव में महिला सशक्तिकरण दिखा। प्रधान पदों पर आरक्षित कोटे से लगभग 11 प्रतिशत अधिक 43.86 फ़ीसदी सीटों पर विजय हासिल करके महिलाओं ने अपना वर्चस्व सिद्ध किया। चौकाने वाले परिणाम मुस्लिम बाहुल्य जिलों संभल, रामपुर एवं मुरादाबाद में रहे। यहां 50 फ़ीसदी से अधिक ग्राम प्रधान पदों पर महिलाएं आसीन हुई। 13 दिसंबर 2015 को जब ग्राम प्रधान चुनाव का परिणाम जारी हुआ तो चुनाव परिणाम के मुताबिक प्रधान के 6869 पद महिलाओं के लिए आरक्षित थे। महिला प्रतिनिधित्व देने में सबसे आगे संभल जिला रहा। यहां 54.5 प्रतिशत ग्रामों में महिलाएं प्रधान बनी तो वही मथुरा जिला सबसे फिसड्डी रहा यहां मात्र 36.7 प्रतिशत ग्रामों में महिला वर्चस्व बना। उत्तर प्रदेश के 74 जिलों में गौतमबुद्धनगर को छोड़कर 477814 प्रत्याशी मैदान में थे। जिसमें 55.21 प्रतिशत पुरुष और 44.79 फ़ीसदी महिलाएं थी। जिनमें से 56.14% पुरुष वा 43.36 फ़ीसदी महिलाएं विजई हुई। इतना ही नहीं बल्कि चुनाव में 15.44 प्रतिशत निरक्षर महिला प्रत्याशी भी विजई रहीं। वही प्राइमरी शिक्षा प्राप्त प्रधानों में पुरुषों से अधिक महिलाएं रहीं। 49.29 प्रतिशत महिला प्रधान, प्राइमरी तक शिक्षा प्राप्त है। प्रदेश में चुनी गई ग्राम प्रधानों में 4 महिला पीएचडी धारक भी हैं।

आज पुरुष घर से दूर रहकर नौकरी कर रहा है या फिर घर में अन्य कामकाज में उलझा हुआ है तो ऐसे समय में महिलाएं ही सफलतापूर्वक गृहस्थी का काम संभाल रही हैं। महिलाओं में पढ़ने लिखने के बाद एक नई समझ पैदा होने के कारण विभिन्न प्रकार की चुनौतियों से निपटने का जज्बा कूट कूट कर भरा है। आज देश के विभिन्न क्षेत्रों में महिलाएं अपनी विशेष उपस्थिति दर्ज करा रही है। इसी का परिणाम है कि देश के इतिहास में पहली बार महिला सैनिकों के एक खास दस्ते को नक्सलियों के खिलाफ घने जंगलों में तैनात किया गया। घटनाक्रम के जानकार सूत्रों ने बताया कि माओवाद प्रभावित राज्यों के इन ठिकानों पर जरूरी सुविधाएं तैयार करने के बाद केंद्रीय रिजर्व पुलिस बल ने एक प्लाटून जिसमें प्रत्येक में करीब 25 महिलाएं थी। दो महिला प्लाटूनों को तैनात किया। ऐसा पहली बार है जब महिलाओं को अति जोखिम और संवेदनशील इलाके में तैनात किया गया है। अधिकारियों ने बताया कि ऐसे इलाकों में इन महिला कर्मियों की तैनाती के खास कारण और सामरिक फायदे हैं। वह स्थानीय महिलाओं से संवाद कर सकती हैं, इससे बेहतर खुफिया जानकारी तो मिल ही जाती है साथ ही सुरक्षा बल ग्रामीणों के निकट आ सकते हैं। इस तरीके

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का मॉडल पश्चिम बंगाल में सफल रहा। जहां नक्सल आंदोलन कमजोर पड़ा है। महिलाओं को ऐसे अभियानों में बढ़त मिलती है। इससे मुकाबले की सफलता के लिए इनकी तैनाती महत्वपूर्ण भूमिका निभाती है।

इसी प्रकार हम देखते हैं कि भारत ने मंगल मिशन में फतह हासिल कर, दुनिया भर में कामयाबी का झंडा बुलंद किया है। अपनी पहली ही कोशिश में सफलतापूर्वक मंगलयान भेज कर पूरी दुनिया के सामने अपनी तकनीकी क्षमता का प्रदर्शन भारत ने किया लेकिन भारत के इस कामयाब प्रदर्शन में मार्स मॉम्स यानी महिलाओ की बहुत बड़ी भागीदारी रही है। मंगल मिशन अभियान में शामिल होने से लेकर इसके पूरा होने तक इसके साथ जुड़ी महिलाओं की भूमिका और उनके योगदान का खुलासा, **रीचिंग फॉर द स्टार्स** नाम की किताब से होता है। यहां तक कि इसरो ने भी अभियान के सफल हो जाने के बाद अपनी टीम से जुड़ी महिलाओं की जमकर तारीफ करते हुए कहा था कि मार्स मिशन के केंद्र में महिलाएं रही हैं। डॉ राधाकृष्णन ने बताया कि 2 महिलाओं ने जी एस एल वी को वेहिकल असेंबलिंग बिल्डिंग से लॉन्च पैड तक पहुंचाया था। इस का वजन लगभग 650 टन था। जहां से जीएसएलवी को महिलाओं ने धकेला उस बिल्डिंग से लॉन्च पैड की दूरी 1 किलोमीटर थी। अभियान से जुड़ी महिलाओं का भी कहना है कि मार्स मिशन में इसरो ने उन्हें बराबर का मौका दिया और किसी तरीके का भेदभाव नहीं हुआ। इतना ही नहीं किताब में मिशन से जुड़े कई और खुलासे भी हुए हैं। इसरो की ड्रीम टीम में 20 प्रतिशत महिलाएं थी। मिशन की कामयाबी में महिलाओं का योगदान काफी महत्वपूर्ण रहा। इन सभी ने रात दिन मेहनत करके इस अभियान को सफल बनाया। कुछ महिलाएं इनमें से प्रयोगशाला की प्रमुख हैं तो कई विक्रम साराभाई स्पेस सेंटर जैसे प्रमुख केंद्रों की उपनिदेशक भी हैं। इसके अलावा कई महिलाएं कंट्रोल सेंटरों में अपनी सेवाएं दे रही हैं। इस रूप में महिलाओं की भूमिका पर मंगलयान के लांच के वक्त से चर्चाएं होती रही हैं।

अंतरराष्ट्रीय स्तर पर देखें तो आधी आबादी वहां भी अपनी दमदार उपस्थिति दर्ज करा रही है। लंबे समय तक पुरुषों के दबदबे वाले सुरक्षा परिषद में अब रिकॉर्ड संख्या में महिलाएं हैं। जब मेडेलिन अल ब्राइट ने न्यूयॉर्क स्थित संयुक्त राष्ट्र में अमेरिका की स्थाई प्रतिनिधि के रूप में काम किया तो वह अक्सर जी–7 के बारे में बात करती थी। यह दुनिया के सबसे विकसित अर्थव्यवस्था वाले 7 देशों की क्लब की नहीं बल्कि संयुक्त राष्ट्र में गिनी-चुनी महिला राजदूतों का जिक्र था। 1990 के शुरुआती दशक में अलब्राइट ने इस समूह को अनौपचारिक रूप से इकट्ठा किया। आज संयुक्त राष्ट्र में 31 महिलाएं स्थानीय प्रतिनिधि है और संयुक्त परिषद में 6 सीटों पर महिलाएं हैं। जो अर्जेंटीना, जॉर्डन, लिथुआनिया, लक्जमबर्ग, नाइजीरिया और अमेरिका से आती हैं। संयुक्त राष्ट्र के सबसे महत्वपूर्ण निकाय में महिलाओं की यह उपस्थिति भी एक रिकॉर्ड है। परिषद की एक महिला सदस्या हैं अमेरिकी राजदूत समंथा पावर। वर्ष 2010 में इसमें केवल तीन महिलाएं थी। अब महिलाओं की संख्या 5 तक पहुंची है जो परिषद के कुल सदस्यों का एक तिहाई है। नाइजीरिया की पूर्व विदेश मंत्री रही राजदूत जोय ओगवू भी सामंथा पावर की तरह महिला सदस्यों में अंतरराष्ट्रीय मैत्री का भाव देखती हैं। जोय कहती हैं किसी समस्या को हल करने में महिलाओं की अंतर्दृष्टि गहरी होती है। जारडन की दिना कवर भी परिषद की स्थाई प्रतिनिधि हैं। लक्जमबर्ग की राजदूत सिल्वी लुकास पूरी दुनिया में शांति स्थापित करने के काम को लेकर महिलाओं की सहभागिता की जरूरत पर लगातार बल देती हैं। अब स्थिति यह है कि परिषद की पांच में चार स्थाई सदस्यों के रिक्त स्थान पर महिलाओं को वरिष्ठ राजदूत बनाया जाना है। परिषद में अब तक 4 महिलाओं ने अमेरिका की ओर से प्रतिनिधित्व किया है– जीन किर्कपैट्रिक, मैडेलीन अलब्राइट, सुजेन राइस और समंथा पावर। पूरे संयुक्त राष्ट्र में महिलाएं अधिक महत्वपूर्ण पदों पर जिम्मेदारियां संभाल रही हैं। पूर्व ब्रिटिश मंत्री वैलरी एमोस, मानवीय सहायता की प्रमुख हैं। जर्मनी की एंजेला केन संयुक्त राष्ट्र की निःशस्त्रीकरण से संबंधित मामले की महत्वपूर्ण प्रतिनिधि है। उन्होंने सीरिया के रासायनिक हथियार खत्म करने के मामले में महत्वपूर्ण भूमिका निभाई थी। डच राजदूत सिग्रिड काग ने इन हथियारों को नष्ट करने के काम की निगरानी की थी। विश्व स्वास्थ्य संगठन कि प्रमुख डॉक्टर मार्गरेट चान हैं। मेजर जनरल क्रिस्टीन लुंड संयुक्त राष्ट्र शांति रक्षा बल की पहली महिला कमांडर बनी हैं। हालांकि अभी भी सबसे महत्वपूर्ण जगहों पर पुरुषों का दबदबा है लेकिन परिदृश्य काफी बदल रहा है।

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भारत में महिलाओं के हित के लिए गए कुछ बड़े फैसले निम्नवत हैं– सुप्रीम कोर्ट ने कोर्ट परिसर में डे केयर खोलने का फैसला लिया ताकि कोर्ट में काम करने वाली महिलाओं के लिए थोड़ी सी सहूलियत का बंदोबस्त किया जा सके। कई निचली अदालतों ने इसके बाद अपने परिसरों में क्रेच खोलने की मंशा जताई। इधर प्रधानमंत्री ने स्त्री शक्ति की बात की और उधर डिपार्टमेंट ऑफ पर्सनल एंड ट्रेनिंग ने प्रस्ताव रखा कि केंद्र सरकार की इमारतों में क्रैश खोले जाएंगे। कुछ साल पहले केंद्र सरकार ने अपनी महिला कर्मचारियों के लिए 6 महीने की मैटरनिटी लीव के अलावा 3 साल के चाइल्ड केयर की छुट्टी का प्रावधान भी शुरू किया। आधी आबादी के उत्थान के प्रक्रिया के अंतर्गत महिलाओं के प्रति सरकारी सुरक्षा बिंदुओं को अनदेखा नहीं किया जा सकता महिलाओं की सुरक्षा को ध्यान में रखते हुए महिला एवं बाल विकास मंत्रालय की ओर से टेलीफोन हेल्पलाइन सेवा तथा वन स्टॉप सेंटर स्कीम लांच की गई। जिसके तहत महिलाओं की सुरक्षा सहायता सलाहकार की भूमिका का निर्वहन किया जा रहा है। संवैधानिक प्रावधानों के तहत विभिन्न अनुच्छेदों में महिला कल्याण की बात की गई। संयुक्त राष्ट्र समझौते पर हस्ताक्षर करने के नाते भारत में महिलाओं के पूर्ण विकास एवं प्रगति सुनिश्चित करने के उद्देश्य से अनेक प्रयत्न किए गए हैं। क्योंकि महिलाएं हमारे देश की आबादी का आधा हिस्सा है, जाहिर है सरकार द्वारा आधे हिस्से के विकास हेतु अनेक कानूनी व्यवस्थाएं भी की गई। 1990 में राष्ट्रीय महिला अधिनियम के अनुपालन में महिलाओं के अधिकारों की रक्षा से संबंधित प्रयास आरंभ हुए। संविधान के अनुच्छेद 33 के तहत लोकसभा में महिलाओं हेतु एक तिहाई स्थान आरक्षित किया गया। इसमें 73 वाँ और 74 वाँ संवैधानिक संशोधन अधिनियम महिलाओं की उन्नति में अत्यंत महत्वपूर्ण पड़ाव है। महिलाओं पर घरेलू हिंसा अधिनियम 2001 में परित्यक्ताओं हेतु गुजारा भत्ता, बालिका अनिवार्य शिक्षा 2001 इत्यादि प्रावधानों के द्वारा आधी आबादी के प्रति न्याय के क्षेत्र में प्रयास किए गए। जिला कल्याण की योजनाओं के लिए 79.258 करोड रुपए का आवंटन किया गया। आंकड़ों की बात करें तो 2020 में महिलाओं की साक्षरता दर 80 फिसदी से ज्यादा हो जाएगी। राष्ट्रीय साक्षरता मिशन के अंतर्गत 2017 तक 80% महिलाओं को साक्षर बनाने का लक्ष्य रखा गया था। लैंगिक असंतुलन को ध्यान में रखते हुए 2005 में जेंडर रिस्पॉन्सिब बजटिंग की गई। प्रश्न उठता है कि इतने प्रावधानों के बाद भी संयुक्त राष्ट्र लैंगिक असमानता सूचकांक में भारत 134 में पायदान पर है जो कि महिलाओं की स्थिति में अभी पर्याप्त सुधार ना होने की ओर संकेत कर रहा है। 8 मार्च को केवल अंतर्राष्ट्रीय महिला दिवस के रूप में मना देने से नारी की क्षमता व गरिमा का बोध नहीं होगा वरन् कानूनों की व्यवस्था को सही ढंग से समाज में लागू किया जाना चाहिए।

