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TOPIC:- महाविद्यालयात माहिती साक्षरता रुजविण्यात ग्रंथालयांचे योगदान

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9	MR. J. HARI KRISHNAN ¹ DR. S. SELVALAKSHMI ²	Impact Of Yogic Practices On Study Skills And Stress Among School Girls With Learning Disorder	66
10	M.KUBENDRAN ¹ & DR.V.JEYAVEERAPANDIAN ²	Impact Of Maximum Power Training With And Without Plyometric Training On Selected Power Parameters Of Men Handball Players	77
11	JYOTI	E-Accounting: A Modern Way Of Accounting	87
12	¹ NAOREM NORJIT MEITEI ² DR RAJKUMAR SURESH SINGH	Factors That Differentiate The Professional Attitude Of Teacher	97
13	¹ T. ANNA SELVAM ² DR. P.N. SALI KUMAR	Self-Help Groups In India	108
14	¹ चंद्रशेखर हनवते ² अनिल मोहर	महाविद्यालय माहिती साधरता स्वविषयात प्रयालयाचे योगदान	117
15	DR. SAKET RAMAN ¹ SANDEEP KUMAR ²	Effect Of Television Infotainment News On Youth	126
16	DR. KAILAS AUTE	De-Marginalization Of Gender Based Social Exclusion: Perspective On Section 377 Of Ipc	136
17	¹ DR.P.SUMATHI ² R.ESTHER FELICIA	Trivially γ_r Entresdowed Graphs	146
18	¹ M.VALAN RAJKUMAR ² D.VENKADESH	A Study Of Job Satisfaction Among Self Financing Engineering Colleges Teachers In Anna University-Region Iii, Tamilnadu, India	153

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महाविद्यालयात माहिती साक्षरता रुजविण्यात ग्रंथालयाचे योगदान

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सार :

ग्रंथालयात उपलब्ध साधन व सेवांचा उपयोग वाचकांना व्हावा म्हणून ग्रंथालय तथा ग्रंथापालाने प्रयत्न करणे आवश्यक आहे. महाविद्यालयातील ग्रंथालय कर्मचारी सुद्धा प्रशिक्षित असायला पाहिजे. महाविद्यालयीन ग्रंथपालांना विद्यार्थ्यां पर्यंत जाऊन महाविद्यालयीन ग्रंथालयात उपलब्ध साधन व सेवा कोणत्या आहे त्यांचा परिचय करून देणे गरजेचे आहे.

शब्दसंज्ञा : प्रस्तावना, साक्षरता, महाविद्यालयीन ग्रंथालयात माहिती साक्षरता, माहितीची साधने, महाविद्यालयीन ग्रंथालयाचे वाचक, माहिती साक्षरतेची गरज, माहिती साक्षरता प्रशिक्षण कार्यक्रम, माहिती साक्षरता कार्यक्रम कुणासाठी व कसा राववायचा, समारोप

प्रस्तावना :

२१ व्या शतकातील माहिती तंत्रज्ञानाच्या युगात महाविद्यालयीन ग्रंथालयात असणाऱ्या सोयी सुविधा वाचकापर्यंत पोहचविण्याची महत्वाची जबाबदारी ग्रंथालयावर असते. वाचकांना माहिती साक्षर करणे ही काळाची गरज आहे. उच्च शिक्षणात महाविद्यालयीन ग्रंथालयाला महत्वाचे स्थान आहे. व येणाऱ्या काळात आपला वाचक मागे राहू नये यासाठी नविन तंत्रज्ञान वाचकापर्यंत पोहचविण्याचे महत्वाचे कार्य ग्रंथालयाला करावयाचे आहे.

साक्षरता:.

व्यक्तीला लिहिता वाचता आले म्हणजे तो साक्षर झाला एवढाच सीमित अर्थ साक्षरतेचा नाही. लिहिणे, वाचणे, भाषण देणे, श्रवण करणे, समजून घेणे, समजलेले इतरांना समजावून देणे, तंत्रज्ञानाचा वापर करणे या सर्व गोष्टींचा समावेश साक्षरतेत होतो.

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: CONTENTS :

