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Nagbhid, Dist. Chandrapur (Maharashtra)-441205**

(Affiliated to Gondwana University Gadchiroli)

NAAC Accredited B<sup>++</sup> (Cycle Third)

NAAC Fourth Cycle

## **Self Study Report**

2018 To 2023

### **DVV Clarification**

#### **CRITERION- III**

#### **Research, Innovation and Extension**

**Metrics No : 3.3.1**

**Metric Name : Total Number of research papers in the Journals notified on UGC Care list during the last five years.**



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**Govindrao Warjekar Arts and Commerce College,  
Nagbhid. Dist-Chandrapur -441205**

(Website- <http://www.gwcollegenagbhid.ac.in>)

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## Declaration

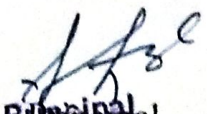
This is to declare that we have checked and verified all the data related to Metric 3.3.1 and the deviation caused by **counting full-time teachers publications** has been corrected.

The revised year wise data regarding the **full-time faculty** publication including supporting documents has been provided here under following head:

- Supporting documents of all **UGC CARE** listed published research papers.

  
**Co-Ordinator**  
IQAC Coordinator  
G. W. College  
Nagbhid



  
**Principal**  
Govindrao Warjekar  
Arts & Com. College  
NAGBHID-441205



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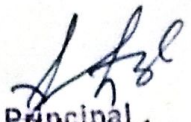
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**Declaration Regarding Full-Time Teachers**

This is to declare that the publication in UGC CARE listed Journals and the supporting documents are only about full-time teachers working in our college during the time of publication.

  
**Co-Ordinator**  
IOAC  
IOAC Coordinator  
G. W. College  
Nagbhid



  
**Principal**  
Govindrao Warjekar  
Arts & Com. College  
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### 3.3.1.1: Number of Research Paper in the Journal Notified on UGC CARE List

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**Number of Research Papers in the Journals  
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2022-23**



Peer Reviewed Referred and  
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(Journal No. 47100)

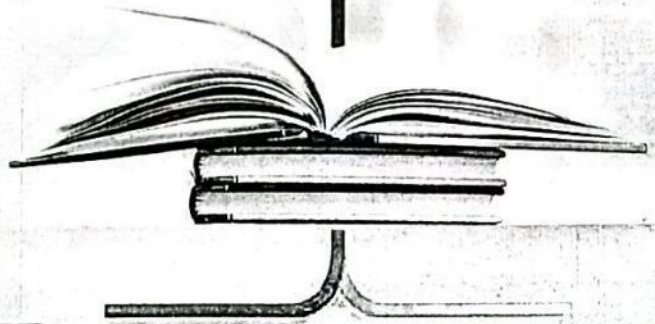
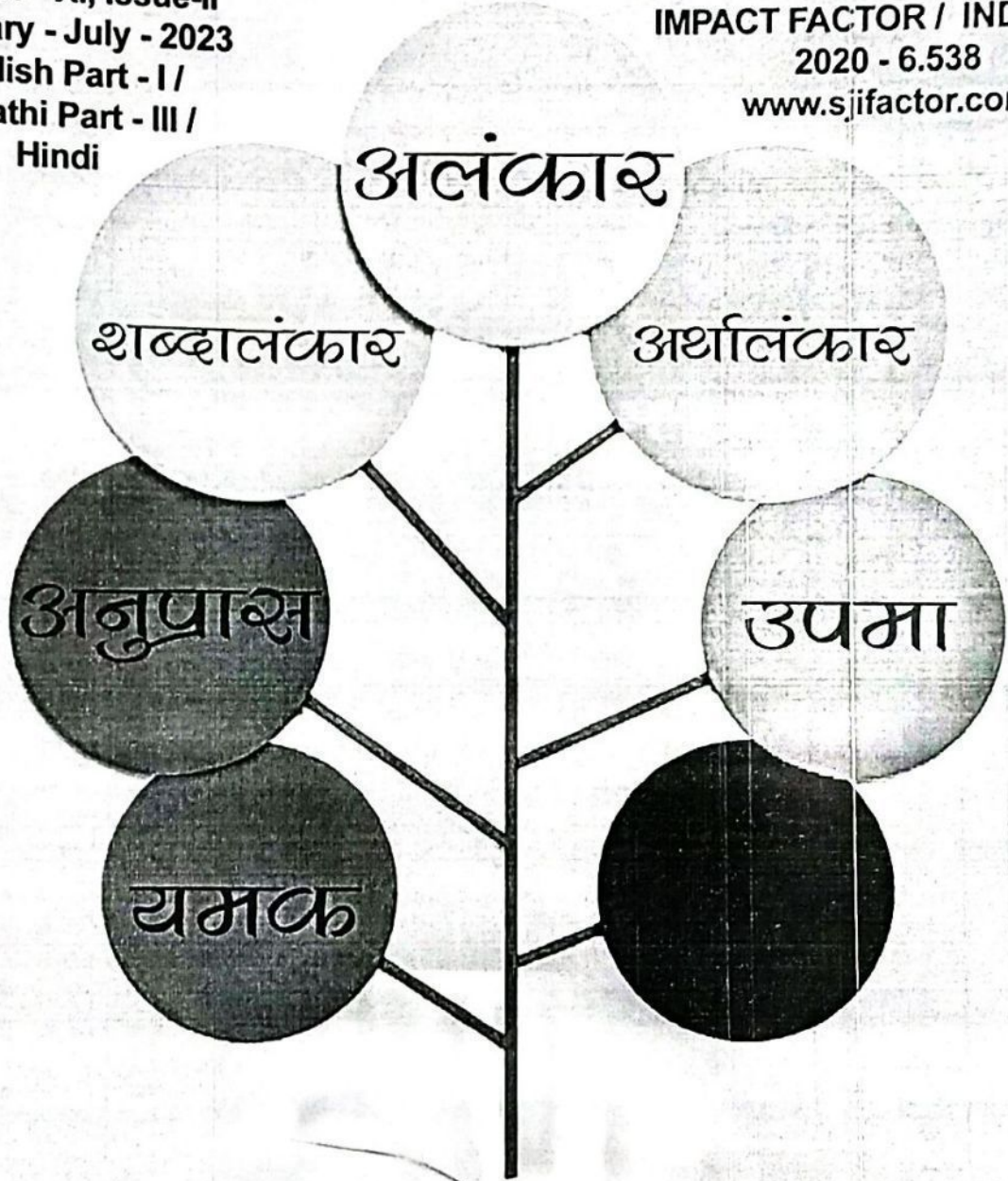


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# 11. The Study of the Social Life Status of Indian Women in the 19th Century

Dr. Vijay Bankar

G. W. Arts & Commerce College, Nagbhid, Dist. Chandrapur.

## Abstract

The social reformers of the 19th century got full support for the promotion and development of progressive social elements from the modern ideology and outlook. In the course of social reform, the attention of the reformers went toward different aspects of the then-social system. In this sequence, the question of how to improve the condition of women came in the form of a challenge. At the same time, Christian missionaries and Western-educated intellectuals started many efforts to upgrade the downtrodden condition of women. There were many social evils related to women in the then-Indian society, such as child marriage, infanticide, sati-practice, the pathetic condition of widows, and low-level female education, etc. Initially, the British government took some steps to end some of these evils. For example, efforts were made to ban infanticide by the Bengal Regulation Act of 1793 and 1804 A.D, but all these steps and efforts went in vain and the evils related to women remained the same in society. Various social reformers made concerted efforts to improve the condition of women. Since then there has been some improvement in the condition of women. The purpose of this research paper is to study the status of the social life of Indian women in the 19th century.

**Keywords:** Indian Women, Social Life, Economic Status, Social Evils

## Research Methodology

Data for the research has been collected from secondary sources.

## The Objective of Research

1. To study the status of social life of Indian women in the 19th century.
2. To know the problems of Indian women in the 19th century.