स्वामी विवेकानंद जी का कथन है कि किसी भी राष्ट्र की प्रगति का सर्वोत्तम थर्मामीटर वहां की महिलाओं की स्थिति है। वर्तमान समय में कई कड़े कानून बनने के बावजूद महिलाओं के साथ उत्पीड़न की घटनाएं कम होने का नाम नहीं ले रही हैं। पढ़े-लिखे समाज में भी महिलाएं दोहरी मानसिकता के शिकार हो रही हैं। यह सच है कि शिक्षित महिलाएं अपनी महत्वकांक्षाओं को पूर्ण करने के लिए लगातार सफलता के मार्ग पर आगे बढ़ रही हैं लेकिन सबसे बड़ा सवाल यह है कि इस सफलता के बाद आधी आबादी की चुनौतियां क्या कम हुई है।

संदर्भ ग्रंथ

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राष्ट्रीय विकास में मानवाधिकार की भूमिका

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आर०पी०आर०एल०आई०एम०टी० शाहमहोली सीतापुर

समाज में मनुष्य के व्यक्तित्व के विकास के लिये कुछ अधिकारों की आवश्यकता होती है,जिनके अभाव में उसके व्यक्तित्व का विकास समाज में सम्भव नही है इन्ही को मानवाधिकार कहा जाता है।मानवाधिकार शब्द अपने आप में स्वतन्त्र अस्तित्व रखता है क्योंकि मानव को अपने अस्तित्व में आने तक की यात्रा में अधिकार विरासत में प्राप्त होते चले गये नैतिक एवं कानूनी रुप में जब हम मानव अधिकार की बात करते हैं जो मानव जाति के विकास के लिये मूलभूत मानवीय गरिमा को सुनिश्चित करता हो वह मानवाधिकार कहलाता है। मानव अधिकार मानव के विशेष अस्तित्व के कारण उनसे सम्बन्धित हैइसलिये ये जन्म से ही प्राप्त है और इसकी प्राप्ति में जाति लिंग धर्म भाषा रंग तथा राष्ट्रीयता बाधक नही होती। मानव अधिकार को "मूलाधिकार" "आधारभूत अधिकार""अन्तर्निहित अधिकार" तथा नैसर्गिक अधिकार भी कहा जाता है।मानव अधिकार की कोई सर्वव्यापी विश्वव्यापी परिभाषा नही है,इसलिये राष्ट्र इसकी परिभाषा अपनी सुविधा अनुसार देते हैं।चीन तथा इस्लामी राज्य कहते हैं कि मानवाधिकार की परिभाषा सांस्कृतिक मूल्य के अन्तर्गत दी जानी चाहिए अर्थात मानवाधिकार में मनुष्यों के सांस्कृतिक अधिकारों को भी शामिल किया जाना चाहिए।

मानव अधिकारों के पद का प्रयोग सर्वप्रथम अमेरिका के राष्ट्रपति रुजवेल्ट ने जनवरी 1941 में कांग्रेस को सम्बोधित अपने प्रसिद्ध संदेश में किया था जिसमें उन्होने चार मर्मभूत स्वतन्त्रताओं–वाक्स्वातन्त्रय गरीबी से मुक्ति और भय से स्वातन्त्रय पर आधारित विश्व की घोषणा की थी अन्तर्राष्ट्रीय स्तर पर जब मानवाधिकार की बात होती है तब इसे मानवाधिकार विल के रुप में कोडोकृत तथा परिभाषित किया जाता है इसमें विभिन्न अन्तर्राष्ट्रीय सम्मेलनों एवं घोषणाओं का योगदान है।

द्वितीय विश्व युद्ध के बाद मानव अधिकारों के प्रति विश्व समुदाय की चिन्ता लाजिमी थी और भारत का स्वतन्त्रता आन्दोलन इस बात का जीवन्त उदाहरण है जिसमें नागरिक अधिकार एवं मानव अधिकारों के लिये लड़ाई लड़ी गयी पं0 जवाहर लाल नेहरु ने स्वतन्त्रता आन्दोलन के पहले ही इन मानव सम्बन्धी अधिकारों का प्रचार प्रसार शुरु कर दिया था। पं0 जवाहर लाल नेहरु की निःस्वार्थ भावना व निष्ठा से इस दिशा में प्रगति हुई और उत्तरोत्तर विकास की प्रक्रिया से गुजरते हुये राष्ट्रीय मानव अधिकार आयोग की स्थापना सन् 1933 में की गयी यह राष्ट्रीय मानव अधिकार आयोग मानव अधिकारों के संरक्षण,संवर्द्धन के लिये हमारी चिन्ता का प्रतिफल है।इसका इसका गठन मानव अधिकार संरक्षण अधिनियम मे 1933 के अधीन किया गया जो 28 सितम्बर 1933 से धारा(30) में मानव अधिकार से जुड़े मामलों की शीघ्र जाँच तथा न्याय दिलाने के लिये मानव अधिकार न्यायालयों के गठन का प्रावधान है।

संयुक्त राष्ट्र चार्टर में सर्वप्रथम बहुउद्देश्यीय मानव अधिकार संघ की चर्चा की गयी संयुक्त राष्ट्र चार्टर में मानव अधिकार की घोषणा प्रस्तावना अनुच्छेद 1–13–55.68 तथा 76 में है इसकी प्रस्तावना में कहा गया है "हम संयुक्त राष्ट्र संघ के लोग भावी पीढ़ियों को युद्ध की विभीषिका से बचाने के लिये कृतसंकल्प हैं। हमनें अपने जीवन काल में मानव समुदाय को दो बार इन विभीषिकाओं से उत्पीड़ित होते देखा है हम मौलिक अधिकार गरिमा और मानव मूल्य में विश्वास व्यक्त करते हुये स्त्री पु3ष के समान अधिकारों तथा छोटे बड़े राष्ट्रों को एक दृष्टि से देखने का प्रयास करेंगे इस घोषणा के अनुच्छेद 30 में नागरिक राजनैतिक आर्थिक सामाजिक एवं सांस्कृतिक अधिकार प्रदान करने की बात कही गयी है इस प्रकार 1948 का घोषणा पत्र स्वतन्त्रता के क्षेत्र में सभी राष्ट्रों को समान मानदण्ड उपलब्ध कराता है इस घोषणा के अनुच्छेद (1) में कहा गया है कि "सभी मनुष्य जन्म से समान है तथा वे अधिकार एवं गरिमा में बराबर हैं मानव को सभी के साथ तर्कयुक्त एवं विवेकपूर्ण व्यवहार करना चाहिए।" मानव अधिकार सम्बन्धी वैधानिक रुप से बाध्य करने वाले दो

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अन्तर्राष्ट्रीय मसौदे तथा नागरिक एवं राजनैतिक अधिकार से सम्बन्धित समझौते को 23 मार्च 1976 को कार्यान्वित किया गया इन दोनों घोषणाओं के आधार पर भारत ने अपना मानव अधिकार सम्बन्धी घोषणा पत्र तैयार किया।

10 दिसम्बर 1948 को संयुक्त राष्ट्र संघ की महासभा द्वारा अस्तित्व में लाये गये "मानव अधिकारों" ने अब अपने 66 वर्ष पूर्ण कर लिये हैं,इन अधिकारों के जन्म के साथ ही इसमें शामिल सदस्यों का यह कर्तव्य बन गया कि वे मानव अधिकारों का संरक्षण और उनकी देखभाल करें वास्तव में देखा जाये तो मानवीय जीवन और अधिकारों की रक्षा उस देश के मानव अधिकार कानूनों के लिये गौरवान्वित करने वाली बात होती है वर्तमान में हमारे देश में मानव अधिकारों की स्थिति वास्तव में जटिलता में देखी जा रही है मानव अधिकारों की सबसे बड़ी समस्या यह है कि इसका हनन राजनैतिक कारणों के अतिरिक्त धार्मिक मुद्दों पर भी किया जा रहा है।धर्म एक ऐसा मार्ग है जो प्रत्येक जाति वर्ग को प्रेम और स्नेह से रहना सिखाता है आज उसी धर्म के नाम पर कट्टरता का प्रचार प्रसार करते हुये हिंसा के कारण लोग बेवजह मारे जा रहे हैं।मानव अधिकारों से भारत का नाता बहुत पुराना है हम "वसुधैव कुटुम्बकम" को अपना सूत्र वाक्य मानते हैं सम्पूर्ण विश्व में भारत वर्ष ही ऐसा देश है जिसने दुनिया को "जियो और जीने दो" का आदर्श वाक्य देते हुये आपसी प्रेम स्नेह का संचार करने में बड़ी भूमिका का निर्वहन किया है।

सन् 1975 में संयुक्त राष्ट महासभा में एक प्रस्ताव पारित कर किसी भी प्रकार के उत्पीड़न को अमानवीय करार दिया गया सन् 1993 से 2003 तक के दशक को नस्लवाद विरोधी दशक भी माना गया।महिला अधिकारों के संरक्षण के लिये 1993 में एक प्रस्ताव के माध्यम से उन्हें मजबूती दी गयी "जानिये मानव अधिकारों को" नामक पुस्तक की लेखिका अनीसा भसीन लिखती हैं कि "मानव अधिकार सार्वभौमिक रुप से लागू हैं(पृष्ठ 16) मानव अधिकारों को सर्वोच्च इसलिये माना जाता है क्योकि राज्य द्वारा जनहित के आधार पर इनका अतिक्रमण नही किया जा सकता(पृष्ठ 16) मानव अधिकार दो तरफा क्रिया है राज्य एवं नागरिकों द्वारा परस्पर सहयोग से मानवाधिकार एक गतिशील अवधारणा है जो समयानुसार बदलती रहती है।" मानवाधिकार वैधानिक कानून समाज के वंचित वर्गों जैसे महिलायें बच्चे अशक्त व्यक्ति पिछड़े वर्ग आदि के लिये विभिन्न प्रक्रियाओं व कानूनों का निर्धारण करते हैं–ऐसे कानूनों में शामिल हैं मानव अधिकार संरक्षण अधिनियम 1933, अश्क्त लोग अधिनियम 1995 आदि।

संयुक्त राष्ट्र के तत्वाधान में किये गये अनेक उपाय महिलाओं की प्रस्थिति पर मानवाधिकार आयोग के प्रयत्नों का परिणाम है मानवाधिकार आयोग की स्थापना मूल रुप से ब्राजील के प्रस्ताव पर स्त्रियों की प्रस्थिति पर एक उप आयोग के रुप में हुई थी। यहाँ पर नागरिक आयोग को यह आदेश दिया गया था किवह परिषद "राजनीतिक ?,आर्थिक,नागरिक,सामाजिक तथा शिक्षा क्षेत्र में महिलाओं के अधिकार के संवर्द्धन हेतु संस्तुति एवं प्रतिवेदन दें। इसे यह भी उत्तरदायित्व सौंपा गया था कि यह महिलाओं के अधिकार क्षेत्र में तत्काल ध्यान दिये जाने सम्बन्धी अत्यावश्यक समस्याओं पर भी परिषद को संस्तुति दे।