English

1.	African Women's Issus : A Perspective on the Novel "The Bride Price" by Buchi Emecheta	1
	Ms. Drakshamala Bhagwan Jawale, Dr. Ramesh N Dhage	
2.	Historical Succesfull Womens	4
	Mrs. Swati Shekhar Joshi	
3.	Ayurveda For Women's Heaith	7
	Dr. Pradnya B. Gurde (Jamdhade), Dr. Subhash B. Jamdhade	
4.	Empowerment of Rural Women Through Self Hefl Groups – A Study	9
	Dr. B. Perundevi,	
5.	Dr. Babasaheb Ambedkar's Contribution To Women Liberation And Empowerment	12
	Dr. Panchappa Ramchandra Waghmare	
6.	Oppression of Women in The Three Novels of Amulya Malladi	14
	Kishor Nanaji Mahajan	
7.	Status of women in Indian classical Music	17
	Miss Ketakee Ingle	
8.	Historical Perspective on Gandhian Philosophy for the Emancipation of Women	19
	Dr. Prakash Masram	
9.	Compensatory Justice for Women Victims in India : A Review	22
	Sandeep C. Nagarale	
10.	Educational Empowerment of Muslim Women in India ; Fallacy and Reality	25
	Shafeek P., Dr. Hassankoya. M. P.	
11.	Women Empowerment & Domestic Violence	28
	Kalpana K. Patel	
12.	Vitamin D₃ And Women's Health	30
	Dr. Vishakha Kayande	
13.	First Indian Women Teacher : Savitribai Phule - A Study	33
	Kavi Ezhil N.	
14.	Portrayal of Women in Indian Cinema and Their Changing Roles : Then & Now	36
	Prof. Sameer Naim	
15.	Leadership and Women	39
	Dhanshree Patrikar	
16.	Implementation of Rights of Persons With Disabilities Act, 2016	41
	Kuntal Dutta	
17.	Corruption In Arvind Adiga's The White Tiger	46
	Rupesh S Wankhade	
18.	Advent of Buddhism in Ladakh from Kashmir and Tibet	48
	Tsering Angchok	
19.	Role of Tourism in Economic Development of India	51
	Prof. Rajat R. Mandal	
20.	Female Education in The City of Madras 1917- 1967	55
	Dr. S. Sudarkodi	
21.	Impact on The Knowledge and Attitude of Women Towards Obesity Information on Media: An Exploratory Study	58
	S.Shanmuga Nathan, Dr. S. Arulchelvan	
22.	A Study of Environmental & Green Chemstry	61
	Jayshree P. Morey	

Vitamin D₃ And Women's Health

Dr. Vishakha Kayande

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Abstract :

Popularly known as sunshine Vitamin, D₃ 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 D₃ 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. D₃ 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 D₃ 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 D₃ deficiency. The present article focused on a concise outline the account of the current view on the impact of vitamin D₃ deficiency on women's efficacy and need of Vitamin D₃ for women's health and wellbeing. So the present research paper is on reviews analyses to interaction, inference and conclusions.

Keywords : Nutrition, Vitamin D₃ (cholecalciferol), Women, health and wellbeing. Prohormone of Efficacy.

Introduction :

Traditionally, vit. D₃ 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 D₃ 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 D₃. 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 D₃ loss has been associated with rickets, a disease caused by low levels of vitamin D₃ 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 D₃.

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 D₂ 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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CONTENTS OF ENGLISH PART - I

S. No.	Title & Author	Page No.
1	Rural Educational System: Social, Economic, Political and Moral Problems Dr. Sanjay Singh Principal	1-6
2	Role of Information and Communication Technologies in Student Support and Progression Dr. Pragya V. Tripathi	7-9
3	Revised NAAC Framework: Exploring Libraries in Higher Education Dr. Bhushan W. Ambekar	10-16
4	Challenges before the Rural Higher Educational Institutions in Quality Enhancement Dr. Joseph. T. C.	17-24
5	Intervention of ICT in Teaching and Learning Process Amit G. Ramteke	25-29
6	Accreditation of Colleges in Rural Area: A Challenge Dr. J. V. Dadve Dr. R. P. Wasnik Dr. V. B. Turkar	30-32
7	NAAC Accreditation and Problems of Rural Institutions Dr. Kishor N. Wasurke	33-38
8	Use of ICT for Creative & Innovative Teaching Learning Process Dr. Nikita U. Mishra	39-45
9	Adaptive Teaching and Learning; Exigencies & Upshots in Rural Academic Institutions P. S. Ganvir	46-50
10	Role of Student Satisfaction Survey in Assessment and Accreditation Process Dr. Shriram G. Gahane	51-55
11	New Naac Accreditation System: Envisioning Challenges and Opportunities in Rural Area Dr. L. C. Ujeda	56-61

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

Dr. Nikita U. Mishra

Assistant Professor, G. W. Arts & Commerce College, Nagbhid.