## Introduction

The status of women in India has faced many major changes in the last few centuries. From a position of equal status with men in ancient times to a low standard of living in the medieval period as well as the promotion of equal rights by several reformers, the history of



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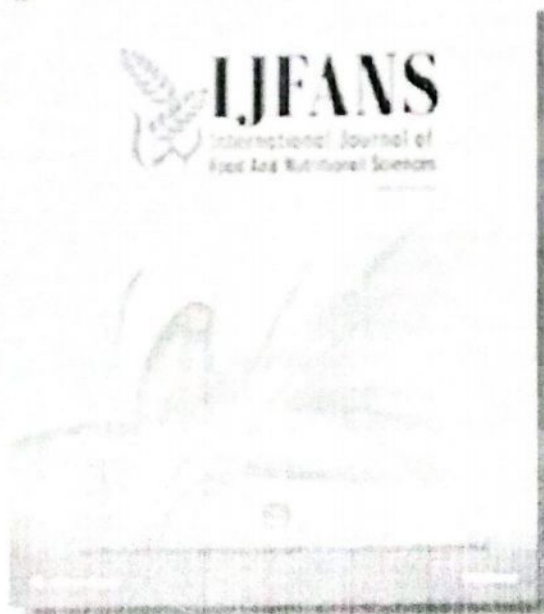
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## Depiction of Caste and Untouchability as a Root Cause of Discrimination in Daya Pawar's *Baluta* and Sharankumar Limbale's *The Outcaste*

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### Abstract-

For centuries Untouchables were treated inhumanly and worse than animals, by Savarna Hindus. Several movements were made to fight against caste injustices. But it was Dr. Ambedkar who made them realize that they too are human beings like all other upper caste people. Taking inspiration from Dr. Ambedkar's works and words a new literate generation of untouchables started writing poems, stories, and autobiographies. This writing was a new movement in contemporary Marathi literature in Maharashtra, its motto was not art for art's sake instead it was art for life's sake. This literature is referred as Dalit literature and sometime Ambedkarite literature. Dalit writers realistically portrayed the caste system and untouchability as being soul cause of discrimination in their writing. The scope of Dalit literature is vast. For the sake of convenience for the present paper, the genre of autobiography is taken in which we could find a full sketch of life, and from vast Dalit autobiographies two Dalit autobiographies are selected. These are Daya Pawar's *Baluta* and Sharankumar Limbale's *The Outcaste*, which was originally titled *Akkarmashi*. Both narratives delineate caste injustices and atrocities on the Mahar community. Both autobiographies were primarily written in the Marathi language and later on they were translated into many other Indian and foreign languages. In 2015 Jerry Pinto translated *Baluta* into the English language with the same title. While Sharankumar Limbale's work *Akkarmashi* is translated into English by Santosh Bhoomkar in 2003.

Keywords- *Baluta, the Outcaste, Caste discrimination, Untouchable, Dalit, slavery.*

### Depiction of Caste and Untouchability in Daya Pawar's *Baluta*

Daya Pawar's Autobiography *Baluta* is a landmark in the history of Dalit Literature. It paved the way for many other Dalit writers to write in this literary genre. While dealing with his life experiences he has exposed his victimization and humiliation due to his untouchable Caste.

### Caste-based Nomenclature

The earlier name of Daya Pawar which was given by his parents was *Dagadu*. This name is caste-indicative and humiliating. If we just glance over the names of untouchables before their historic conversion to Buddhism led by Dr. Ambedkar we could find out such names as *Kacharu, Karu, Satwa, Zingru, Botaru, Sadkya, Sukya, Jogya*, etc. These names of untouchables were predefined by Caste System. Brahmins were named Vidyadhar, Shatriyas were named as Balram, Vaishyas were named as Lakshmikant whereas Shudras and untouchables were given shameful names as mentioned above.

### Discrimination in School

Ancient Greek philosopher Plato defines education as a means to achieve individual and social justice. But this justice was a mirage to Indian untouchables, until the arrival of British rule and revolutionary movements by Mahatma Jyotirav Phule and Dr. Babasaheb Ambedkar. Like all other untouchables, Daya Pawar faced so many problems in his school life. He was not allowed to sit with upper-caste Maratha students. His mere touch could pollute them; he had to carry a granary sack for his sitting. The caste System denied him access to common drinking water and he had to go to *Maharwada* to quench his thirst. Even the teacher was not free from caste bias. His behavior was the same as that of other villagers.

### Humiliating treatment in village rituals and festivals

Traditionally Mahars were art lovers. They were part of Tamasha, the village theater. They were experts in singing and playing musical instruments. When festivals were celebrated in the village untouchables were asked to entertain upper-caste people without giving them a paisa. There was a custom that on *Padwa* Untouchables must give music free of cost.

### Balutedari another form of slavery

The *Balutedari* system was a practical application of the caste system based on the division of labor. There were twelve *Balutedars* in the village system. Here Brahmins were



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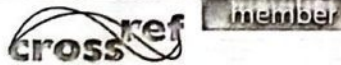
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## The world of women in Vikram Seth's 'A Suitable Boy'

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N H College, Bramhapuri

Dist: Chandrapur (M S)

Dr. Sanjay Singh

Research Guide

Principal

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### Abstract:

Vikram Seth is a social novelist; social practices are depicted through his binocular His novels covered the social background of San Francisco, California and India in his novels 'The Golden Gate' 'A Suitable Boy' and 'An Equal Music' respectively. Social vivacity depends upon the individual mental healthiness. Social scenario in the present day is full of bondage of isolation, frustration and materialization. The characters in the Vikram Seth's Novels are colored in a realistic manner. Woman is integral and vital for the beautification and completeness of society. Woman presented as a realistic, traditionalist, modern, bold, isolated and self –centered in novels. The novel 'A Suitable Boy' depicts different images of women in their social context. Woman existence in the world is equal to the man. There is unjustified if we neglect the value of women. The world man is nothing without the value of woman. The novel 'Suitable Boy' is the best novel to discuss the issues of women in Indian society.

**Key words:** Isolation, Frustration, Materialization, modern, bold, traditional, realistic



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## PASSION FOR LOVE IN VIKRAM SETH'S "THE GOLDEN GATE"

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Dist- Chandrapur (MS)

Dr. Sanjay Singh Ph. D Guide Principal G W College Nagbhid, Dist-Chandrapur (MS)

### Abstract:

Vikram Seth's "The Golden Gate" is a novel in verse published in 1986. The novel is composed entirely in rhyming tetrameter sonnets. Seth wrote a satirical romance, a tale of yuppie cast of characters in San Francisco. Yuppie is the group of aspirants migrated to the metropolitan environment for brighter transformation of life style. They have their issues and problems to identify; they have their lives with love and relationship, exchange of responsibility and isolation. "The Golden Gate" is the representation of such young generation who live their life with attitude of luxurious living, lovely beloved, parties, drinking, long drive and physical attraction. Vikram Seth illustrated the manners of the well educated people in modern social environment.

**Key Words:** The Golden Gate, Yuppie, Social, Environment

**Introduction:** Vikram Seth is the world novelist, he is acquainted with the socio-cultural aspects where he has spent much time for education. His micro observation provided detail of Californian life style. They have their way of life in twentieth century; separation, liberal, multi-cultural attitude. They stay wherever feel happiness, comfort and merrymaking. They didn't bother about the illicit and immoral relationship, "The Golden Gate" is the story of former class-mate who shared their up and downs in the professional world. They need relieve from the busy technocratic work. They arranged parties, drinking parties, love to go long drive with a beloved. They need love and physical relation to relieve from the hectic work of company. The sonnet is a poetical form specially written to develop love theme. 594 sonnets of "The Golden Gate" written in iambic tetrameter continue with fourteen-line stanza pattern of "Eugene Onegin" written in verses with iambic tetrameter with the unusual rhyme scheme 'aBaBccDDeFFeGG'.

Seth used different rhyme scheme than the traditional sonnet form. The traditional sonnets were written in pentameter, and the rhyme schema employed were abba abba cdecde ( Petrarchan) or ababbcbccdcdee ( Spenserian) or ababcdcd efefgg (shakesperean ). But Seth's sonnets are different like ababcdcd in octave and effegg in the sestet the unique in the sonnet form. "The Golden Gate" which combines humour and sadness in sonnet form, "is a wholly successful linking of formal poetry to modern dilemmas", says Katherine Knorr(1999).

"The Golden Gate" has more in common with Puskin's "Eugene Onegin" , than merely the form. Seth's "The Golden Gate" is also "about a specific space in a specific time, and the characters' attribute to love" (Multani,61). Seth made a different as Puskin had done in his novel. Seth disclosed the two way life style of modern people private and public. The boundaries of individual and social are cut off and have their choice of life and love. Anjali Multani says, "The characters' attitudes to love underscore their attitudes to life, to issues that are outside or beyond the private questions or sexual love" (Multani,61) . "The Golden Gate" represents their ability or inability to lead personally happy and fulfilling lives" (Multani,62).

### Passion and Love

John Brown, a protagonist, a computer programmer work on the nuclear projects. His attitude of life and profession is conservative. He has circumstance which are to be enjoyed and fills with passion and

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# तिफण

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डॉ. विजय रामराव काडक

असिस्टंट प्रोफेसर, शोधनिदेशन कला व वाणिज्य महाविद्यालय, रेलीकड, नागपूर.

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अॅड. विजयराव बनपूरकर मेमोरियल कला-वाणिज्य महाविद्यालय, गारोबा, वि. महाविद्यालयी.

### सारांश

फुटपाथच्या कडेला असलेल्या उपहार गृहातील श्रमिक हे समाजाचाच एक भाग आहे व त्यांच्या समस्या या समाजाच्या समस्या देखील आहेत त्यांच्या समस्यांचे उचित निराकरण होण्याच्या दृष्टीकोनातून समाजाच्या सहभागाची नितांत आवश्यकता आहे. प्रस्तुत अध्ययनात सध्याच्या नव्या निवड पद्धतीचा वापर करण्यात आला व त्या अंतर्गत यादृच्छिक पद्धतीच्या उपयोगाने नागपूर जिल्ह्यातील उमरेड, भिळपूर, कुटी, द्विवणा व कळवेरकर या ५ तालुक्यातून प्रत्येकी ३० याप्रमाणे एकूण १५० उपहारगृह श्रमिकांची निवड करण्यात आली.