मानवाधिकार आयोग महिलाओं की प्रस्थिति पर महिलाओं के अधिकारों से सम्बन्धित अधिकारों पर अभिसमय का प्रारुप निर्मित करता है तथा प्रत्येक दूसरे वर्ष अपना सम्मेलन आयोजित करता है इस विषय के परीक्षण के लिये सम्पूर्ण विश्व में महिलाओं के लिये समानता की प्राप्ति में कितनी प्रगति हुई है यह विशिष्ट अभिकरणों के साथ तथा मुख्य रुप से अन्तर्राष्ट्रीय श्रम संगठन तथा यूनेस्को से घनिष्ठ रुप से मिलकर इन विषयों में जिनसे महिलाओं की आर्थिक तथा शिक्षा के अधिकार प्रभावित होते हैं कार्य करता है।

संयुक्त राष्ट्र संघ की महासभा 1962 में यह निश्चित किया गया था कि महिलाओं के विकास के लिये संयुक्त राष्ट्र संघ की एक दीर्घ कालिक एकीकृत योजना प्रारम्भ की जाये। इस कार्य योजना का एक महत्वपूर्ण उद्देश्य था, महिलाओं के विरुद्ध भेदभाव के समापन के लिये एक घोषण की उद्घोषणा।वास्तव में यह घोषणा 1967 में घोषित की गयी।

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1975 को संयुक्त राष्ट्र संघ की महासभा ने "अन्तर्राष्ट्रीय महिला वर्ष" के रुप में घोषित किया।तथा इसका उद्देश्य पुरुषों तथा महिलाओं के समानता के सिद्धान्त,सार्वभौमम्यता विधित तथा तथ्यतः को बल प्रदान करना था। 19 जून से 2 जुलाई 1975 तक अन्तर्राष्ट्रीय महिलाओं का विश्व सम्मेलन मेक्सिको में आयोजित हुआ इस सममेलन में एक घोषणा पत्र अग्रसारित किया गया जिसमें महिलाओं तथा पुरुषों की समानता तथा विकास एवं शांति में महिलाओं का योगदान सम्बन्धी सिद्धान्तों का उल्लेख था।इस सम्मेलन ने एक विश्व कार्य योजना निर्मित की जिसमें महिलाओं की दशा के सुधार के लिये दिशा निर्देश तथा लक्ष्य निर्धारित किये।

श्रीमती आर0के0 शर्मा लिखती हैं कि "अधिकार के सुख की कामना मानव का स्वाभाविक एवं जन्मजात लक्षण है क्योंकि इसके अभाव में मानव अस्तित्व विहीनता का अनुभव करने लगता है तथा एक उत्साह एवं अधिकार रहित व्यक्ति से राष्ट्र एवं समाज के विकास एवं कल्याण की कामना व्यर्थ सिद्ध होती है।" अतः मानव को वास्तविक रुप से राष्ट्र निर्माण व समाज के विकास के कार्य में लगाना है तो उसको अधिकार प्रदान करना अनिवार्य है।

राष्ट्रीय विकास में मानवाधिकारों की महत्वपूर्ण भूमिका होने के कारण ही इसको राष्ट्र की कुंजी कहा गया है किसी भी व्यक्ति को अधिकार प्रदान कर कर्तव्य पालन हेतु प्रेरित किया जा सकता है जिस देश के नागरिक श्रमनिष्ठ एवं कर्तव्यनियठ नही होते वह देश विकास नही कर सकता।इससे सिद्ध होता है कि मानवाधिकारों की राष्ट्रीय विकास में महत्वपूर्ण भूमिका है।प्रत्येक ग्रु में शिक्षक द्वारा छात्रों को कर्तव्यों का पाठ पढ़ाया जाता रहा है,कर्तव्य भावना को प्रबल बनाने के लिये अधिकारों से सम्बद्ध कर दिया जाता है।राजनैतिक जागरुकता एवं विकास का क्रम भी मानवाधिकारों से ही प्रारम्भ होता है नागरिकों में राजनीतिक जागरुकता इसलिये पायी जाती है कि उन्हे मताधिकार के प्रयोग का अधिकार होता है।नागरिक मानता है कि उसे सरकार चुनने का अधिकार है।और सरकार द्वारा मानव के मूल्य अधिकारों का संरक्षण किया जाता हैं।आध्यात्मिक विकास में भी मानवाधिकारों की प्रमुख भूमिका है प्रत्येक व्यक्ति को यह अधिकार है कि वह आध्यात्मिक विकास के लिये इच्छानुसार प्रयास करे।

इसी प्रकार आर्थिक सामाजिक तथा सांस्कृतिक विकास में मानवाधिकार की अहम भूमिका है क्योंकि यदि व्यक्ति को आर्थिक रुप से निजी सम्पत्ति रखने का अधिकार नही होगा तो वह आर्थिक विकास के प्रति उदासीन हो जायेगा। भारतीय संस्कृति में अनेक प्रकार की रीतियां एवं परम्परायें प्रचलित हैं इन सभी का श्रेय मानवाधिकारों को जाता है। यदि मानवाधिकारों का उदय नही होता तो भारतीय सुस्कृति में कुछ परम्परायें ही प्रचलित होती।

इस प्रकार यह स्पष्ट हो जाता है कि राष्ट्र के समस्त पक्षों के विकास में मानवाधिकार की महत्वपूर्ण भूमिका होती है। आज विकसित देशों के इतिहास पर दृष्टि डाली जाये तो स्पष्ट होता है कि वहाँ के प्रशासन में मानवों को अधिकतम अधिकार प्रदान किये हैं।और ये अधिकार नागरिकों तक पहुँचे इसके लिये भी उचित क्रियान्वयन की व्यवस्था है।

मानवाधिकार और वर्तमान में उनकी दशा पर इतनी व्यापक चर्चा किये जाने के बाद भी यह विषय अधूरा ही रह गया है कारण यह है कि मानव समाज में जो समस्याओं उपस्थित हैं उनसे निपटना ही मानवाधिकार की संकल्पना का लक्ष्य है सूखा बाढ़ गरीबी अकाल सुनामी भूकम्प युद्ध या दुर्घटनाओं के चलते जो लोग शिकार हो रहे हैं पीड़ित या परेशान चल रहे हैं उनके मानवाधिकारों का ध्यान रखा जाना अपेक्षित जान पड़ रहा है।इन सारे मामलों में कानून को भी सक्रिय भूमिका का निर्वहन करना होगा।विकास के साथ मानवता के आपसी रिश्तों को भी रेखांकित करना होगा न कि विकास के नाम पर किये जा रहे निर्माण के बाद लोगों के बराबर कर दिया जाये।मानवाधिकार सम्बन्धी घोषणाओं को जमीनी सच्चाइयों में बदलना होगा।

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संविधान की स्त्री बनाम समाज की स्त्री

डॉ० सविता शाही
असिस्टेन्ट प्रोफेसर, राजनीतिशास्त्र डी०ए०वी०पी०जी० कालेज लखनऊ।

विश्व के अनेक देशों में महिला वर्ग को अपने महत्वपूर्ण राजनीतिक अधिकार तथा मताधिकार के लिए भी संघर्ष करना पड़ा था। इग्लैण्ड में एक लम्बे राजनीतिक संघर्ष के उपरान्त वर्ष १९१८ में वहाँ की महिलाओं को पुरूषों के समान मताधिकार की प्राप्ति हुई, फ्रांस में सन् १९२८ तथा संयुक्त राज्य अमेरिका में महिलाओं को १९४४ तक मताधिकार के लिए संघर्ष करना पड़ा किन्तु भारतीय संविधान में महिला और पुरूष के बीच लिंग के आधार पर कोई भेद नहीं किये गये है। भारतीय संविधान में महिलाएं, पुरूष, अमीर-गरीब, साक्षर-निरक्षर सभी को समान रूप से अधिकार प्रदान किये गयें है। विधि के समक्ष समानता और शोषण मुक्त समाज की स्थापना के लिए कटिबद्ध हमारे संविधान निर्माताओं ने सभी को सामाजिक, आर्थिक तथा राजनीतिक न्याय की गारंटी संविधान की प्रस्तावना में ही स्पष्ट कर दिया है। संविधान में ''स्त्री पुरूष के बीच समानता का सिद्धान्त भारत के संविधान की प्रस्तावना, मौलिक अधिकारों, मूल कर्तव्य तथा नीति निर्देशक सिद्धान्त में अर्न्तनिहित है। संविधान न केवल महिलाओं को समान अवसर प्रदान करता है बल्कि सरकार को यह शक्ति प्रदान करता है कि वह महिलाओं के पक्ष में सकारात्मक भेदभाव के लिए कदम उठा सके।''[१] अतः देश में महिलाओं को पुरूषों को समान ही समस्त अधिकार, सर्वांगीण विकास के लिए अवसर की समानता, महिलाओं की सुरक्षा व संरक्षण के लिए विभिन्न कानूनी उपबन्ध, महिलाओं के चतुर्मुखी विकास के लिए उपलब्ध संवैधानिक प्रावधान तथा विभिन्न नीतियों व कार्यक्रमों इत्यादि में प्रतिबद्धता महिलाओं के विकास को लक्षित करती है। अनुच्छेद १४ के माध्यम से विधि के समक्ष समानता तथा विधि के समान संरक्षण, अनु. १५, धर्म जाति वंष, लिंग के आधार पर किसी भी नागरिक के विरूद्ध भेदभाव का निषेध, अनुच्छेद-१६, लोक नियोजन में पुरूष व महिलाओं को समान अवसर, अनु०-२३-२४ नारी के शोषण, बलात श्रम, महिलाओं के क्रय विक्रय पर रोक, इसके अतिरिक्त नीति निर्देशक सिद्धान्त में भी अनु० ३६, ३६(क), ३६(घ), ३६(ई), अनु० ४२, ४४, ४७, ५१(क) तथा अनु० २४३(घ), २४३(न) में पंचायती राज तथा नगरीय संस्थाओं में ७३ व ७४ वें संशोधन के माध्यम से महिलाओं के आरक्षण की व्यवस्था की गयी है। संविधान द्वारा प्रदत्त इन अधिकारों को सम्यक ढ़ग से लागू करने के लिए केन्द्र सरकार द्वारा समय-समय पर विभिन कानूनों, विधियों व उपबन्धों का निर्माण तथा महिलाओं के शैक्षिक, स्वास्थ्य एवं सामाजिक स्तर पर सुधार की अनिवार्यता को देखते हुए केन्द्र सरकार तथा राज्य सरकारों द्वारा विभिन्न कल्याण कारी योजनाएं तथा कार्यक्रम का संचालन किया जा रहा है जिनसे उनके जीवन स्तर में सुधार आ सके तथा विकास कार्यों में उनकी अधिक से अधिक भागीदारी सुनिश्चित हो सके।

देश के संविधान में पुरूषों व महिलाओं को समान अधिकार प्रदान किये जाने के बाउजूद भारतीय महिलाएं यथार्थ व वास्तविक जीवन में हर मोर्चे पर गैर बराबरी व भेदभाव पूर्ण नीति का दंशझेलती रहती है और राजनीति भी इससे अछूती नही है। भारतीय राजनीति में कुछ महिलाओं को छोड़ दिया जाय तो आज भी राजनीति लगभग महिला विहीन ही है। आज के राजनीति प्रधान समाज में किसी भी वर्ग का राजनीतिक प्रतिनिधित्व बहुत मायने रखता है लेकिन दुर्भाग्य से भारतीय राजनीति में महिलाओं का प्रतिनिधित्व बहुत कम है। ''राजनीति में महिलाओं की समान भागीदारी के सवाल पर सन् १९९७ में एक अन्तर संसदीय सम्मेलन दिल्ली में आयोजित किया गया जिसमें ७७ देशों की महिला प्रतिनिधियों ने भाग लिया सम्मेलन में इस तथ्य को विशेष रूप से रेखांकित किया गया कि विष्व भर में महिलाओं का राजनीति में प्रतिनिधित्व बहुत कम है। यह एक खतरनाक संकेत है। अतः इसे तत्काल बढ़ाये जाने की आवाश्यकता है।''[२]

