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**AND**  
**SCIENTIFIC CHANGE**

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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

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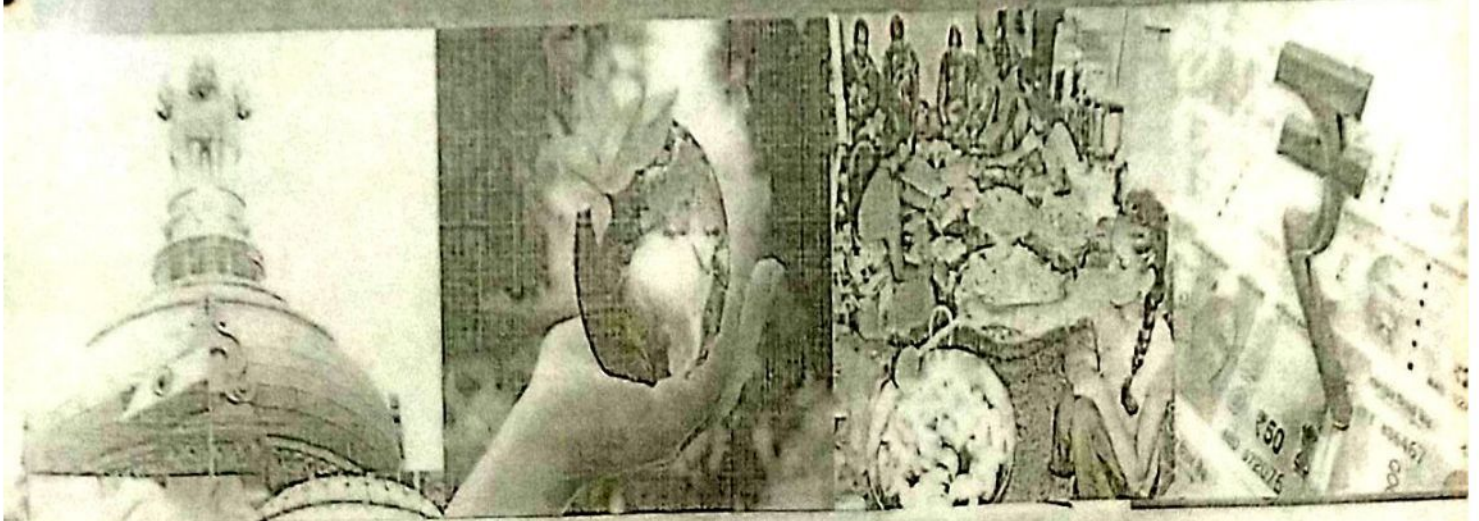
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Possibilities Of Alternative History In Amitav Ghosh's *The Calcutta Chromosome*

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 अशकानमध्ये प्लास्टिकचा वापर आपल्या दैनंदिन व्यवहारात होऊ लागला. आणि अज्ञात तर प्लास्टिक आपल्या जीवन्याचा अविभाज्य भाग झाल्या. पण ह्या प्लास्टिकचे असे उपयोग आहेत, त्यापेक्षा शतपटीने त्याचे अनेक गंभीर नुष्याणाम 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 भूमिकरील 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. 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, डायलीन व वॅजॅन 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.