### प्रस्तावना

स्वातंत्र्यप्राप्तीनंतर भारताच्या आर्थिक विकसाला खऱ्या अर्थाने सुरुवात झाली. योजनावधी सुधारणा आणि अंकरूपी होकारांचे यांच्या साहाय्याने भारतीय राज्यकर्ते भारताची जीवननीका सुबलेच्या तीरावर पोहोचवण्याची धडपड करीत आहे. स्वातंत्र्य प्राप्तीनंतरच्या ७२ वर्षांच्या ह्या कालखंडात आर्थिक, राजकीय, सामाजिक, सांस्कृतिक व संरक्षण विषयक अनेक घटना, बडामोडी झाल्या, प्रगतीसुद्धा झाली परंतु विकसाला जो वेग अपेक्षित होता तो साध्य झालेला नाही, हे मान्य करावेच लागेल. आरल्या पंचवार्षिक योजनांच्या अंतर्गत गरीबी लवकरात लवकर दूर करण्याचे ठरले होते. परंतु प्रत्यक्षात स्वातंत्र्यप्राप्तीनंतर दहा योजना पारूनही देशातील गरीबता अधिक गरीबता तर गरीब आणखी गरीब झालेले आहेत. यामध्ये टाट्टिच रेवेळातील जीवन जगणारे यांचा समावेश आहे. यामध्ये असंपत्ति क्षेत्रातील कामगार, शेतमजूर, व्यावसायिक मजूर आणि मावाडी, इमाल, कच्कऱ्यांचा समावेश होतो. अजूनही त्यांच्याकडे दुर्लक्ष होत आहे. कामगार वर्गाच्या संरक्षणासाठी ह्या वर्ग अतीत असल्याचे दिसून येते.

स्वातंत्र्यप्राप्तीनंतरच्या काळात संपत्ति औद्योगिक श्रमिकांच्या घरात बंधनकारक असलेल्या ज्वालामुखी शांत करण्यासाठी, श्रमिकांच्या शक्तिला योग्य बळ देण्यासाठी व योजनांच्या अंतर्गत आरक्षणाने आलेल्या विकसित श्रमिकांच्या अंशबळवर्गीयता कमीकरणे याद्वारे निवडविणकाली भारत सरकारने जाणीवपूर्वक काही क्षेत्रे अंतर्गत आणलीत. औद्योगिक कामगारचे जीवन समृद्ध करण्याकरिता काही विशिष्ट प्रयत्न केले. प्रस्तुत संश्लेष्ण वसावर संघ, इत्याक इत्यादी यांच्या अर्थिक हान्य औद्योगिक





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या अंकातील लेखकांच्या मताशी संपादक सहमत असतीलच असे नाही. या नियतकालिकास महाराष्ट्र राज्य साहित्य आणि संस्कृती मंडळाकडून अनुदान प्राप्त झाले आहे. परंतु या नियतकालिकात प्रसिद्ध झालेली मते मंडळास मान्य असतीलच असे नाही.

पत्ता : संपादक, तिफण, 'शिवार', श्रीराम कॉलनी, हिवरखेडा रोड, कन्नड,

जि. औरंगाबाद - ४३११०३, मो. ९४०४०००३९८





## डॉ.आंबेडकर आणि स्वातंत्र्यवीर सावरकर यांच्या जीवनकार्यातील साम्यस्थळे

प्रा.डॉ.विशाखा कायंदे

महाराष्ट्र हे क्रांतीकारक, समाजसुधारक आणि विचारवंत या सर्वांची परंपरा असलेले राज्य आहे. छत्रपती शिवरायांच्या काळापासून जसा पराक्रमाचा वारसा या महाराष्ट्राच्या मातीने सुरु ठेवला आहे. तसाच वैचारिक वारसाही जोपासला आहे. समाजाला दिशा देण्याच्या कार्यात महाराष्ट्रातील विचारवंतांचा फार मोठा वाटा आहे. त्यातीलच दोन व्यक्ती महाराष्ट्राच्या मातीत जन्माला आल्या. एक हिंदू धर्मातील दलित पण लढाऊ जमात असलेल्या महार कुळात जन्मलेली आणि संपूर्ण देशभर अस्पृश्य समाजात स्वाभिमानाची चेतना पेटविण्यासाठी अनेक वर्षांची अंधारपर्वाची नाळ तोडून स्वत्व जागविले ते ज्ञानतपस्वी, प्राध्यापक, संशोधक, अधिवक्ता, बॅरिस्टर भीमराव रामाजी आंबेडकर. तर दुसरी व्यक्ती हिंदू धर्मातील ब्राम्हण कुळात जन्मलेली आणि संपूर्ण देश ज्यांनी क्रांतिविचाराने भारून टाकला, ते क्रांतीसूर्य, क्रांतिकारकांचे मुकुटमणी, स्वातंत्र्यवीर विनायक दामोदर सावरकर।

या उभयतांनी हिंदू धर्मातच नाही, तर संपूर्ण देशभर व इतर राष्ट्रातही आपल्या हिमालयी कर्तृत्वाचा, जाज्वल्य राष्ट्रभक्तीचा ठसा जनमानसावर उमटविला. या दोन्ही नेत्यांनी आपल्या देशातील समाजाच्या सर्वांगीण प्रगतीसाठी अपार कष्ट घेतले. त्यांची देशसेवा ही समाज सुधारणेच्या कार्यात एकमेकांना पुरक अशीच होती. सकृत्दर्शनी समाजाला भिन्न व विरुद्ध टोकाची भासणारी ही दोन व्यक्तिमत्त्वे मात्र हिंदूस्थानवर अंतःकरणापासून प्रेम करणारी व अस्पृश्यांच्या व हिंदूस्थानच्या हितासाठी समर्पित जीवन जगत होती. डॉ.बाबासाहेब आंबेडकर व स्वातंत्र्यवीर सावरकर यांचे जीवनच वैविध्यपूर्ण घटनांनी व्यापलेले आहे. हे दोन्ही नेते स्वतः करिता जगलेच नाहीत. उभं आयुष्य ध्येयसिध्दी साठी एक साधन म्हणून वापरलं.

भारताच्या इतिहासात विसाव्या शतकाच्या पूर्वार्धाला विशेष असे महत्त्व आहे. या काळात राष्ट्राच्या इतिहासात विविधांगी घटनांची मांदियाळीच पहायला मिळते. ज्यामध्ये विशेषतः राजकीय, सामाजिक, सांस्कृतिक इत्यादी क्षेत्रात घडणाऱ्या घटनांचे पडसाद परस्पर क्षेत्रात उमटलेले दिसतात.

डॉ.बाबासाहेब आंबेडकर आणि स्वातंत्र्यवीर सावरकर हे आपापल्या ठरलेल्या ध्येयाचे परमोच्च शिखर पादाक्रांत करणारे पण वेगवेगळ्या वाटेने मार्गक्रमण करणारे रोहक ठरले. जाज्वल्य राष्ट्रभक्ती हा दोघांचाही समान गुण होता. अर्थातच राष्ट्रविषयक दोघांचेही विचार तत्वज्ञान जवळजवळ एकच होते. दोघांनीही "सामर्थ्याची कधीही उपेक्षा होत नाही आणि दुर्बलांना उपेक्षेशिवाय दुसरे काहीही मिळत नाही म्हणून बलवत्तर तोच श्रेष्ठ ठरतो." हे तत्व राष्ट्राच्या व व्यक्तीच्या स्वातंत्र्यासाठी महत्त्वाचे मानले होते.

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डॉ.विजय बनकर .

गो४४१२०५ -चंद्रपूर.नागभीड जिल्हा ,महाविद्यालय .वा.