एक अर्न्तराष्ट्रीय संगठन इटर पार्लियामेन्टी यूनियन की ताजा रिपोर्ट के अध्ययन में पता चलता है कि ''यूरोप, अमेरिका और दुनिया के अन्य विकसित देशों की संसदो में महिला प्रतिनिधियों की संख्या के मुकाबले हम कहीं भी नहीं ठहरते है। हमारे पड़ोसी देश पाकिस्तान, चीन, नेपाल और बाग्लादेश, अफगानिस्तान भी भारत से आगे है। विष्व भर की संसदों में महिलाओं की संख्या के आधार पर हुए सर्वे में भारत १०३ वें स्थान पर है जबकि नेपाल ३५ वें, अफगानिस्तान ३६वें, चीन ५३वें, पाकिस्तान ६४वें इग्लैण्ड ५६वें, अमेरिका ७२वें स्थान पर है। यहाँ तक कि सीरिया, रवांड़ा, नाइजीरिया और सोमालिया आदि की संसदों में

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भी महिलाओं की संख्या भारत से अधिक है। फिलहाल भारत की संसद के दोनों सदनों में १५ : महिला है जिसमें लोक सभा में ६५ महिलाएं तथा राज्य सभा में ३१ महिलाएं है। इस सन्दर्भ में १६६५ में हुए इंटर पार्लियामेन्टी यूनियन सर्वे में यूरोपीय देषों का प्रभुत्व था तब प्रथम दस स्थान पर उनका कब्जा था लेकिन २०१५ की स्थिति में काफी बदलाव आया है। पहले दस देष में चार देश सहारा अफ्रीका के है। ऐसे में स्वाभाविक सवाल उठता है कि जब बीस वर्ष में सब सहारा अफ्रीकी देशों में स्थिति बदल सकती है तो भारत में क्यों नहीं।''[३]

जीवन के हर क्षेत्र में महिलाओं के अपनी अलग और सशक्त पहचान बनाई है लेकिन राजनीति के क्षेत्र में आज भी महिलाएं अन्य देशों की तुलना में काफी पीछे है। संविधान में मिला राजनीतिक समानता का अवसर एक सुहावना सपना बन हुआ। पहली लोक चुनाव से लेकर १६ वीं लोकसभा चुनाव में महिला सांसदों की संख्या इस तथ्य का स्पष्ट प्रमाण हैं। पहली लोकसभा चुनाव में २२ महिलाएं विजयी हुई और सोलहवी लोकसभा चुनाव में ६२ महिला सांसद है। सभी चुनावों में , महिला का प्रतिनिधित्व ३.५१ : से ११.४२ : के बीच ही रहा। वर्ष २०१४ का लोकसभा चुनाव महिला प्रतिनिधित्व के लिहाज से सर्वाधिक बेहतर आकड़ा रहा जिसमें ११.४२ : महिलाएं विजयी हुई। यह आकड़ा सिर्फ लोक सभा चुनाव का ही नहीं है बल्कि सभी राज्यों में विधान सभा चुनाव में भी कमोवेश यही स्थिति परिलक्षित होती है। लोक सभा तथा विधानसभा चुनाव में उनकी स्थिति कितने हाषिये पर है या उनका प्रतिनिधित्व पुरूषों के मुकाबले कितना नगण्य है। इस सन्दर्भ में एक दिलचस्प तथ्य यह है कि राजनीति में जो महिलाएं है उनमें से अधिकांश आत्म प्रेरणा से नहीं बल्कि परिवार के पुरूष राजनेताओं की राजनीति का अंग है। सत्ता में परिवार के पारम्परिक प्रचलन को बचाए रखने के लिए राजनीति में प्रवेश पा गई या जब राजनीति में पुत्र उत्तराधिकारी उपलब्ध नहीं होता है तो प्रायः महिलाओं को नेताओं के रूप में स्वीकार किया जाता है, यदि उपलब्ध महिला सांसद तथा विधायकों में से ऐसी महिलाओं को अलग कर दिया जाय तो भारतीय राजनीति महिला विहीन ही दिखाई पडेगी।

महिला राजनीतिज्ञ अपनी राजनीतिक कुशलता और योग्यता के मामले में पुरूषों से कम नहीं है। ''महिला राजनीतिज्ञों ने दायित्वों को स्वीकार किया है और सफलता पूर्वक निर्वहन करके यह सिद्ध कर दिया है कि अवसर मिलने पर महिलाए राज्य के राजनीतिक जीवन में प्रभाव शाली भूमिका निभा सकती है।''[४] राजनीति में महिलाओं के कम प्रतिनिधित्व का कारण उनकी राजनीतिक अकुशलता नही है अपितु इसके लिए अनेक सामाजिक, राजनीतिक, स्वभागत तथा आर्थिक व शैक्षणिक कारण उत्तरदायी है।

प्रस्तुत अध्ययन में हम उन समस्त सामाजिक कारकों की चर्चा करेंगे जिसके सीमाओं के कारण महिलाए राजनीति मे आगे नहीं आ पा रही है। कारण स्पष्ट है कि ''संवैधानिक और कानूनी तौर पर तो महिलाओं को पुरूषों के समान अधिकार प्राप्त है लेकिन सामाजिक रवैये की प्रतिकूलता के कारण महिलाएं राजनीति में आगे नही आ पा रही है।''[५] कहने का तात्पर्य है कि कानून व संविधान के नजरिये से देखा जाय तो संविधान की स्त्री राजनीतिक रूप से सशक्त व पुरूषों के समान ही दिखती है लेकिन समाज की स्त्री अभी भी पुरूष सतात्मक सामाजिक व्यवस्था रूपी जंजीर से जकड़ी हुई है। संविधान की स्त्री और समाज की स्त्री के बीच जो अन्तर विधमान है उस अन्तर को पाटने का कार्य भारतीय स्त्री आजादी के छः दशकों से अधिक का समय बीत जाने के उपरान्त भी पूरा नहीं कर सकी है। संविधान की स्त्री और समाज की स्त्री के बीच के फासले में विभिन्न सामाजिक कारक जैसे परम्परागत पुरूष प्रधान सामाजिक व्यवस्था, नैतिकता के दोहरे मापदण्ड, रूढ़ियाँ व पूर्वाग्रह, घरेलू और पारिवारिक उत्तरदायित्वों का बोझ, स्वस्थ दृष्टिकोण का अभाव, धर्म व पर्सनल लॉ, महिलाए ही महिलाओं के बाधक के रूप में, अशिक्षा, महिलाओं के प्रति बढ़ती हिंसा व आपराधिक घटनाएं, स्वास्थ्य सम्बन्धी कारक आदि तत्व है जो महिलाओं के राजनीतिक विकास या संविधान की स्त्री के लक्ष्य तक पहुँचने में बाधक रहे है।

राजनीति में महिलाओं के निम्न प्रतिनिधित्व का मुख्य कारण हमारी दोशपूर्ण परम्परागत पुरूष प्रधान समाज है। राजनीति का आधार स्तम्भ समाज होता है जैसा समाज और सामाजिक व्याव्हार होता है वैसी ही राजनीति होती है। राजनीतिक, विकास, संस्कृति नैतिकता व सहभागिता का स्त्रोत समाज ही होता है। भारतीय समाज एक प्राचीन समाज हैं ''इसकी प्रकृति परम्परावादी है अतः इसमें किसी क्रान्तिकारी परिवर्तन होने के अवसर बहुत कम या न के बराबर है।''[६] इस परम्परावादी समाज में महिलाओं को परिवार तक सीमित रखने वाली विचारधारा और व्यवस्था सदियों से परम्परा रूप में चली आ रही है। पुरूष राजनीतिज्ञ

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सम्पूर्ण महिला भागीदारी और सहभागिता के पक्षपाती होते है परन्तु स्वंय अपने परिवार में इसके विपरीत अर्थात् समाज में प्रचलित मान्यताओं के अनुसार ही कार्य करते रहते है। परम्पराओं के साथ महिलाओं को जितना अधिक जोड़ दिया गया है या महिला उनसे जितनी अधिक जुड़ी हुई है उसके कारण न केवल उसके अधिकारों को छिना जाता है बल्कि बराबर शोषण भी होता है। ''भारतीय नारी को पुरूष की छाया की हैसियत मिली जो पुरूषों के पीछे चले और वह भी अपने व्यक्तित्व को खोकर अर्थात् पुरूष की छाया बनकर।''[७]

आज भी सामाजिक ताना-बाना ऐसा है कि उसमें स्त्री को कमजोर व हीन समझा जाता है, इस परम्परागत सामाजिक व्यवस्था व पुरानी मान्यताओं के कारण महिलाओं को शासन के उत्तरदायित्व वहन करने में कठिनाई होती है। यदि संविधान व कानून महिलाओं को बराबरी का अधिकार दे भी देता है तो परम्परागत समाज, नैतिकता, रीति रिवाज व लोक व्यवहार उसके आड़े आते है। जैवकीय व सामाजिक दृष्टिकोण में स्त्रियों तथा पुरूषों दोनों का ही समान महत्व है परन्तु पुरूष प्रधान समाज में हमेशा स्त्रियों की उपेक्षा व दोयम दर्जे का व्यवहार किया जाता है। अतः निष्कर्षतः हम कह सकतें हैं कि राजनीति में महिलाओं के पिछड़ेपन के लिए बहुत सारे कारण जिम्मेदार है लेकिन इसके लिए सबसे ज्यादा जिम्मेदार हमारा पुरूष प्रधान परम्परागत समाज है।

भारतीय समाज में पुरूष व महिलाओं के लिए नैतिकता के अलग-अलग मापदण्ड है। इसी दोहरी नैतिकता के ईद गिर्द हमारे समाज का पूरा ताना-बाना बना हुआ है। राजनीतिक सिद्धान्त के रुप में हमने लोकतन्त्र को जरूर अपना लिया है और उसके आधार पर संविधान का निर्माण भी कर लिया है किन्तु दुर्भाग्य है कि हमने समाज को लोकतान्त्रिक बनाने का काम सफलता पूर्वक नहीं किया। आज भी भारतीय समाज की सोच और व्यवहार लोकतान्त्रिक आस्थाओं के प्रतिकूल है। लोकतन्त्र असमानता को स्वाभाविक नहीं मानता जबकि भारतीय समाज पुरूष व महिला समानता को ही अस्वाभाविक मानकर चल रहा है। जब तक समाज में दोहरी मानसिकता विधमान रहेगी तब तक महिलाओं का उत्थान व विकास कागजी ही रहेगा।

हमारी पुरूष प्रधान सामाजिक व्यवस्था में नैतिकता के दोहरे मापदण्ड के रूप में जहाँ एक पुरूषों को कठोर नीति नियमों को ठुकरा कर उन्मुक्त व स्वतन्त्र जीवन जीने की पूर्ण आजादी दी है। उसकी यही स्वतन्त्रता मौका पाते ही स्वच्छन्दता में परिवर्तित हो जाती है। यही कारण है कि ''एक बहुत बड़ें जनाने खाने का मालिक घोर विलासी और कामी 'अकबर महान्' कहलाया परन्तु नपुसंक व अविकसित पुरूष के साथ विवाह बद्ध रहने के लिए विवश की गई स्वतन्त्र रूस की 'कैथरीन महान्' को यधपि उसके शासनकाल में रूस की सर्वांगीण उन्नति हुई थी 'घोर व्याभिचारिणी' ही कहा गया है।''[८]

भारतीय संविधान द्वारा महिलाओं को समान अधिकार प्रदान किया गया है लेकिन महिलाओं को दिये गये अधिकार अमूर्त रह गये। वे रूढ़ियों व पूर्वाग्रह के कारण व्यवहारिक जगत में लागू नहीं किये जा सकतें। कहने को तो स्त्री व पुरूष समान है किन्तु वास्तव में इन दोनों में बहुत बड़ा भेद कायम है। ''१९७१ में गठित 'स्टेट्स आफ वूमेन कमेटी' की रिपोर्ट में कहा गया कि भारत में महिलाओं के विकास में सर्वाधिक बाधक हमारी रूढ़ियाँ व परम्पराएं है।''[९] महिलाओं पर लादा गया निकृष्ट जीवन भारतीय समाज की निष्क्रियता, रूढ़ियाँ व पूर्वाग्रह का ही परिणाम है। इस सम्बन्ध में जाॅ आतु ओॅ कोन्दोर्से जो कि स्त्रियों की समानता के प्रबल पक्षधर थे उनका मानना है कि ''स्त्रियों के बारे में समाज में मौजूद गहरे पूर्वाग्रह उनकी असमानता पूर्ण सामाजिक स्थिति का बुनियादी कारण है।''[१०]