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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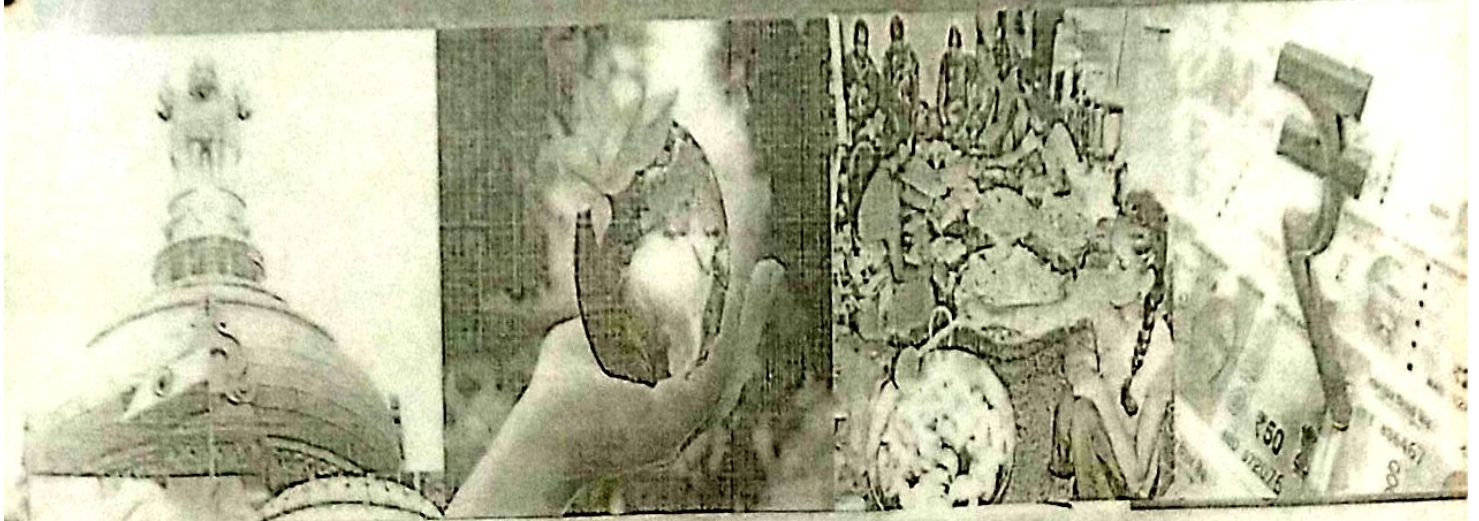
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23	इंटरनेट - महिलांचे उत्तम स्वीत	डॉ. जयमाला रामटेके	184
24	ई-बँकिंग - ई-घाणित्याचा कणा	प्रा.डॉ. अरुणा चाडेकर	187
25	महिलांच्या आर्थिक विकासात सहकार क्षेत्राचे योगदान	प्रा.डॉ. प्रदीप दामोदरराव दरवरे	191
26	भारताच्या बदलत्या राजकीय नवदशाचे ऐतिहासिक अभ्ययन	प्रा. संजीव वि. भुयार	194
27	भाह्को इकोनॉमिक परिदृश्य तथा भारतीय बँकिंग प्रणाली की उभरती हुयी चुनीतिया उषा एन. पाटील		199
28	Culture of Ignorance And Superstitions in 'The Prisons We Broke'	Gopal Bhimrao Shelkikar	202
29	An analytical study of leisure time activities of college teachers	Dr. Parveen Kumar	206
30	Comparative Study of Aggression and Will to Win Between Two Different Age Group Players	Rupali A. Ingole	209
31	Innovative Practices In Library & Information Services	Dr. Narendra A. Thakre	214
32	Protest against Domination and De-Culturation : A Study of Kamala Markandaya's Possession	Dr. Narendra Mane	217
33	Dr.Babasaheb Ambedkar And the Concept of Democracy	Prof.Rajendra S. Korde	222
34	A Study Of Academic Performance And Academic Anxiety In Relation To Sex, Emotional Intelligence And Family Climate Among Secondary And Higher Secondary School Children	Renuka Rammohan	225
35	A Comparative Study of Anxiety Level of Chhattisgarh and Maharashtra Soccer Players.	Dr. Mohammed Ajaz sheikh	230
36	Experiencing a Super Bowl: The Motivations of Student Volunteers at a Mega- Event	Mr. Rajesh R. Kailabag	232
37	From Print Book To Electronic Books : Mobile Perspectives	Dr. Sudhir Astunkar	235
38	Land use pattern in Nashik City	Dr. S.G. Joshi	237
39	A Study on Rural Co-operative Banks with special reference to Short term and Long term cooperative banks	Dr. Tasfiya I Shaikh	239
40	Possibilities Of Alternative History In Amitav Ghosh's The Calcutta Chromosome	Dr. Deepak Morande	244
41	Tripal Talaq Under Muslim Law: Contraversial Issues On Violation Of Rights In India	Dr. Kalpana V. Jawale	248



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)ⁱ

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*".ⁱⁱ The

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सारांश :-

प्लास्टिकचा शोध १९ व्या शतकाच्या सुरुवातीच्या न्यूयॉर्क (अमेरिकेमध्ये) मध्ये लागला आणि चाही शकामध्येच प्लास्टिकचा वापर आपल्या दैनंदिन व्यवहारात होऊ लागला. आणि अगता तर प्लास्टिक आपल्या जीवनाचा 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 कारवाई होणारी टिकाणे, शिक्षा इत्यादी बद्दल कायदा तयार केलेला आहे. ज्यामध्ये अविघटनशील कचरा (निवचण) अधिनियम २००६ नुसार सरकारने महाराष्ट्रामध्ये प्लास्टिक तसेच शर्माकोल 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 त्याचे अतोनात गंभीर परिणाम प्राणी आणि मनुष्याच्या आरोग्यावर दिसत 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 वॅजॅन यासारखे रासायनिक विषारी पदार्थ असतात. जे पर्यावरणावर हानिकारक प्रभाव टाकतात. याना नष्ट करणे कठीण असून ते सजिव प्राण्यांना नुकसान पोहचवतात.

प्लास्टिक बॅगजपासून 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.