### सारांश

आज मनुष्यपरिवर्तनाच्या युगात वावरत आहेया परिवर्तनाचा परिणाम .  
सरकारी क्षेत्र व शिक्षणात दिसून ,दूरसंचार ,वाहतूक ,विविध क्षेत्रात जसे पर्यटन  
तसेच माहिती तंत्रज्ञानाची महत्वाची भूमिका वाणिज्य आणि व्यवस्थापन या .येतो  
क्षेत्रात प्रवेश तसेच मूल्यांकनाच्या माध्यमातून सुद्धा दिसून येतेशिक्षण क्षेत्रात .  
झालेल्या क्रांतीकारी बदलातसुद्धा माहिती व तंत्रज्ञानाची महत्वाची भूमिका आहे  
या संशोधन निबंधात वाणिज्य व व्यवस्थापन या सारख्या क्लिष्ट विषयात  
स्नातक स्तरावरील विद्यार्थ्यांना शिकवितांना माहिती व तंत्रज्ञानाचा उपयोग कसा  
करता येईल या बद्दल सांगोपांग चर्चा करण्यात आली आहेशिक्षकांना वर्गात .  
चर्चात्मक व रोचक वाटावा म्हणून व ,शिकवितांना विषय विद्यार्थ्यांना तो सोपा  
शिक्षण पद्धत विद्यार्थी केंद्रित व्हावी म्हणून यात माहिती व तंत्रज्ञानाचा वापर  
.केला जातो

**सूचक शब्द**वाणिज्य व व्यवस् : थापन शिक्षणमाहिती व तंत्रज्ञान ,

### प्रस्तावना

.आधुनिक युग हे माहिती व तंत्रज्ञानाचे युग म्हणून संबोधले गेले आहे  
या .माहिती तंत्रज्ञान हा अलीकडच्या काळात फारच लोकप्रिय झालेला शब्द आहे  
माध्यमातून वाणिज्य व व्यवस्थापन क्षेत्रात सुद्धा मोठ्या प्रमाणावर उपयोग होत



## USE OF ICT IN COMMERCE & MANAGEMENT EDUCATION

Dr. Vijay Bankar

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### **Abstract :-**

The commerce & Management Education plays an essential role in today's dynamic business environment. The current trends of globalization & technological changes have made difficult for organizations to survive in the competitive world. As a result the importance of commerce & management education has been increased many folds. For the more improvement of commerce & management education it is necessary to use ICT in commerce & management education. Information & Communication Technology means different things to different people it includes any technology used in capturing, storing & processing data in to information & communicating that information to people, which enhances the physical & intellectual capabilities of human being. It has brought up an information revolution that recognizes no bounds for information flows across the global computer networking. Communication has made the information revolution possible. This paper suggests the use of ICT in Commerce & Management Education for the better improvement & future growth of Commerce & Management Education.

**Keywords :-**ICT, Commerce & Management Education.

### **Introduction:**

21<sup>st</sup> Century is a era of technology and it impacts on all fields. Commerce & Management Education is also effected by this so the use of ICT is need of time in Commerce & Management Education. For ' Audio - Visual Aids', Information, Information and Communication Technology', 'Learning Resources', web & ICT all these term are used in education with the advancement in the means of Communication and Technology. The use of new terms Educational Technology is primarily due to the dynamic expansion of programmed learning computer assisted instruction. This revolution in the field of ICT in education is the outcome of the development in electronics, notably those involving the computer, Internet & Visual Interface.

In the 21<sup>st</sup> century, where the world has become a small globe – miracles in Communication Technology such as multimedia, paging, cellular telephony, Internet, Satellite communication, cable media, DTH etc, have changed the pattern of our thinking and our style of living. Although McLuhan, a great sociologist, all the media are the extension of man' for him the world is now a small village – a global village. He say's "The speed of information in the global village means that every human action or event involves everybody in the village in the consequences of every event." It means a very small world as all are closely knitted together with the strings of media. Communication and Technology.



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## BEST PRACTICE FOR COLLEGE GOING GIRLS IN RURAL AREA

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गोषवारा - ग्रामीण भागातील महाविद्यालयातील मुलींमध्ये रक्तातील हिमोग्लोबीन चीकमतरता व रक्तक्षयाचे प्रमाण फार जास्त असल्याचे आढळून येते. ही समस्या दूर करण्यासाठी महाविद्यालयीन स्तरावर उपाय योजना म्हणून दर आठवडयाला नियमितपणे शेंगदाणाचिककी, राजगीराचिककी, तिळाचीचिककी दिल्यास प्रथिने-लोहया सारखे पोषक घटक मिळाल्यामुळे वरील समस्येला काही प्रमाणात आळा बसू शकेल.

सूचकशब्द - समतोलआहार, रक्तक्षय, ग्रामीण भागातील महाविद्यालयीन मुली.

प्रस्तावना :

ग्रामीण भागात अजूनही समतोल आहाराविषयी अज्ञान असून त्यांच्यात जागरुकता निर्माण करण्याची आवश्यकता आहे. कारण रक्तक्षय(अॅनिमिया) हा भारतीय महिला आणि मुलांमध्ये सर्वाधिक आढळणाऱ्या आजारांपैकी एक आजार आहे. सुमारे ५० टक्के स्त्रिया आणि मुले या विकाराने त्रस्त आहेत.तरुणांमध्येही याचे प्रमाण वाढताना दिसते. एका सर्वेक्षणानुसार १६ ते २५ या वयोगटांतील ५६ टक्के मुली तर ३० ते ३५ टक्के मुले रक्तक्षयाने पीडित आढळून आले आहेत.

**रक्तक्षय म्हणजे काय?**

रक्तात आढळून येणाऱ्या लाल पेशींचे प्रमाण पुरेसे नसते किंवा या पेशी आरोग्यसंपन्न नसतात. रक्तकणांचे (हिमोग्लोबिन) प्रमाणही कमी असते. हिम म्हणजे लोह आणि ग्लोबिन म्हणजे प्रथिन यांचा बंध निर्माण होऊन हिमोग्लोबिन तयार होते. प्राणवायू पेशीपर्यंत वाहून नेण्याचे काम त्याद्वारे



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## Best Practices in College Teaching

**Prof: Dr. Ravi Randive**

Head of Department of

Geography G.W. College, Nagbhid

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**Keywords :-** "Best Practices Develop the all educators and students."

**Intended to challenge the professional development of all educators.**

Collected here, without examples or detailed explanations, are practices that constitute in college, teaching, these elements represent the broad range of the most effective actions educators take and requisite conditions educators establish, to facilitate learning. I have tried make this listing brief, to serve more as a reference to the score of excellent teaching techniques than as a source of enlightenment.

Recognizing that what we do as educators is difficult to describe, I advance this list of Dimensions of excellence as a starting point for discussions of excellence as a starting point for discussion about the performance we strive for any way help each other obtain. While education leadership is widely researched and scribed, we who do this are rarely rewarded for listening to do it well. Among that reasons for that, I think is the lack of common language about best practices. Instead of directly addressing, learning to lead learners well, we often erroneously assume teachers know how to teach because they used to be students.

Becoming an excellent college, educator is a continuing life-long professional challenge, the dimensions o which are often unrecognised in the general mind, doctors and lawyer are professionals, teachers are not, they are rarely rewarded, and sometimes feared, for their work in the classroom. I believe we could change our semi-professional status if we engaged in the scholarship of teaching and learning and evolved list of best practices such as this are and help each other achieve them. If we, as faculty could ever come to agree upon any performance- based list such as this one our institutions could marshal the resources to accelerate its attainment, clarify the objectives for acquiring tenure, and offer salary rewards for an individual's continued reflective review of teaching practice.

### **Observable actions:**

The best practices here focus on those aspects of classroom teaching, competence which are visible anyone- students, colleagues and visitors can see them when they occur.



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## REVISED ACCREDITATION FRAMEWORK AND THE CHALLENGES BEFORE THE IQACS IN RURAL HIGHER EDUCATION INSTITUTIONS

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### ABSTRACT:

The National Assessment and Accreditation Council (NAAC) has been instrumental in prodding the higher education institutions (HEIs) in India to make higher education a medium for raising the competencies of Indian youth to face local, national and global challenges. IQAC has been made a mandatory body in every HEI and it has been made responsible for the qualitative enhancement of the institution it represents in line with the quality parameters developed by NAAC. NAAC has been constantly revising its assessment process to make the entire exercise of accreditation more robust, effective and relevant. All these developments have posed greatest challenge to the IQACs in rural HEIs. The Revised Accreditation Framework (RAF), launched by NAAC in January 2020, has added newer challenges to the rural IQACs. In light of those facts the present paper attempts to explore some of the key indicators and the metrics in the RAF, and to identify the problems faced by HEIs in rural India.

**KEYWORDS:** NAAC, IQAC, RAF, Key Indicators, QnM, QIm, Remote and Rural Areas, Optional Metrics

### Introduction:

The end of the 20<sup>th</sup> century saw the beginning of a new era for the higher education institutions (HEIs) in India. NAAC's *mantra* of qualitative enhancement awakened the HEIs from their hitherto sleepy journey. Dynamism, continuous self evaluation and consistent efforts for up gradation became the targets for HEIs. It became mandatory for all HEIs to prove the qualitative merits of their operations on the scale of qualitative parameters evolved by NAAC. In a poem by Lord Tennyson, Ulysses sarcastically says, "As tho' to breathe were life!" In line with the philosophy of Ulysses, NAAC has cautioned the HEIs that their duty is not merely to teach the curriculum prescribed for different programmes. As per the parameters of NAAC, the basic activity of teaching-learning needs to be enriched with strategies that could transform the higher education bodies into platforms that would shape the Indian youth to face life challenges at local, national and international level simultaneously. The parameters have shockingly awakened the sleepy HEIs to an enormous task. The challenge has been more severe for rural HEIs. The HEIs in rural India operate against many social, geographical and economical odds. They operate in an area where 'managing to exist' is the biggest question and now the question before them is 'how to cope



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## INTEGRATION OF ICT FOR BLENDED LEARNING AND FLIPPED CLASSROOM: OPPORTUNITIES AND CHALLENGES.

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Dr. Babasaheb Ambedkar College of Arts,  
Commerce and Science, Bramhapuri.