संविधान की स्त्री और समाज की स्त्री के बीच का फासला कम करने के लिए आवश्यकता है महिलाओं की राजनीतिक सहभागिता में वृद्धि हेतु आवाश्यकता है एक ऐसी सामाजिक व्यवस्था की जो कि समानता पर आधारित है जहाँ परिवार में पुरूष तथा स्त्री दोनो का समान अधिकार व स्थिति प्राप्त हो तथा जहाँ महिलाओं को दोयम दर्जे का न मानकर एक सम्मानपूर्ण दृष्टि से देखा जाय। महिला तथा पुरूष दोनों ही पारस्परिक ईर्ष्या, द्वेष, अंह भावना से ऊपर उठकर पारस्परिक सहयोग, परिश्रम एंव संगठन शक्ति का उपयोग कर राजनीति के विकास में अपना पूर्ण योगदान दें। परम्परागत सामाजिक ढाॅचे में परिवर्तन कर महिलाओं को एक उचित व सटीक सम्मान दिलाने के लिए राजनीति में महिलाओं की अधिक सहभागिता होनी चाहिए। महिला की राजनीतिक सहभागिता हेतु न केवल पितृसत्तात्मक, दृष्टिकोण, अपितु समाज की संकीर्ण सोच व पूर्वाग्रहों व नैतिकता के दोहरे

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मानदण्डों में भी परिवर्तन की आवाष्यकता है। अतः महिलाओं, राजनीतिक दलों, समाजसुधारकों व चिंतको के समवेत प्रयत्नों की आवाश्यकता है।

परम्परागत सामाजिक मूल्यों व सांस्कृतिक ढ़ॉचे की संरचना में परिवर्तन करना होगा तथा नेता की पुरूष प्रधान परिभाषा को बदलना होगा तथा महिलाओं को उनके स्वाभाविक गुणों के आधार पर राजनीति में राजनीतिक सम्मान देना होगा। रीति रिवाज, सामाजिक नियम, मान्यताएं व परम्पराएं जो महिलाओं के राजनीतिक विकास में बाधक है उनका त्याग करना होगा तथा जनमत भी इस ओर उन्मुख है क्योंकि ''आरोपित सामाजिक मानदण्ड ही शर्मनाक है जो कि दोहरे है और जिन पर पुर्नविचार होना ही चाहिए ताकि राजनीतिक सहभागिता व विकास के अवसर व्यवहारिक तौर पर सबको समान रुप से मिल सके।''[९१]

जब तक गांवों की सामाजिक, आर्थिक व राजनीतिक संरचना नहीं बदलती व परिवर्तित होती है तब तक समाज की प्रथम इकाई परिवार का सदियों पुराना ताना बाना नहीं बदलता, तब तक भारत की महिलाओं की सही और वास्तविक अर्थों में नई सुबह का आना मुश्किल है। ''जब तक घर में औरतों को बराबरी का दर्जा हासिल नहीं होगा और जब तक उसके हाथ में शिक्षा की मजबूत लाठी नहीं आ जाती तब तक वह राजनीति के क्षेत्र में कोई बड़ी सफलता हासिल नहीं कर सकती।''[९२] कितने ही विधान क्यों न बनाये जाय, महिलायें अगर आगे बढ़ेगी तो उसे पुरूष के विरोध का सामना करना पड़ेगा, षडयन्त्रों व लांछनों से जूझना पड़ेगा या फिर उसे आदमी के लिए एक औजार के रुप में काम करने को अभिषप्त होना ही पड़ेगा।

महिलाओं को परम्परागत सामाजिक ढ़ॉचे में परिवर्तन के साथ-साथ परिवार में अपनी स्थिति में परिवर्तन करने के लिए स्वयं आगे आना होगा तथा ''घर की माताओं को अपनी बेटियों को महत्व देकर उन्हें एक ऐसी परिपक्व सोच वाली नई पीढ़ी के रुप में तैयार करना होगा जो अपने साथ-साथ समाज को भी एक नयी दिशा दे सके।''[९३] जरूरत इस बात की है कि समाज भी अपने दृष्टिकोण में परिवर्तन लायें कि पुरुष की भॉति महिला भी समाज की महत्वपूर्ण ईकाई हैं यह बात विशेष रुप से उल्लेखनीय है कि हमारे समाज का आर्थिक दृष्टिकोण जितनी तेजी से बदल रहा है उतनी तेजी से सामाजिक दृष्टिकोण नहीं बदल रहा है। यही कारण है कि प्रगति के प्रायः सभी क्षेत्रों में पुरूषों को पछाड़ने की ताकत व क्षमता के बावजूद भी महिलाओं को समाज बराबरी का स्थान नहीं दे रहा है। अतः शासन द्वारा प्रदत्त कानूनी परिवर्तन के साथ-साथ सामाजिक दृष्टिकोण में भी परिवर्तन होना चाहिए। समाज व परिवार का भी उत्तरदायित्व है कि वह महिलाओं के लिए वे समस्त सुविधाएं उपलब्ध कराने का प्रयास करें जिससे वे राजनीतिक रूप से सक्रिय होकर विधान सभा की दहलीज तक पँहुच सके अतः परम्परागत सामाजिक ढॉचे में परिवर्तन करके महिलाओं के लिए राजनीतिक सहभागिता की डगर को आसान किया जा सकता है।

आधुनिक युग में लोकतन्त्र की स्थापना हुई तो एक आशा की किरण दिखाई दी महिलाओं को पुरूषों के समान अधिकार प्रदान किये गये किन्तु पुरूष प्रधान समाज में नारी की समता व समानता की बात करें, यह पुरूष के अहम पर कड़ा प्रहार था यही कारण है कि पुरूष ने विभिन्न प्रकार से उसे दबाने का प्रयास किया। भारतीय समाज एक महिला को पैदा होने से मृत्युशैय्या तक निरन्तर यह अहसास कराता रहता है कि वह पुरूष के बराबर नहीं है। निसन्देह मानसिकता यही होती है कि महिला महत्वपूर्ण निर्णय नहीं ले सकती है। इस प्रकार संविधान ने तो औरत को बराबरी का दर्जा दे दिया है किन्तु न तो समाज में उसे यह दर्जा व स्थान मिला है और न ही राजनीति में।

दरअसल असली समस्या पुरूष प्रधान सामाजिक व्यवस्था और मानसिकता की है जिसमें अपनी योग्यता और क्षमता के बाउजूद स्त्रियों को दोयम दर्जे का माना जाता हैं जाहिर है स्थिति में बड़ा बदलाव लाने के लिए इस नजरिये को बदलना जरूरी है। पुरूष वर्ग को ही पहल करना होगा और वह भी ईमान दार पहल अर्थात् उन्हें सबसे पहले अपने घर से शुरूवात करनी होगी और सामाजिक व पारिवारिक फैसलों में उनको सम्मलित किया जाना चाहिए। बदलाव और परिवर्तन का यह रास्ता पुरूषों से टकराव या द्वन्द के डगर से नहीं बल्कि सहयोग, विश्वास व सद्भाव के रास्ते से गुजरेगा क्योंकि पुरूषों की मानसिकता में परिवर्तन लाये बिना समानता के मंजिल तक नहीं पहुँचा जा सकता है।

दोषी केवल पुरूष ही नहीं वह पितृसत्तात्मक व्यवस्था है जो जन्म से लेकर मृत्यु तक पुरूषों को लगातार एक ही पाठ पढ़ाती है कि महिलाएं उनसे हीनतर है। जब तक निर्णय लेने का अधिकार पुरूषों के हाथ में सुरक्षित रहेंगें, तब तक महिलाओं की राजनीतिक सहभागिता में गुणात्मक व संख्यात्मक वृद्धि नहीं हो सकेगीं। ''महिलाओं के राजनीतिक सशक्तिकरण के एजेन्डे की

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खानापूर्ति के लिए उन्हें चुनाव भी लड़वाया जाता है, लेकिन वे परिवर्तन की वाहक नहीं, परिवर्तन की वस्तु मात्र होती है। वहाँ वे निर्णायक नहीं निर्णय सुनने व स्वीकार करने वाली होती है।''(९४) अतः महिलाओं को पुरूष सत्ता के राजनीतिक आधिपत्य को तोड़ते हुए निर्णायक तथा परिवर्तन के वाहक के रुप में अपनी भूमिका व उत्तरदायित्व को निभाना होगा।

"महिलावादी विचारकों का यह भी मानना है कि विकास का महिलाओं पर प्रतिकूल प्रभाव तथा उसकी शारीरिक सुरक्षा का दायित्व ग्रहण करने में सरकारी मशीनरी की असफलता के मूल में पुरूष राजनीतिज्ञों की महिला उत्थान की इच्छाशक्ति का पूर्ण अभाव ही अधिक महत्वपूर्ण है।''(९५) महिलाओं की आर्थिक आत्म निर्भरता या शैक्षिक स्तर में सुधार को अक्सर पारिवारिक बिखराव के साथ जोड़ा जाता है। अतः पितृ प्रधान व्यवस्था में तथा पुरूषों की मानसिकता में परिवर्तन के बिना महिलाओं का राजनीतिक विकास संभव नहीं। इस व्यवस्था पर चोट करने के लिए यह आवश्यक है कि महिलाएं राजनीतिक क्षेत्रों में प्रवेश करें जिन्हें पुरूषों ने अपने एकाधिकार में ले रखा है। अतः स्पष्ट है कि ''स्त्री के स्वतन्त्र व समर्थ व्यक्तित्व को पुरूषों द्वारा स्वीकारे बिना सामाजिक कूपमंडूक परिदृश्य बदलने वाला नहीं। सदियों से पोषित पुरूष अंह अपनी पत्नी की प्रतिभा को अपने समकक्ष स्वीकार भले ही न कर पाया हो परन्तु अपनी-अपनी पुत्री की प्रतिभा को स्वीकारने लगा है ऐसे पिताओं की संख्या कम है परन्तु परिवर्तन आया है।''(९६)

इस तथ्य को स्वीकार करने में कोई संकोच नहीं होना चाहिए कि महिलाओं की राजनीतिक सहभागिता व भागीदारी मिलने से पुरूषों को अपनी सत्ता में कमी आती महसूस होती है। पुरूष प्रधान समाज में पुरूष अभी तक महिला के स्वतन्त्र अस्तित्व व व्यक्तित्व को नकारता हुआ उसे अपनी इच्छाओं की पूर्ति का साधन मात्र मानता आया है। अतः ज्यों-ज्यों महिलाओं के अधिकारों और क्षमताओं में बढ़ोत्तरी होगा त्यों-त्यों पुरूषों का अहं दुर्बल व कमजोर होगा और वह महिलाओं की समानता व स्वतन्त्र सत्ता को स्वीकार करेगा। यह मानसिक परिवर्तन जितनी जल्दी और सहज ढ़ग से होगा, भारतीय महिलाओं की राजनीतिक सहभागिता के लिए वह उतना ही हितकरतथा शुभ होगा। आवश्यकता इस बात की है कि महिलायें स्वंय को योग्य सिद्ध करने के लिए अथक प्रयास व परिश्रम करें तथा राजनीतिक क्षेत्र में सक्रिय होकर प्रगति के पथ पर अग्रसर होने का प्रयास करे।

निष्कर्षतः यह कहा जा सकता है कि किसी भी देष के राजनीतिक और संवैधानिक प्रावधान सहजता से तत्कालीन समान में स्वीकृत व क्रियान्वित नहीं हो पाते परन्तु एक शुरूवात जरूर होती है और धीरे-धीरे सामाजिक स्वीकृति मिलने लगती है। यह एक लम्बी सतत् चलने वाली प्रक्रिया है। स्त्री की राजनीतिक समानता, स्वतन्त्रता तथा भागीदारी के सम्बन्ध में ऐसा ही हुआ। महिलाओं ने इस दिशा में अतीत से लेकर अब तक एक लम्बी राजनीतिक यात्रा की जिसके फल स्वरूप ही उसके स्त्रीत्व की 'डमी राजनीतिज्ञ' रूपी छुई मुई वाली मानक छवि में परिवर्तन आया है और इस परिवर्तन को समाज में स्वीकृति भी मिलने लगी है। बाउजूद इसके अभी भी वह इतनी सषक्त व समर्थ नहीं हुई है कि वह मनचाहे ढ़ंग से राजनीतिक सहभागिता और राजनीति को कैरियर रूप में चुनते हुए अपनी छवि को मनचाहे ढ़ंग से सजा सवाँर सके। महिलाओं की राजनीतिक विकास रूपी यात्रा में रफ्तार धीमी ही सही लेकिन यात्रा प्रगति पर है और दिनोंदिन आगे आने वाले चुनावों में महिलाओं ने उत्तररोत्तर प्रगति की है। राजनीतिक परिवर्तन के साथ साथ सामाजिक परिवर्तन आने लगा है और सामाजिक रूप से भी महिलाओं को राजनीति को कैरियर के रूप में चुनने की स्वीकृति भी मिलने लगी है और भविष्य में उम्मीद और आशा है कि संविधान की स्त्री और समाज की स्त्री के बीच पूर्णतः समानता, समीपता व तादम्यता स्थपित हो जायेगी।

संन्दर्भ सूची –

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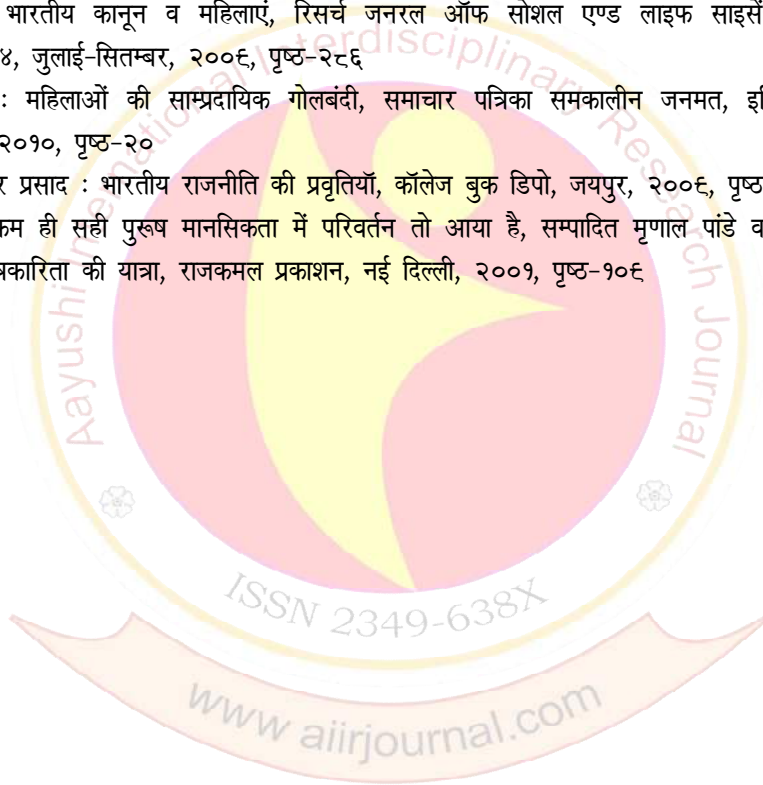
पर्यावरण संरक्षण में शिक्षा की भूमिका

डॉ दिलीप कुमार सिंह
एसोसिएट् प्रोफेसर–शिक्षाशास्त्र विभाग, डी0 ए0 वी0 पी0 जी0 कॉलेज,लखनऊ

प्राचीन समय से ही प्रकृति के संरक्षण के प्रति भारतीय मनीषी काफी सजग रहे हैं। पृथ्वी सूक्त में अथर्ववेद के ऋषियों ने कहा है कि हे धरती मां जो कुछ मैं तुझसे लूंगा, वह उतना ही होगा, जिसे तू पुनः पैदा कर सके; तेरे मर्मस्थल पर या तेरी जीवनशक्ति पर कभी आघात नहीं करूंगा। भारत में धर्म और आचरण से जोड़कर पर्यावरणीय शिक्षा को किसी न किसी रूप में स्वस्थ समाज के लिए आवश्यक समझा जाता था। पृथ्वी पर जल से जीवन के उद्भव और विकास के उपरांत प्राचीनकाल में व्यक्ति के विकास का आरंभ हुआ। मानव ने पुरातन युग से लेकर आज तक अत्यधिक विकास किया है यहाँ तक कि उसने अंतरिक्ष तक अपनी पहुँच बना ली है। सभ्यता और विकास की इस दौड़ में मानव की सर्वोच्चता को उचित ठहराया गया है। किंतु इस दौड़ में अंधाधुंध बढ़ती आबादी, औद्योगिकरण, शहरीकरण एवं पर्यावरण के विनाश के कारण प्रकृति एवं मानव के मध्य बना संतुलन बिगड़ गया है। देश में पर्यावरण का दिनोंदिन हो रहा विनाश, देश की पर्यावरण के प्रति उपेक्षापूर्ण नीति व दिशा दृष्टि का जीता जागता उदाहरण है।

मनुष्य ने यह कदापि सोचना मुनासिब नहीं समझा कि वह दिन-प्रतिदिन विकास के नाम पर अपनी अमूल्य धरोहर जैसे– जंगल, स्वच्छ जल, उपजाऊ जमीन, साफ-सुथरा पर्यावरण आदि को नष्ट करता जा रहा है। इससे हम, हमारे स्वयं के लिए एवं आने वाली पीढ़ी के लिए विनाशकारी कदम उठा रहे हैं। वर्तमान विज्ञान एवं तकनीकी के इस युग में जिस तीव्रता के साथ व्यक्ति अनेक सुख सुविधाओं के नए-नए संसाधनों की खोज करता जा रहा है और विकास के नए साधन ढूंढता जा रहा है, उसी तीव्रता के साथ उसका प्राकृतिक परिवेश भी प्रदूषित होता जा रहा है।

महात्मा गांधी जी के मतानुसार ''प्रकृति के पास सभी की आवश्यकताओं की पूर्ति के साधन है परंतु सभी के लालच की पूर्ति के लिए नहीं'' अर्थात प्रकृति सभी की मूल आवश्यकताओं की पूर्ति कर सकती है किंतु जब लोगों के लालच में बढ़ोतरी हो जाती है तो प्रकृति विफल हो जाती है। वर्तमान में मनुष्य ने प्राकृतिक संपदा से धन एकत्रित करने तथा भौतिक विकास की ऊंचाइयों को पाने के लिए प्रकृति का अविवेकपूर्ण दोहन शुरू कर दिया है। फलतः प्राकृतिक संतुलन बिगड़ता जा रहा है। वन, मानव की महत्वपूर्ण प्राकृतिक संपदा होने के साथ-साथ किसी भी देश के पर्यावरण का एक प्रमुख अंग होते हैं परंतु वर्तमान में जनसंख्या विस्फोट, औद्योगीकरण और नगरीकरण आदि के कारण विभिन्न प्रकार की आवश्यकताएं एवं समस्याएं दिनों दिन बढ़ती जा रही हैं, वनों की कटाई निरंतर की जा रही है। आज अनेक ऐसे मिल कारखाने खुले हुए हैं जिनके द्वारा निष्कासित कचरे के द्वारा जल तथा वायु प्रदूषण निरंतर बढ़ रहा है। जिससे जल और वायु प्रदूषण बढ़ने की वजह से हमारा संपूर्ण पर्यावरण प्रदूषित होता जा रहा है और फलस्वरुप मानव का अस्तित्व खतरे में पड़ता जा रहा है।

जनसंख्या की लगातार वृद्धि, बढ़ता हुआ उद्योगीकरण और नगरीकरण की प्रवृति ने पर्यावरण प्रदूषण की समस्या को बहुत ज्यादा बढ़ा दिया है। प्राचीन काल में जंगल काट कर घास के मैदान को साफ करके उस भूमि को कृषि योग्य बनाया गया। वर्तमान में वहां पर कल कारखाने तथा कालोनियां स्थापित की गई साथ ही निरंतर पहाड़ों को काट कर सड़कें तथा बांध बनाए जा रहे हैं। भू खनन करके, धात्विक और अधात्विक पदार्थ निकाले जा रहे हैं। यह सब अव्यवस्थित ढंग से हो रहा है जिसके पीछे प्रकृति के शोषण का भाव छिपा है। इसका विनाशकारी परिणाम अब हमारे सामने आ रहा है। जंगलों एवं पहाड़ों के कटने से सूखा, बाढ़ और भूस्खलन की समस्या उत्पन्न हुई है। पर्यावरण परिवर्तन के कारण मानव जाति के रहन-सहन, उसके खान-पान और स्वास्थ्य पर बुरा असर पड़ रहा है। वातावरण में पीने का पानी और खाद्य पदार्थ सब दूषित हो चुके हैं। अनुमान है कि पर्यावरण परिवर्तन के कारण सन 2020 तक 4.9 करोड़ अतिरिक्त लोग भुखमरी की कगार पर पहुंच जाएंगे और सन 2050 तक यह संख्या 13.2 करोड़ हो जाएगी। जलवायु परिवर्तन के चलते हर साल लगभग 300000 लोगों की मृत्यु हो रही है और करीब 32.5 करोड़ लोग इससे

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प्रभावित हो रहे हैं। इन्हें स्थापित करने के लिए प्रतिवर्ष 125 अरब डालर की आवश्यकता है जबकि अंतरराष्ट्रीय कोष में अभी तक 15 अरब डालर भी जमा नहीं हुए हैं। सन 2100 तक समुद्र की सतह के 21 फुट तक बढ़ने का अनुमान है। इसके चलते कई देश जलमग्न हो जाएंगे। अगर भारत की स्थितियों पर नजर डालें तो यहां सभी ऋतुओं में भारी परिवर्तन आया है। कृषि की उपज लगातार कम हो रही है। कभी अधिक वर्षा की वजह से परेशानियां होती हैं तो कभी अकाल की स्थिति बन रही है। हर साल समुद्र की सतह 1 स 2 मिलीमीटर बढ़ रही है।

पर्यावरण परिवर्तन की वजह से अब मौसमों में भी लगातार बदलाव आ रहा है। गर्मी की अवधि लंबी होती जा रही है तो ठंड की छोटी। आने वाले समय में जलवायु परिवर्तन की वजह से मनुष्य के साथ-साथ वनस्पतियों और पशुओं को भी बहुत सारी समस्याओं का सामना करना पड़ सकता है। अगर वैश्विक तापमान में वृद्धि 2 डिग्री से बढ़कर 4 डिग्री सेल्सियस पहुंच जाती है तो भारत पर इसका क्या असर पड़ेगा इसको लेकर विश्व बैंक ने पोट्स डैम इंस्टिट्यूट फॉर इंपैक्ट फॉर रिसर्च एंड क्लाइमेट एनालिटिक्स को जिम्मा सौंपा है। इस संस्था ने अपने अध्ययन के बाद जो बातें कही वह निश्चितरूप से किसी को भी चिंता में डाल सकती है। संस्था ने वर्तमान स्थिति को लेकर भविष्य में पड़ने वाले असर और उसके उपाय बताए हैं।

फ्रांस की राजधानी पेरिस में 30 नवंबर से लेकर 11 दिसंबर 2015 तक जलवायु परिवर्तन पर सम्मेलन आयोजित किया गया। इस सम्मेलन में 195 देशों के प्रतिनिधियों ने भाग लिया। इसका मकसद पिछले 20 से भी अधिक सालों में पहली बार जलवायु पर एक कानूनी और सर्वसम्मत समझौता करना तथा साथ ही ग्लोबल वार्मिंग को 2 डिग्री सेल्सियस से कम करना रखा गया। पर्यावरण परिवर्तन पर पिछले 20 साल से सम्मेलन होते आ रहे हैं। इस बार आयोजकों ने जोर देकर कहा कि अब जलवायु परिवर्तन पर एक अंतरराष्ट्रीय संधि की जरूरत है। वर्तमान में पृथ्वी का औसत तापमान लगभग 15 डिग्री सेल्सियस है। भूगर्भीय प्रमाण बताते हैं कि अचानक कुछ वर्षों में इसमें तेजी से बदलाव हो रहा हैं उन्नीसवीं सदी के तापमान के आंकड़े बताते हैं कि पिछले 7 साल में पृथ्वी का औसत तापमान 0.8 डिग्री सेल्सियस बढ़ा है। इस तापमान का 0.6 डिग्री सेल्सियस तो पिछले तीन दशकों में ही बढ़ा है। जलवायु परिवर्तन के संबंध में कोपनहेगन में हुए सम्मेलन में कहा गया है कि हमें मिलकर इस कार्यक्रम को सफल बनाने की मुहिम छेड़ना होगा फिर भी यह वार्ता सफल ना हो सकी। अंततः यह फैसला लिया गया है कि अगले दिसंबर में और मेक्सिको सिटी में इसे पूरा किया जाएगा और 2050 तक वैश्विक तापमान वृद्धि को 20 डिग्री सेल्सियस तक नीचे लाने का प्रयास किया जाएगा। सन् 2020 तक ग्रीन हाउस गैसों का उत्सर्जन कम कर तापमान को घटाने की कोशिश की जाएगी। पेरिस में हुए जलवायु समझौते के अंतर्गत निम्न प्रमुख बिंदुओं पर ध्यान दिया गया कि सभी देश कार्बन उत्सर्जन में जल्द से जल्द कमी लाएंगे, वैश्विक तापमान को 1.5 डिग्री सेल्सियस पर सीमित करने की कोशिश का लक्ष्य रखा गया है। ग्रीन हाउस गैसों और उनके स्रोतों के बीच 2020 तक संतुलन बनाया जाएगा और तब तक कार्बन उत्सर्जन में कमी लाने के लिए विकासशील देशों को हर साल मदद दी जाएगी। जलवायु परिवर्तन समझौते पर सभी देश औपचारिक रुप से हस्ताक्षर करेंगें।