Dr. Nikita Mishra  
Assistant Professor  
G.W. Arts & Comm. College,  
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---

**Abstract** –Information Communication Technology (ICT) has become part and parcel of 21<sup>st</sup> Century. In the field of higher education it has become essential requirement for learning and teaching effectively and interestingly through the methods of blended learning and flipped classroom. These new teaching and learning methods reach and teach the students more efficiently and effectively. The present paper highlights the role and significance of various ICT tools integrated for blended learning and flipped classroom. This paper also puts forward opportunities and challenges of higher education in blending online teaching with traditional teaching methodology.

**Keywords**- ICT, blended learning, flipped classroom, higher education

### **The Concept of Blended Learning**

As the term denotes Blended learning combines both online web resources and live class room interactions. Blended learning tries to overcome a wide gap between online and traditional method of teaching and learning. To quote Cottle, "Learning is not something that has to be confined to the classroom, and so as I teach blended classes, I think the more they are going to learn. The idea is to get them to digest the information slowly in different ways and to engage in different activities so that by the time the course comes to an end, they can apply the knowledge they have learned. That is the ultimate goal: to get them to be in a state where they can apply the knowledge"

### **The Concept of Flipped Classroom**

Oxford Learners Dictionary defines Flipped Classroom " a method of teaching in which students study new material at home, for example with videos over the internet, and then discuss and practice it with teachers in class, instead of the usual method where teachers present new material in school and students practice at home"

In The Flipped Learning Network (2014b) Baur-Ramazani has presented four basic ingredients of Flipped Learning as:

- Flexible environment
- Learning the Culture
- Intentional Content and
- Professional Educators



## USE OF ICT IN TEACHING ENGLISH LITERATURE AND LANGUAGE

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**Abstract:** *ICT is a broad term that includes various sets of technological tools and resources used to communicate, create, disseminate, store and manage information. The main purpose of the education is to enable students take part in meaningful learning. The technology plays vital role in enhancing students' learning process. The teachers get help from information and computer technology to support students by forming meaningful learning environment. ICT in English teaching diverts the teacher-centered teaching to student centered teaching. ICT combined with the traditional methods of teaching can make teaching and learning literature a vivid experience.*

**Key words:** ICT, learner centered teaching, English Literature and Language

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**“Technology will not replace teachers but teachers who understand technology will replace those who do not.” - Dr. Ray Clifford**

ICT is a broad term that includes various sets of technological tools and resources used to communicate, create, disseminate, store and manage information. The educational technologies are likely to be portable and personalized, now-a-days. This has led the learning forms change from traditional classroom learning to electronic learning (e-learning), mobile learning (m-learning) or ubiquitous learning (U-learning). The use of Information and Communication Technologies (ICT) in any sphere of life has penetrated very rapidly in India and everywhere. However, the uneven diffusion of ICT created digital divide among different segments of the society. For instance, there is digital divide between rich and poor (Lal and Paul, 2004) and there exists rural-urban digital divide. The field of education is not exceptional. Institutions located in urban areas have better access to new technologies compared to the institutions located in rural or semi-urban areas. Hence, urban academic institutions can provide students with better ICT facilities. One such study by Brown and Liedholm (2002) finds that ICT in higher education can be more useful in some activities such as student university communication, searching of study material and use of ICT in teaching methods. The authors did not find much use of very advanced ICT tools such as virtual classrooms.

The main purpose of the education is to enable students take part in meaningful learning. The technology plays vital role in enhancing students' learning process. The teachers get help from information and computer technology to support students by forming





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## शिक्षणात माहिती आणि संचार तंत्रज्ञानाची प्रभावशीलता(ICT)

प्रा. मंगराज पी. कापगते  
अशंकालीन प्राध्यापक  
गोंविंदराव वारजुकर कला व वाणिज्य  
महाविद्यालय नागभोंड

डॉ. अशोक बहादुरे  
सहयोगी प्राध्यापक  
गोंविंदराव वारजुकर कला व वाणिज्य  
महाविद्यालय नागभोंड

### प्रस्तावना:-

माहिती व संप्रेषण तंत्रज्ञानाचा वापर करून शिक्षणाच्या दर्जात उल्लेखनीय आणि सकारात्मक सुधारणा करता येईल असे साधारणतः सर्वच शिक्षणतज्ञांचे व संशोधकांचे म्हणणे आहे. रटाळ अध्यापन पद्धती आता वाजुस जात असून तिची जागा आता प्रात्यक्षिक आणि स्व-अध्ययन यांनी द्यायला सुरुवात केली आहे. माहिती ग्रहण करण्याचा वेगही कमालीचा वाढला आहे. विद्यार्थ्यांना पडलेल्या प्रश्नाचे उत्तर केव्हा मिळेल? हा प्रश्नच आजच्या जगात निकाली निघाला आहे.

माहिती व दळणवळणाच्या साधनांमुळे परीक्षा पद्धती, माहितीचे विश्लेषण करण्याच्या पद्धती यात अनेक बदल घडून आले आहेत. त्यामुळे विद्यार्थ्यांना माहिती मिळविण्यासाठी तिचा अभ्यास करण्यासाठी नवीन मार्ग उपलब्ध झाला आहे. आता विद्यार्थी त्यांचा ज्वळतीप्रमाणे माहिती मिळवू शकतात निरनिराळ्या प्रकारे तिचा अभ्यास करू शकतात. दैनंदिन जीवनातील घटना अभ्यासू शकतात व त्यायोगे विषय अधिक सखोलरीत्या जाणून घेऊ शकतात. अशा पद्धतीने माहिती व दळणवळणाच्या साधनांमुळे केवळ अभ्यासाची धोकंपट्टी करून गुण मिळविण्याच्या पद्धतीला प्रोत्साहन मिळण्यापेक्षा विद्यार्थ्यांचा शिक्षणातील रस वाढण्यास मदत होत आहे. तसेच माहिती व दळणवळणाच्या साधनांमुळे विद्यार्थ्यांच्या गुणवत्तेत सुधारणा होत असल्याचे ही निदर्शनास आले आहे. पारंपारीक शिक्षणाच्या जोडीला संगणकांचा वापर करण्यास आल्यास शिक्षणाच्या गुणवत्तेत वाढ होऊ शकते. संगणकाचा वापर केल्यामुळे विद्यार्थ्यांमध्ये शिक्षणाविषयी आवड निर्माण झाल्याची ही काही उदाहरणे आहेत.

### उच्च शिक्षणात माहिती आणि संचार तंत्रज्ञानाची आवश्यकता:-

उच्च शिक्षणात माहिती आणि संचार तंत्रज्ञानाच्या आवश्यकतेच्या दृष्टीने पुढील मुद्दे सांगता येतील.

- 1) शिक्षणाची वाढती मागणी पूर्ण करण्याच्या हेतूने विद्यार्थ्यांची शैक्षणिक व व्यावसायिक आवश्यकता पूर्ण करण्यासाठी
- 2) शिक्षण क्षेत्रातील संबंधीत विविध प्रकारची अद्यावत माहिती आणि सुचना प्राप्त करण्यासाठी



## USE OF ICT IN TEACHING-LEARNING PROCESS: HOW INEVITABLE?

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### Abstract

*The present paper endeavors to study the use of ICT in teaching- learning process and sheds ample light on the various tools of ICT and its vital role in the process of teaching and learning with an illustration. The problems of the 21st century students are very different from that of students of preceding generations due to the development in science and technology. As a part of this development ICT has become an important tool within the education sector to address students' problems in teaching- learning process. Consequently, first how this tool is learned and then to know how to teach through this tool smartly are crucial concerns of the time. Teaching of Jane Austen in a literature classroom or Teaching of history of World Wars in history classroom has really become an enjoyable activity by using LCD Projector. A Teacher who is well versed in technology may use different resources for making teaching-learning process effective. A quality power point presentation can serve the purpose. Various online resources can be used for teaching the novel like Emma— one may use pictures/images from Flicker or Google search, you tube videos, online lectures of the eminent scholars or can have an online workshop or webinar on the same theme. We also can show the Hollywood/Bollywood movies based on the novel. For instance, a Bollywood movie Aisha is based on Emma. This is more interesting for students. It enables students for changing their practices of learning. Students can well comprehend the novel with its various aspects. It raises the point of confidence of students and their learning can be evaluated at the end of class by asking some questions, assigning the homework or they can be said to plan a seminar or short power point presentation on the same theme.*

**Keywords:** Technology, ICT, Multimedia, Higher Education, Teaching-learning Process, University Grant Commission, NAAC

The great transformation one finds in every society across the world with the advent of globalization. The changes one notices in every walk of life right from the ways of eating to ways of working. The country like India witnessed many obvious changes in various sectors. The domain of education is no exception to it. When one peeps into the history of education in ancient India, one comes to know about 'Gurukula', an ancient heritage of Indian education system. But today we do not have any 'Gurukula' instead we have modern techno-savvy university education system. Currently inclusiveness is an essential element of education process which covers almost all facets of life- social, cultural, political, economic, national, etc. The Present age is an age of information and technology which is most reliable and easiest. The Indian education system is working endlessly for the all-round development of individual in particular and society in general that facilitates the teaching-learning fraternity for developing competency in the global market with sustainable growth. Teaching-