वर्तमान में जिस गति से विकास हो रहा है उसी गति से हमें पर्यावरण की रक्षा भी करनी होगी। मानव अपने भौतिक विकास क्रम जारी रखेगा, उसके लिए वह प्राकृतिक संपदाओं का दोहन भी करेगा। अतः दोहन पर नियंत्रण के लिए पर्यावरणीय शिक्षा आवश्यक है जो मानव और प्रकृति दोनों के मध्य संतुलन स्थापित करने वाली साम्यावस्था अवस्था है। पर्यावरणीय शिक्षा, समुदाय को दी जानेवाली वह शिक्षा है जिससे पर्यावरणविद् एवं शिक्षार्थी, पर्यावरणीय समस्याओं से अवगत होकर हल खोज सकेंगे और साथ ही भविष्य में आने वाली कठिन समस्याओं को रोक सकेंगें। पर्यावरण शिक्षा, वह शिक्षा है जो पर्यावरणीय घटकों का विस्तृत ज्ञान, पर्यावरण तथा मानव के मध्य अंतर संबंधों एवं पारस्परिक निर्भरता; विज्ञान और पर्यावरण के प्रति चेतना का विकास कर; पर्यावरण संरक्षण की अभिवृद्धि व कौशल का विकास करती है। यह एक नया क्षेत्र है किंतु पर्यावरण शिक्षा का अर्थ व्यापक है, जिसके द्वारा मनुष्य अपनी संस्कृति एवं भौतिक परिवेश के मध्य अपने आप की संबद्धता को पहचानने और समझने के लिए आवश्यक कौशल तथा अभिवृत्ति का विकास करता है। यह शिक्षा, पर्यावरण की गुणवत्ता से संबंधित प्रकरणों के लिए व्यावहारिक ज्ञान निर्माण करने तथा

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निर्णय लेने की आदत को भी व्यवस्थित करती है। इसके विभिन्न उद्देश्य हैं जिसके अंतर्गत पर्यावरण के प्रति लोगों में जागरूकता लाना, संवेदनशीलता विकसित करना, पर्यावरणीय समस्याओं के निवारण हेतु सुझाव प्रदान करना इत्यादि। आज जिस तेजी से नगरीकरण हो रहा है, उतनी ही तेजी से पेड़ पौधे खेत खलिहान खत्म होते जा रहे हैं। उसकी जगह कंक्रीट का जो जंगल तैयार हो रहा है, उन सब से मनुष्य को सचेत करने में और पर्यावरण को सुधारने में, पर्यावरण शिक्षा ही एकमात्र ऐसी प्रक्रिया है जिससे अत्यंत विश्वास के साथ प्रयोग में लाया जा सकता है। इसके अंतर्गत समाज में ऊर्जा संरक्षण, हरित क्षेत्र को बढ़ावा जल एवं वायु प्रदूषण को रोकना, फैक्ट्रियों से निकलने वाले कचरे का सही निस्तारण इत्यादि के लिए वृहद स्तर पर अभियान छेड़ा जा सकता है जिसके फलस्वरुप पर्यावरण संबंधी समस्याओं का निस्तारण हो सकता है।

केंद्र ने 15 जनवरी को देश के विभिन्न औद्योगिक क्षेत्रों में परिचालन कर रहे साझा कचरा शोधन संयंत्र संशोधित मानदंडों को अधिसूचित कर दिया है। इस कदम का मकसद जल प्रदूषण में कमी लाना है। पर्यावरण मंत्रालय ने जिन मानदंडों को अधिसूचित किया है उन्हें उद्योग तथा अन्य अंशधारकों के साथ गहन विचार विमर्श में तैयार किया गया है। इसके अलावा इस पर केंद्रीय प्रदूषण नियंत्रण बोर्ड सीपीसीबी से भी गहन विचार विमर्श किया गया है। सेंटर फॉर साइंस एंड एनवायरनमेंट का मानना है कि जलवायु परिवर्तन की वजह से पैदा होने वाली मौसम परिस्थिति के मद्देनजर किसानों को सुरक्षा प्रदान करने को एक प्रभावी समावेशी और सार्वभौमिक फसल बीमा योजना की जरूरत है। सेंटर फॉर साइंस एंड एनवायरनमेंट ने कहा है कि नई योजना दो योजनाओं राष्ट्रीय कृषि बीमा योजना(एन0 आई0 एस0) तथा संशोधित एन0 ए0 आई0 एस0 का स्थान लेगी।

राष्ट्रीय शिक्षा समिति 1986 के अनुसार पर्यावरण सजगता की प्रवृत्ति के सृजन की आज महती आवश्यकता है। भारत जैसे देश में जहां गरीबी की व्यापकता है, पर्यावरण संरक्षण की आवश्यकता और अधिक बढ़ जाती है क्योंकि पर्यावरण विध्वंसक क्रियाओं के प्रभाव का गरीब आदमी सबसे अधिक भुक्तभोगी होता है। पर्यावरण संरक्षण एवं सुरक्षा की सजगता के पक्ष को विद्यालयों एवं महाविद्यालयों के शिक्षण में महत्वपूर्ण स्थान दिया जाना चाहिए तथा इस पक्ष को शिक्षा नीति में उपयुक्त प्रकार से समन्वित किया जाना चाहिए। द आउटलुक टावर नामक संस्था की संस्थापिका पैट्रिक गडिस के मतानुसार पर्यावरण और शिक्षा की गुणवत्ता एक दूसरे पर अन्योन्याश्रित है। इस संस्था के माध्यम से पर्यावरण की वास्तविकता से बालकों को जोड़कर पर्यावरण एवं शिक्षा दोनों में सुधार किए जाने का विश्वास व्यक्त कर, आशा की गई है कि नगरों–कस्बों में, प्रयोग में आने वाले स्थानों की स्वच्छता के बारे में सचेत होकर बालक अपने जीवन को खुशहाल बना सकेंगे। पर्यावरण शिक्षा आधुनिक शिक्षा एवं शिक्षण का नया आयाम है। इस शिक्षा के माध्यम से बच्चों में पर्यावरण के प्रति सचेतना बढ़ाने और सही समझ विकसित करने के साथ ही, मनुष्य और शेष जगत के बीच अंतर्संबंधों को व्याख्यायित करने का प्रयास किया जाता है। यह शिक्षा पर्यावरण सुरक्षा तथा संसाधनों के सही उपयोग की भी समझ देती है। शिक्षा के साथ शिक्षक स्वतः जुड़ा रहता है। वह पर्यावरण शिक्षा संबंधी कोई भी कार्य शिक्षक के सक्रिय सहयोग एवं प्रयत्न के बिना सफल नही हो सकता। शिक्षक का आचरण अभिव्यक्तियां तथा विचार प्रत्यक्ष व अप्रत्यक्ष रूप से बच्चों के आचरण को प्रभावित करते हैं शिक्षक का निर्देश बच्चों के लिए ब्रह्म वाक्य के समान होता है। ऐसी स्थिति में पर्यावरण शिक्षा की गुणवत्ता तथा प्रभाविता दोनों ही, शिक्षक की अपनी अभिवृत्ति, तैयारी एवं उसके पर्यावरण शिक्षा से संबंधित ज्ञान तथा प्रशिक्षण पर आधारित होता है। अतः आवश्यकता है, आचरण से आचरण में परिवर्तन लाने की। शिक्षक बच्चों की प्रकृति के बीच ले जाकर, अनुभव आधारित शिक्षा प्रदान कर, पर्यावरण के प्रति अधिक संवेदनशील बना सकता है। इस प्रकार पर्यावरण संरक्षण संबंधी समुचित यथार्थ जानकारी द्वारा बच्चों में पर्यावरण सजगता लाई जा सकती है।
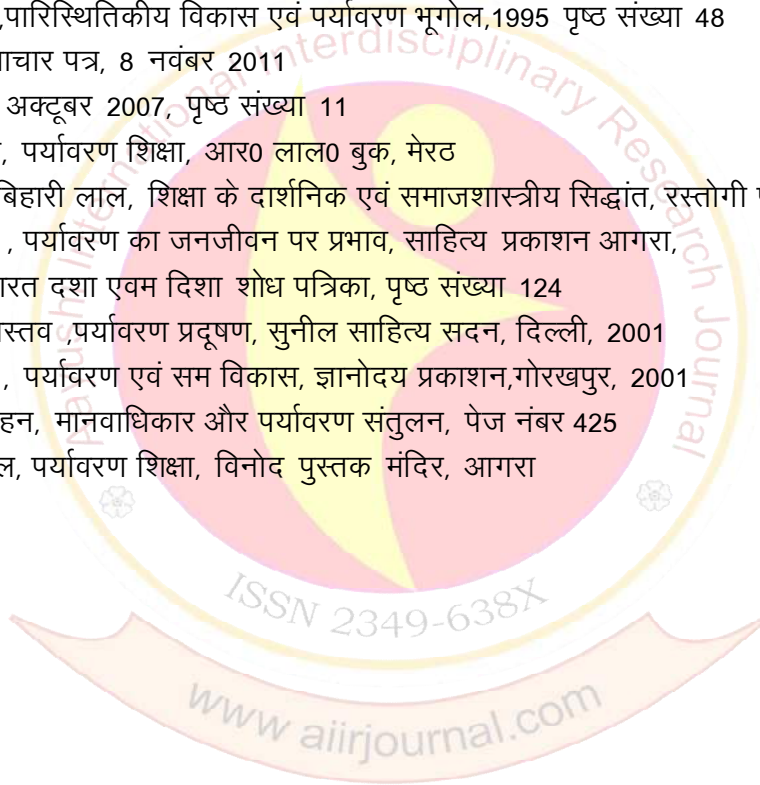
निष्कर्षतः पर्यावरण को सुरक्षित रखने के लिए हमें नए उपायों पर विचार करना होगा। प्राकृतिक संसाधनों को ना केवल संरक्षित करना होगा बल्कि इसे बढ़ाना भी होगा ताकि अगली पीढ़ी को हम एक स्वस्थ पर्यावरण दे सकें। पर्यावरण समस्याओं के गंभीर परिणाम उभरने के बाद आज पर्यावरण का अध्ययन महत्वपूर्ण माना जा रहा है। इस संदर्भ में पर्यावरणीय शिक्षा के प्रति जागरूकता बढ़ाना नितांत आवश्यक है जो एक स्वस्थ व खुशहाल समाज के लिए

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जरूरी है। इस शिक्षा का उद्देश्य समाज में फैली पर्यावरणीय समस्याओं के प्रति जानकारी मात्र तक सीमित नहीं है अपितु संपूर्ण जनमानस में विभिन्न कार्यों तथा अभिवृत्ति के माध्यम से एक जागरूकता पैदा करना है, जिससे वह अपनी समस्या समाधान एवं निर्णय क्षमता का विकास कर सके। यही पर्यावरण साक्षरता का मूल है। निष्कर्ष के तौर पर यह कहा जा सकता है कि प्रत्येक पीढ़ी को प्राकृतिक संसाधनों का इस पोषणीय ढंग से प्रयोग करना चाहिए कि आने वाली पीढ़ियों को उनका संपूर्ण हिस्सा मिल सके। इसी सकारात्मक सोच के साथ कदम आगे बढ़ाने की आवश्यकता है तभी हमारा पर्यावरण संरक्षित हो सकेगा और हम खुशहाल जीवन व्यतीत कर सकेंगें।

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भारतीय परिप्रेक्ष्य में मानविकी विकास में होने वाले नवाचार परिवर्तन की शोध प्रणाली में मूल्यांकित दृष्टिकोण

रविश्रीवास्तव
जी०एस०आर०एम० पी०जी० कॉलेज, लखनऊ

शोध सारांश

पश्चिम देशो में मानविकी के अध्ययन को नागरिकों के लिए एक व्यापक शिक्षा के आधार के रूप में प्राचीन ग्रीस में देखा जा सकता है। रोमन काल के दौरान सेवन लिबरल आर्ट्स की अवधारणा विकसित हुई जिसमें व्याकरण, अलंकार विद्या और तर्क सा थ गणित (अर्थमेटिक), ज्यामिति, खगोल विज्ञान और संगीत शामिल थी । इन विषयों ने मध्ययुगीन शिक्षा का भण्डार तैयार किया जिसमें योग्यताओं या कुछ करने के तरीको पर जोर दिया गया|