## उच्च शिक्षणाचा दर्जा उंचावण्यामध्ये शिक्षकाची भूमिका

डॉ. उमाजी हिरे

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भूतकाळात असो अथवा वर्तमान काळात, मानवी समाजाच्या काही शिक्षण प्रणाली व पध्दती आहेत ज्या समाजासाठी विशेष आहेत. ह्या पध्दतीच्या माध्यमातून समाजातील युवकांना शिक्षित तसेच प्रशिक्षित केल्या जाते. हे अत्यंत आवश्यक आहे कारण शिक्षण हे मानवी जीवनाच्या कल्याणासाठी अनेक वर्षांपासून महत्वाचे शस्त्र ठरत आहे. या क्षेत्रात मानवाचे प्रत्येक नमुनेहार प्रयत्न, तसेच प्रत्येकाचे शैक्षणिक पध्दती जाती, पंथ, भाषा, व संस्कृती प्रमाणे वेगवेगळ्या आहेत. तसेच, काळानुरूप ह्या पध्दती बदलत असतात. शिक्षणाची संकल्पना विविध पध्दतीने स्पष्ट करण्यात आलेली आहे, जशी ज्ञानाची प्राप्ती, क्षमता, कौशल्य आणि चरित्र बांधणी.

शिक्षणाच्या संकल्पने मध्ये अंतर्भूत होणाऱ्या गोष्टी म्हणजे एखाद्या व्यक्तीने थोडस ज्ञान, अनुभव आणि कौशल्य प्राप्त करणे जे त्याला/ तिला मानवी समाजाचा थोडासा अधिक कार्यक्षम व्यक्ती बनवतो. अशा प्रकारे त्याच्या थोड्या योगदानाने, तो मानवी समाजाच्या विकासामध्ये महत्वाचा हातभार लावतो. याचाच अर्थ शिक्षण ही अशी प्रक्रिया आहे ज्या द्वारे प्रत्येक पिढी मागील पिढी कडून मिळालेला ज्ञानाचा साठा अंगीकारतो व त्याला आपल्या चिंतनातून त्याला अधिक विस्तारित व व्यापक स्वरूप देऊन एकूण मानवी समाजाला पुढील विकासाच्या पायरी वर पोहचवत असतो. या विकसित मानवी समाजामध्ये परस्पर स्नेहभाव, सहकार्य व आपलेपणा यांचे महत्त्व प्रत्येक पिढीला कळत जाते. यातून पुढे मानवी समाजात जीवनाला पोषक असा वातावरण तयार होत जातो. याच अर्थाने “उकेजा” यांनी शिक्षणाची व्याख्या करतांना म्हणतात कि “ शिक्षण ही अशी प्रक्रिया आहे जिच्या द्वारे लोकांना प्रभावीपणे व समर्थपणे जीवन जगण्यासाठी प्रभावी वातावरण बनविण्यास तयार केल्या जाते”.



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डॉ. अनमोल शेंडे

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विदर्भातील आदिवासी साहित्य हे बंडखोरीचे, विद्रोहाचे आणि नव्या व्यवस्थेचे स्वप्न पाहणारे साहित्य आहे. विदर्भातील आदिवासी साहित्याला बंडखोरीचा, विद्रोहाचा किनारा प्राप्त झालेला आहे. हा देश अनेक जखमांनी जर्जर झालेला देश आहे. आदिवासी समाजाच्या जखमा उरात वागवून या, देशाने वाटचाल केलेली आहे. पारंपारिक मराठी साहित्यात आदिवासी समाजाच्या सुखदुःखाना कुठलेही स्थान नव्हते. शेकडो वर्षांपासून हा समाज परिघावर जगत आहे. त्यामुळे या समाजाच्या सुखदुःखाचे प्रतिबंब, त्यांच्या समस्या साहित्याच्या कक्षेत आल्या पाहिजे असे या महाराष्ट्रातील मराठी साहित्याला कधी वाटले नाही. आदिवासी हे या भूमीचे आदिपूत्र असूनही गेल्या पाच हजार वर्षांपासून हा आदिवासी सुखसोयीपासून कायम वंचित आहे. इथे नको असलेल्या गोष्टीचे वारेमाप कौतूक केले जाते. खोट्यांनाही प्रतिष्ठा वहाल केली जाते. परंतू आदिवासी समाजाला दुनियेच्या नकाशावर आणले पाहिजे असे मात्र पारंपारिक मराठी साहित्याला कधी वाटले नाही.

१९६० नंतर विविध स्तरावर सामाजिक, सांस्कृतिक, शैक्षणिक व राजकीय उलथापालथी झाल्या. शासनाने आदिवासींच्या समस्येकडे लक्ष देण्यास सुरुवात केली. विदर्भातील काही सामाजिक चळवळींनीही आदिवासी समाजाच्या व्यथा—वेदनांना तीव्रपणे वाचा फोडण्याचा प्रयत्न केला. आदिवासींवर जो अन्याय अत्याचार होत होता आणि त्यातून नक्षलवादी चळवळी सक्रिय झाल्यानंतर अनेकांचे लक्ष या आदिवासी समाजाकडे केंद्रित झाले. त्याचबरोबर मोठ्या धरणांमुळे प्रकल्पग्रस्त क्षेत्रातील आदिवासींचे स्थालांतर झाल्याने त्यांच्या विस्थापनाचा जीवघेणा प्रश्न उभा राहिला. त्याची दखल मानवाधिकारांच्या संदर्भात राष्ट्रीय पातळीवर घेतली जाऊ लागली. बदलेल्या जीवनशैलीतून अस्तित्वाचे अनंत प्रश्न आदिवासी समाजासमोर उभे राहिले. या सर्वच कठोर नि अत्यंत जिवघेण्या वास्तवातून वैदर्भीय मराठी साहित्याचा उदय झालेला दिसून येतो.

आदिवासी साहित्यासंबंधी जे थोडेफार लिहिल्या गेले, ती केवळ औपचारिकता आहे. काही साहित्यकृतींमध्ये आदिवासींचे चित्रण केवळ तोंडी लावण्यापुरते आलेले असून त्यामागे कणव, भुतदया याचाही समावेश आहे. आदिवासी जाणीव ही स्थितीवादाला नकार देणारी आणि परिवर्तनसन्मुखतेला जवळ करणारी आहे. "आदिवासी साहित्य हे प्रतिक्रिया म्हणून लिहिल्या गेलेले साहित्य नाही. किंवा मुख्य प्रवाहात सम्मिलित होण्यासाठी प्रस्थापित मान्यता मिळण्यासाठी केली जाणारी संघर्षयात्रा नाही, तर निसर्गाची मुल्यव्यवस्था चिरंतन करण्यासाठी निघालेली शोधयात्रा आहे".<sup>१</sup>





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मराठी विभागप्रमुख, गोविंदराव वारजुकर कला-वाणिज्य महाविद्यालय, नागभोड.

महाराष्ट्राला संतांची थोर परंपरा लाभलेली आहे. या परंपरेतील एक संत म्हणजे राष्ट्रसंत तुकडोजी महाराज होत. समाजाच्या सामाजिक, राजकीय, शैक्षणिक अभ्युदयासाठी प्रयत्न करणारे आणि एकतेतच देशाचे हित आहे असे सांगणारे राष्ट्रसंत आयुष्यभर देशासाठी झिजत राहिलेले. आधुनिक काळातील एक वैदर्भीय संत म्हणूनही त्यांचा आदराने उल्लेख केला जातो. आपल्या खंजिरीच्या माध्यमातून समाजमन पेटवत वास्तवाची जाणिव करून देणारे हे महान संत आहेत. 'झाड झडुले शस्त्र बनेंगे; भक्त बनेगी सेना; पत्थर सारे बाम बनेंगे; नाव लगेगी किनारे' या शब्दांत लोकांच्या मनात विरश्री निर्माण करून इंग्रजांच्या परकीय सत्तेविरुद्ध त्यांनी लोकांना संघटीत केले. चिमूर-आष्टीचा स्वातंत्र्यसंग्राम, यावलीचा स्वातंत्र्यसंग्राम यात हौतात्म्य पत्करलेले अनेक लोक राष्ट्रसंतांच्या शिकवणूकीतून आणि संस्कारातून तयार झाले होते. राष्ट्रसंतांचे लेखन आणि प्रत्यक्षात जनजागृती या दोन्ही स्तरावरील कार्य खुप मोठे आहे. आयुष्यभर ते जनसामान्यांमध्ये वावरले. 'परिघावरचा माणूस' हा त्यांच्या आस्थेचा विषय होता. सामाजिक, राजकीय, शैक्षणिक, सांस्कृतिक, आर्थिक अशा अनेक विषयांना राष्ट्रसंतांनी ग्रामगीतेतून स्पर्श केला. राष्ट्रसंत हे नुसते बोलणारे नव्हते, तर प्रत्यक्षात कृती करणारे होते. त्यामुळेच ते लाखो लोकांच्या गळ्यातील ताईत ठरले. संकुचितपणा त्यांच्या आयुष्यात जवळपासही फिरकला नाही. देशाचे हीत हेच त्यांच्या जगण्याचे इतिकर्तव्य राहिले. त्यांनी विविध विषयांवर प्रगट केलेले विचार पाहिले म्हणजे त्यांच्या चिंतनाला किती अमर्याद खोली प्राप्त झाली होती याचा प्रत्यय आपल्याला येतो. आधुनिकतेचे विशेष परिणाम त्यांच्या एकूणच चिंतनसामग्रीला प्राप्त झाले होते.