परिवर्तन सृष्टि का साश्वत नियम है| परिवर्तन से ही समाज में नवीनता आती है|जिस प्रकार पेड़ो में नवीन कोपले निकलती है परन्तु बाद में हरे पत्तो का रूप धारण करती है,उसी प्रकार सामाजिकता भी अपने स्वरुप को परिवर्तित करते हुए अपना निहित कई नए परिवर्तन और विचार समावेशित करती है|

मनुष्य का द्रष्टिकोण स्वयं के दु आरा नहीं वरन समाज में होने वाले नवाचार से फलीभूत होते है|यह परिवर्तन प्राकृतिक भी होता है और भौतिक भी क्यूंकि पुराने विचार जा रहे है और नए विचार आ रहे है|जिस प्रकार से जल अगर ठहरा हुआ है तो वह दूषित होता रहता है उसी प्रकार अगर समाज में मूल्य, दृष्टिकोण और विचारो में परिवर्तन नहीं होगा तो समाज में नयी चेतना का आभाव रहेगा|अत: यह कहना उचित होगा की परिवर्तन के दु आर ही नवाचार लाना संभव है|नए नए विचारो को ग्रहण करना ही समाज का दायित्व है, अपेक्षित परिवर्तनों से समाज को नया जीवन प्राप्त होता है|

मानविकी वे शैक्षणिक विषय हैं जिनमें प्राकृतिक और सामाजिक विज्ञानों के मुख्यतः अनुभवजन्य दृष्टिकोणों के विपरीत, मुख्यरूप से विश्लेषणात्मक, आलोचनात्मक या काल्पनिक विधियों का इस्तेमाल करमानवीय स्थिति का अध्ययन किया जाता है।समाजवादी समाज में उत्पादन के साधनों की अधिक आवश्यकता होती है जिसके फलस्वरूप समाज विकसित होता है|

सामाजिक नवाचार

सामाजिक नवाचार (Social innovation) काअर्थ नये विचार, उपाय, नीतियाँ, प्रक्रमों और संगठनों से है जो समाज केकिसी आवश्यकता की पूर्ति करते हों। इसमें कार्य करने की स्थितियों, शिक्षा, सामुदायिक विकास और स्वास्थ्य आदि की श्रेष्ठतर बनाने के लिये किये गये सभी नवाचार आ जाते हैं।

कार्योंकी पारस्परिक निर्भरता और उनका समन्वित संचालन, हाल में ये बातें लोकप्रशासन के कुछ क्षेत्रों की साझी विशेषताएं बन गई हैं, तथा व्यक्तियों केकाम और उनकी योग्यता के मूल्यांकन में इनका ध्यान रखना आवश्यक है। इस 'सामूहिक कार्य' का समुचित मूल्यांकन कैसे किया जाए इस पर अध्ययन कीआवश्यकता है। कभी-कभी सेवा की आपात आवश्यकता के कारण अतिरिक्त कर्तव्य भीनिभाने पड़ते हैं। किए जानेवाले कार्य की गुणवत्ता या परिमाण के बारे मेंकोई सुस्पष्ट मानक या सूचक नहीं होते। इस कारण यह तय करना कठिन हो जाता हैकि किसी इकाई में आवश्यकता से अधिक स्टाफ है या कम, या क्या वह दक्षतापूर्णहै। इस तरह हम कह सकते हैं कि उद्देश्यों की स्पष्ट समझ का अभाव लोकप्रशासन में मूल्यांकन या जवाबदेही का काम मुश्किल बना देता है जिससे कामकी संस्कृति में गिरावट आती है।

नीतियों और योजनाओं का निर्धारण, कार्यक्रमों का क्रियान्वयन और उनकी निगरानी, कानूनों और नियम-कायदों का निर्धारण तथा उनके क्रियान्वयन के लिए विभागों एवं संगठनोंकीस्थापना और उनकी निगरानी जैसे कार्य लोक प्रशासन में शामिल हैं। प्रशासनसे आशा की जाती है कि वह हमारी सीमाओं की देखभाल और रक्षा, संचार औरबुनियादी ढांचे, विदेश नीति, जमीन के दस्तावेजों के (अब

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भूमि के उपयोगसंबंधी नियमों के भी रखरखाव, कानून-व्यवस्था की रक्षा, राजस्व की वसूली, कृषि, विज्ञान और प्रौद्योगिकी, उद्योग तथा देशी-विदेशी व्यापार की उन्नति, बैंकिंग, बीमा, खनिज और समुद्री संपदा, यातायात और संचार, शिक्षा, समाज-कल्याण,परिवार नियोजन, स्वास्थ्य तथा सभी संबद्ध बिषयों पर ध्यान देगा। प्रशासन का काम राष्ट्र राज्य तथा जिला और प्रखंड जैसे स्थानीय स्तरों पर चलता है।

नवाचार के प्रमुखतः निम्नलिखित पद निर्धारित किए जा सकते है।

1. खोज या शोध

2. परीक्षण

3. मूल्यांकन

4. विकास

5. विस्तार या फैलाव

6. उपयोग हेतु स्वीकार करना

शैक्षिक नवाचार के आधार

नवाचार की परिस्थितियॉ हर क्षेत्र में अलग-अलग अर्थ बताती हैं। इनके प्रयोग के तरीके भी अलग-अलग रूप में प्रयोग में लाए जाते है। जैसा कि प्रो0 उदय पारिख और श्री टी0पी0 राव नवाचार को बड़ी सरलता से परिभाषित करते हैं-

"किसी उपयोगी कार्य के लिए किसीव्यक्ति या निकाय के द्वारा किया गया विचार अथवा अभ्यास नवाचार कहलाता है।" सभी कार्य ऐसे है, जो पहले कहीं न कहीं किसी न किसी के द्वारा पूर्व मेंकिए जा चुके है। पर आपने पूर्व में किए कार्य को यदि अपनी नई रचनात्मकशैली प्रदान की है, तो यही प्रयास नवाचार बन जाता है।

नवाचार को निम्नलिखित दो कोटियों में रखा जा सकता है।

(अ) सामाजिक अन्तः क्रियात्मक नवाचारः- इसके अंतर्गत किसी संस्था या उसके मानवीय समूहों से वार्ता करके जब कुछनया करते है तो वह सामाजिक अन्तःक्रियात्मक नवाचार कहलाता है। इसमें कार्यके गुण दोष दोनों देखे जाते है, विशेषताओं की जानकारी एवं उपयोगी विचारअपना लिए जाते हैं।

(ब) समस्या समाधान संबंधी नवाचारः- वर्तमान सामाजिक व्यवस्था में आ रही समस्याओं के निराकरण के लिए नये तरीकेखोजकर उस समस्या का समाधान कर दिया जाए, तो यह समस्या समाधान संबंधीनवाचार कहलाता है। नवाचार शिक्षण पद्धतियों का संबंध इसी समस्या समाधान/ (अधिगम की समस्या समाधान) संबंधी नवाचार से है।

अतः नवाचार को और समझने क लिए हम एकलव्य को सझना होगा जो की इस प्रकार से विवेचित है।

मध्यप्रदेशकी जानी-मानी शैक्षणिक संस्था 'एकलव्य' ने मध्य प्रदेश के तीन जिलों कीआठ शासकीय शालाओं की माध्यमिक कक्षाओं में प्रायोगिक तौर पर सामाजिकअध्ययन शिक्षण कार्यक्रम का संचालन किया था। इस कार्यक्रम के लिए मध्यप्रदेश शासन ने अनुमति प्रदान की थी और इसे राज्य अनुसंधान और प्रशिक्षणपरिषद के सहयोग से चलाया गया। यह कार्यक्रम 1986 से 2002 तक जारी रहा।

इसकार्यक्रम के लिए पाठ्यपुस्तकों को नए सिरे से विकसित किया गया था। पाठयक्रम वही था जो परिषद द्वारा अनुमोदित था और प्रदेश की अन्य शालाओं में लागू था। पुस्कें नए सिरे से लिखने की जरूरत क्यों पड़ी और पुस्तकेंलिखते समय क्या विचार उभरे,क्या अनुभव रहे, इसे 'एकलव्य' के साथियों नेएक दस्तावेज के रूप में दर्ज किया है।

यहदस्तावेज एक छोटी पुस्तिका के रूप में 'सामाजिक अध्ययन शिक्षण : एकप्रयोग' के नाम से प्रकाशित हुआ है। यह हमें बताता है कि इतिहास, भूगोल यानागरिक शास्त्र जैसे विषयों पर बच्चों के लिए सामग्री तैयार करते समय किनबातों पर विचार करने की जरूरत है। यह दस्तावेज यह भी बताता है कि सामाजिक अध्ययन जैसे विषय को पढ़ाते समय किन बातों का ध्यान रखा जाना चाहिए।

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हो सकताहै आप नई किताबें न बना पाएँ,लेकिन इन अनुभवों का उपयोग करते हुए वर्तमानकिताबों की सामग्री का अध्यापन ज्यादा प्रभावी तरीके से कर पाएँ।

नवाचार पद्धति से सामाजिक और राष्ट्रीय विकास:

किसी भी राष्ट्र की प्रगति विज्ञान और प्रौद्योगिकी के क्षेत्र मेंशिक्षा और अनुसंधान में हुई निरंतर वृद्धि पर निर्भरकरती है। इस उद्देश्यको पूरा करने के लिए हमारा अनुसंधान अंतरराष्ट्रीय मानकों के अनुरुप होनाचाहिए। भारतीय शिक्षा और अनुसंधानकी प्रमुख कमजोरी भारतीय अनुसंधान मेंविश्वविद्यालयों द्वारा हिस्सेदारी का अपेक्षाकृत बहुत कम होना है। सरकारद्वारा विश्वविद्यालयोंमें अनुसंधान और नवाचार को प्रोत्साहित करने के लिएकई कदम उठाए जा सकते है। इसके अलावा अंत:विषय अनुसंधान सहित लिबरल कला औरसामाजिक विज्ञान में अनुसंधान को बढ़ावा देना भी महत्वपूर्ण है। सरकार कोअनुसंधान और विकास की गतिविधियों केलिए अपने आवंटन को बढ़ाने तथा संस्थागतस्तर पर, शिक्षण के साथ अनुसंधान को भी जोड़ने की जरूरत है। सरकार द्वारासंकाय विकास में निवेश और अनुसंधान के लिए प्रोत्साहन प्रदान करने तथाअनुसंधान के क्षेत्र में संस्थाओं के बीच सहयोगात्मक प्रयासों को बढ़ावादेने की भी जरूरत है।

• छात्रों एंव संकाय सदस्योंमें अनुसंधान और नवाचार की योग्यता के विकास के लिए क्या किया जाना चाहिए?

• शिक्षकों और छात्रों में अनुसंधान क्षमताओं को विकसित करने के लिए क्या किए जाने की जरूरत है

• अनुसंधान के एजेंडे को उच्च शिक्षा स्तर पर इनकी प्राथमिकता के आधार पर किस प्रकार लागू कियाजाना चाहिए?

• निजी एजेंसियों को विश्वविद्यालयों में अनुसंधान और नवाचार गतिविधियोंमें धन निवेश करने के लिए कैसे प्रेरित एंव प्रोत्साहित किया जा सकता है?

• अनुसंधान और नवाचार को बढ़ावा देने के लिए निम्नलिखित में से किस सुझाव को लागू किये जाने जरूरत है

1-आउटकम आधारित अनुसंधान वित्तपोषण।

2-सामाजिक विज्ञान और बुनियादी विज्ञान दोनों के लिए लिबरल अनुसंधान अनुदान।

3-नवीन अनुसंधान करने के लिए सीड मनी के साथ ऊष्मायन केन्द्रों की स्थापना।

4-बौद्धिक संपदा के सृजन के लिए अग्रणी अनुसंधान।

5-केंद्रीय शिक्षण संस्थानों में रिसर्च पार्क की स्थापना।

6- की संयुक्त नियुक्तियाँ- शोधकर्ताओं को पढ़ाने और शिक्षकों को अनुसंधान में सक्रिय करने के लिए।

7-अंतर-अनुशासनात्मक अनुसंधान- संस्थानों को मौजूदा विषयों पर नए ज्ञान के निर्माण के लिए एक जुट होना चाहिए।

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