केवळ महाराष्ट्राला नव्हे तर देशाला मार्गदर्शक ठरेल असा 'ग्रामगीता' नावाचा ग्रंथ महाराजांनी आपल्या सिध्दहस्त प्रतिभेतून साकार केला. १९५३ साली लिहिलेला हा ग्रंथ १९५५ मध्ये प्रथमतः प्रकाशित झाला. या ग्रंथलेखनाला बरीच वर्षे झाली असली तरी या ग्रंथाचे मोल आज तसूभरही कमी झालेले नाही. स्वातंत्र्यपूर्व काळातील स्थिती, स्वातंत्र्य चळवळीचा प्रभाव, गांधीजींच्या विचारांचा प्रभाव, भूदान चळवळीचा प्रभाव हे घटक त्यांच्या लेखनात दिसून येतात. ग्रामजीवनाच्या विकासाकरीता त्यांनी आपले संपूर्ण आयुष्य खर्ची घातले. राष्ट्रसंतांनी जीवनाचा फार बारकाईने अभ्यास केला होता. लग्नापूर्वीच्या अवस्थेचे वर्णन करतांना लग्नानंतर आलेल्या जबाबदारीचे भानही ते श्रोत्यांना करून देतात. कुटुंबाला समोर नेण्यासाठी जसे पालक जबाबदारी घेतात तशी लेकरांनी माता-पित्यांची काळजी घेण्याचे राष्ट्रसंत सुचवितात. आपल्याला मोठे करण्यासाठी आई-वडीलांनी ज्या खस्ता खाललेल्या असतात त्याचा आपण कधीही विसर पडू देऊ नये, असे त्यांना वाटते.

“सुख व्हावे मातापित्यासि । बंधुभगिनी आणि इतरांसि ।

वागण्याची रीति ऐसी । मोह पाडी सर्वांना ।।”<sup>१</sup>



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## Vitamin D<sub>3</sub> And Women's Health

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### Abstract :

Popularly known as sunshine Vitamin, D<sub>3</sub> cholecalciferol is a prohormone that serves as a precursor to a number of biologically active metabolites of women's health. Though it is photosynthesized in the skin of vertebrates by the action of solar ultraviolet (UV) B radiation on 7-dehydrocholesterol (Fieser 1959). But the latitude, season, aging, use of sunscreen, air-conditioners and skin pigmentation influence the production of vitamin D<sub>3</sub> by the skin (Institute of Medicine 1997). Women in the underprivileged sections, both in urban and rural India, are battling inadequate resources, multiparity, imposed customs of clothing, and social vulnerability of the fairer sex which coupled with the urban environmental decay continue to pose the threat of vit. D<sub>3</sub> deficiency causes women's health problems.

Potential roles for vitamin D beyond bone health, such as effects on muscle strength, the risk for cancer and for type 2 diabetes, are studied. In a 2007 article published in the American Journal of Clinical Nutrition, scientists worldwide describe an urgent need to revise daily intake recommendations and to boost the upper limit to 10,000 IU per day. Human diets do not provide sufficient vitamin D<sub>3</sub> and in some regions, sunlight exposure is not adequate, emphasizes the importance for food fortification and nutritional supplementation. While typical daily recommendations have been 400-800 iu daily, many experts believe 1,000 iu daily or more is optimal. Hence, the special efforts on the nutrition, medical and social fronts are necessary to combat this preventable epidemic of vitamin D<sub>3</sub> deficiency. The present article focused on a concise outline the account of the current view on the impact of vitamin D<sub>3</sub> deficiency on women's efficacy and need of Vitamin D<sub>3</sub> for women's health and wellbeing. So the present research paper is on reviews analyses to interaction, inference and conclusions.

**Keywords :** Nutrition, Vitamin D<sub>3</sub> (cholecalciferol), Women, health and wellbeing. Prohormone of Efficacy.

### Introduction :

Traditionally, vit. D<sub>3</sub> works with the parathyroid hormone, acts on the kidneys, bone and intestine and influences gene expression. It regulates its own synthesis by decreasing synthesis of mRNA. It influences bone mineral metabolism and calcium/phosphorus homeostasis by increasing synthesis of mRNA for Cabrini-D, alkaline phosphatase, and other proteins. It maintains calcium and phosphorus homeostasis. For decades, it was thought that only the kidney has the capacity to metabolize; however, now extra-renal metabolism has been demonstrated in every organ system in the body. Thus, vit D<sub>3</sub> is present in all tissues.

A lot of research has been taken place on this. The research leads to newer therapies with newer concepts. Research has now shown it's indisputable role in both inherent and adaptive immunity. It is synthesized in skin under ultra-violet light exposure. 7-Dehydrocholesterol present in the skin absorbs UV light over wavelengths of 290-300 nm [UVB] to synthesize Vit D<sub>3</sub>. Synthesis in the skin epidermis takes place over several days; the quantity (intensity) and quality (appropriate wavelength) of sunlight are both important. This biosynthesis can be inadequate due to poor dietary intake, absorption, or poor exposure to sunlight [UVB]. The deficiency can occur because of fat malabsorption, use of anticonvulsant, chronic kidney

disease, and obesity and is seen in high-risk groups like elderly women, dark-skinned people, people from areas with a thick layer of ozone, women using sunscreen lotions, and people from urban areas.

Until recently, it was thought that Vit D deficiency was common only in high-risk women (women with dark skin and those with minimal exposed skin), but it is quite high even in low-risk women. All women therefore should be offered testing for Vit D status in early pregnancy and recommended supplementation if deficient.

### Reviews :

Historically, vitamin D<sub>3</sub> loss has been associated with rickets, a disease caused by low levels of vitamin D<sub>3</sub> that commonly affects children. Children with rickets and adults who had rickets as children often have legs that are bow-shaped. People with digestive problems like celiac disease, liver problems, or Crohn's disease are more likely to have low levels vitamin D<sub>3</sub>.

The first study indicating that sunlight exposure may lower the risk of cancer was made almost seven decades ago. It has been reported that increased vitamin D levels can improve muscle performance and thus reduce the incidence of falls. In a 5-month randomized controlled trial, elderly people in a nursing home receiving 800 IU of vitamin D<sub>2</sub> plus calcium daily exhibited a 72 % reduction in the risk of falls as compared with the placebo group. Thus, vitamin D



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## 8. Use of ICT for Creative & Innovative Teaching Learning Process

**Dr. Nikita U. Mishra**

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### **Abstract**

*It is universally acknowledged that Information and Communication Technology (ICT) is an important catalyst for social transformation and national progress. The objectives of the present paper are to understand the meaning of ICT, its importance and its various tools, integration of ICT in teaching and learning, benefit of using ICT and barriers in its use. The use of ICT will prove to be a paradigm in the classroom teaching. ICT gives more opportunities for learning because it renews the learners' enthusiasm and develops the ability of self-learning and individual interaction. ICT has tremendous potentialities to revolutionize the educational process. ICT learning encourages the development of innovative teaching learning methods. Its use favours several teaching and learning process.*

**Keywords: ICT, Innovative Learning Development, Interactive Teaching-learning, Technology, Tools.**

### **Introduction**

Ever since formal or informal teaching began the face to face mode of instruction has been the most practical and preferred one. In the formal stream of institution-based education it is the trained teacher who is the chief provider of knowledge and skills. However, the rise and dominance of technology and the changing habits of the learners have entailed the use of a variety of modes of instruction in teaching-learning transaction. The dependence of teachers on the ICT in our mainstream colleges has yet to become popular while the modern students have avidly and quickly favoured the use of technology in learning and other activities. We have started seeing mobiles phones, iPods and other such gadgets in the hands of our students. Technology has become within the reach of everyone now.

In such circumstances the growing need is to adopt hybrid teaching-learning approach, which is a judicious mix of face-to-face teaching-learning and ICT. It has the potential to transform the nature and process of the learning environment and envision a new learning



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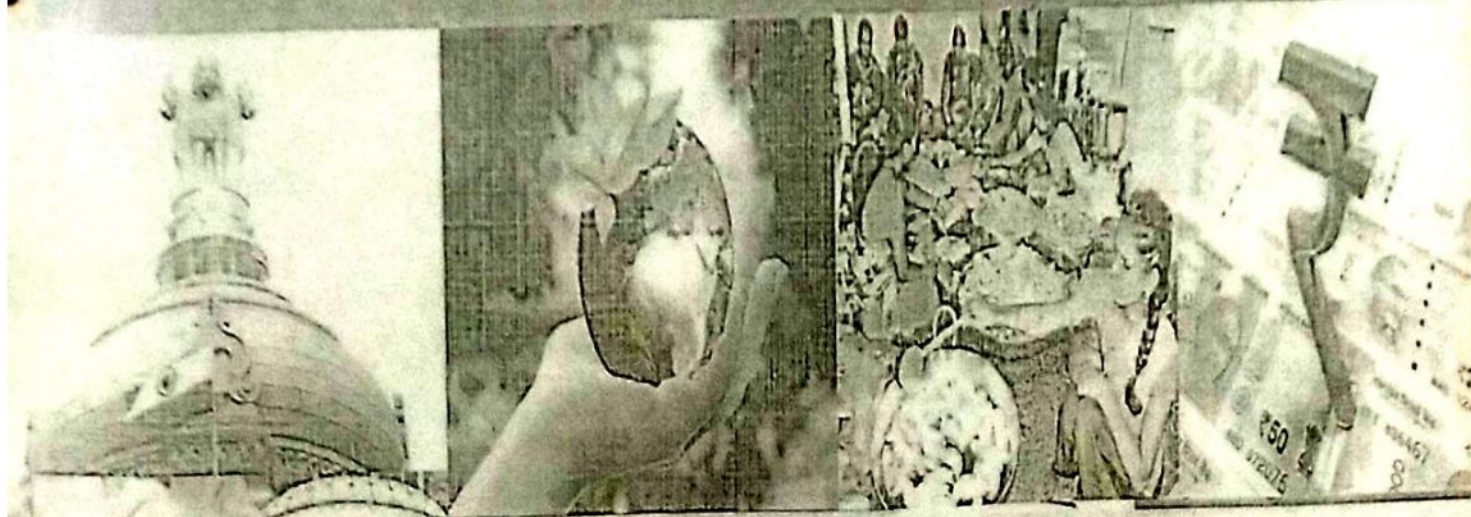
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Possibilities Of Alternative History In Amitav Ghosh's *The Calcutta Chromosome*

Dr. Deepak Morande  
G. W. College, Nagbhid

Amitav Ghosh's fourth novel, *The Calcutta Chromosome* is based on the history of nineteenth century malaria research. Ronald Ross, the British scientist, discovered in 1898 in Calcutta laboratory that malaria is transmitted through the bite of female anopheles mosquito, and for that discovery he was awarded the Nobel Prize in 1906. Ross's diaries and lab notes published in as *Memoirs* contains detail account of the way he reached success in the malaria research. As Murugan, the principal character in the novel, who is presented as a researcher, states

'the great thing about a guy like Ronald Ross is that he writes everything down. . . . this guy's decided he's going to re-write the history books. He wants everyone to know the story like he's going to tell it; he's not about to leave any of it up for grabs, not a single minute if he can help it. (CC, 44)<sup>i</sup>

Contrary to Ross's expectations, Murugan takes a deconstructive view of Ross's published account. He points out certain discrepancies in the account and that prompts him on the quest for finding out the secret history. In *In an Antique Land*, Ghosh constructs a subaltern history by searching the archive for the "barely discernable traces" of a medieval Indian slave. Similarly, in *The Calcutta Chromosome*, Ghosh, through the fictional character of Murugan, pulls out the figure of Lutchman from the margins of *Memoirs* and installs him in the centre of the history of malaria research. The *Memoirs* along with recorded observations and opinions of other colonial doctors, linguists and archaeologist-cum-spiritualists become the archival material upon which the alternative history is constructed.

By deconstructing the known facts about Ross's malaria research, the novel brings to surface realities other than that have been established by western science and rationality. Antar discovers that the ID card projected on his computer belongs to L. Murugan, his former colleague with whom he had worked in Life Watch in 1990s, and who mysteriously disappeared from Calcutta on August 21, 1995. Through Antar's recollection of conversations with Murugan, and with the aid of 21st-century computer aided World Wide Web search, the narrative of the novel constructs an alternative history of nineteenth century malaria research. Murugan's greatest interest in life was the early history of malaria research. He had built up a hypothesis that the credit of the malaria discovery goes not only to the lone genius of the British scientist, but "some person or persons had systematically interfered with Ronald Ross's experiments to push malaria research in certain directions while leading it away from others" (CC, 31). Murugan heavily draws upon the *Memoirs*, particularly Ross's enigmatic silences regarding his assistant, Lutchman who had been with the British scientist from the beginning to the end of the malaria research. The narrative of the novel springs from those silences and emissions in Ross's account. As Claire Chambers has noted down: "all the quotations directly attributed to Ross in the novel are exact citations from the *Memoirs*".<sup>ii</sup> The



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सारांश :-

प्लास्टिकचा शोध १९ व्या शतकाच्या सुरुवातीच्या न्यूयॉर्क (अमेरिकेमध्ये) मध्ये लागला आणि चाही अशकानध्येच प्लास्टिकचा वापर आपल्या दैनंदिन व्यवहारात होऊ लागला. आणि अज्ञात तर प्लास्टिक आपल्या जीवन्याचा अविभाज्य भाग झाला. पण ह्या प्लास्टिकचे असे उपयोग आहेत, त्यापेक्षा शतपटीने त्याचे अनेक गंभीर नुष्परिणाम आहेत. प्लास्टिकच्या विघटनास ३०० ते ५०० वर्षे लागत असल्याने प्लास्टिकचे संकट निर्माण झाले आहे. पर्यावरणाच्या सुरक्षिततेचा विचार करून महाराष्ट्र राज्य सरकारने २५ जून २०१८ रोजी पूर्णतः प्लास्टिक बंदी करण्याचा निर्णय घेतला. ज्यामध्ये बंदी घालण्यात आलेले प्लास्टिक बंदी नसलेले, प्लास्टिकवर कार्बोई होणारी टिकाणे, शिक्षा इत्यादी बहूल वायदा तयार केलेला आहे. ज्यामध्ये अविघटनशील कचरा (निवचण) अधिनियम २००६ नुसार सरकारने महाराष्ट्रामध्ये प्लास्टिक तरोच शर्माकोले उत्पादन, साठवण, वापर, जिरी इत्यादीच्या वापरावर पूर्णतः बंदी घातली आहे. आज महाराष्ट्रात प्लास्टिकचा वापर इतक्या मोठ्या प्रमाणात आणि वाढतच होतो आहे की त्यामुळे पर्यावरणाचा असमतोल पूर्णपणे बिघडला आहे. आणि याचे अतोनात गंभीर परिणाम प्राणी आणि मनुष्याच्या आरोग्यावर दिसून आले आहेत.

प्रस्तावना :-

प्लास्टिक प्रदूषणाला भूमीवरील विभिन्न प्रकारच्या प्लास्टिक सामुग्रीच्या संचयनाच्या रूपात परिभाषित केले जाते. प्लास्टिक मुळरूपात एक सिथेटिक पॉलीमर आहे. ज्यामध्ये अनेक कार्बनिक व अकार्बनिक घटक असतात आणि जे मुख्यतः ओलेफिन सारख्या पेट्रोकेमिकल्स पासून प्राप्त होतात. प्लास्टिक स्वस्त असल्याने त्याचा मोठ्या प्रमाणावर उपयोग केला जातो. ज्याने आपल्या भूमीचा मोठा भाग व्यापलेला आहे. जो सामान्यपणे विघटित न होता जमीन व मृदेला प्रदूषित करतो.

प्रत्येक वर्षी जगात जवळपास १०० मिलियन टन प्लास्टिकचे उत्पादन होते व ज्यामध्ये २५ मिलियन टन नष्ट न होणारे प्लास्टिक पर्यावरणात जमा होते. जगात जवळपास ७०,००० टन प्लास्टिक महासागर व सागरात फेकून दिल्या जाते. ज्याचा प्रभाव सागरी जीव व सागरी पर्यावरणावर झालेला दिसतो.

प्लास्टिक सामुग्रीला मुख्यतः शर्मोप्लास्टिक आणि शर्मोसेटिंग पॉलीमरच्या रूपात वर्गीकृत केल्या जाते. प्लास्टिकमध्ये मुख्यतः एथिलीन ऑक्साइड, जायलीन व व्हेजिन यासारखे रासायनिक विषारी पदार्थ असतात. जे पर्यावरणावर हानिकारक प्रभाव टाकतात. याना नष्ट करणे कठीण असून ते सजिव प्राण्यांना नुकसान पोहचवतात.

प्लास्टिक बॅगपासून होणारे पर्यावरणाचे नुकसान आज सर्वांनाच माहीत आहे. जगात आज निव्वळ प्लास्टिकच्या वापरामासून होत नसेल इतकं नुकसान केवळ प्लास्टिक बॅग (दोली किंवा पातळ पिशवी) च्या वापरामुळे होत आहे. प्लास्टिकची पिशवी निर्माण झाल्यानंतर ती नष्ट होण्यासाठी सुमारे हजार एक वर्षे लागतात.